EXERCISE AND REHABILITATIVE SCIENCE: EXERCISE, MOVEMENT AND ATHLETICS

What can I do with this degree?

“Students (in Exercise or Movement Sciences) prepare for graduate study in physical therapy, occupational therapy, biomechanics, exercise physiology, kinesiology, motor learning, physician’s assistant, or chiropractic medicine. Each student must develop an appropriate research project, perform data collection, and present the results as a poster presentation, journal article, or research paper” (Winona State University Movement Science Department, n.d.).

“Candidates will study human exercise, physiology and kinesiology as they apply to sports and physical fitness. You will learn about activities and principles that establish, maintain, and promote physical fitness. Instruction will include human movement studies, motivation techniques, exercise techniques, basic sports injury prevention practices, and the organization and leadership of various sports and fitness programs” (DISCOVER, n.d.).

“Athletic Training helps athletes keep physically fit and prevent injury. They give advice about nutrition, diet, weight control, and other health matters. Candidates suggest exercises and choose safety equipment for athletes and keep insurance records and file medical reports. Athletic Trainers work inside and outside for high schools, colleges, universities, professional athletic teams, the military, sports medicine clinics, recreation clubs, resorts, and camps” (DISCOVER, n.d.).

The National Association of Colleges and Employers (2011) reports that hiring for the Class of 2011 (all majors) nationally is up 5.9% with an average salary offer of $50,462. Hiring for the Midwest region is reported by The Collegiate Employment Research Institute (2010) as also increasing by 10% for Bachelor graduates with an average salary of $36,866, which is down from the past two years. The Midwest Colleges and Employers Association (2010) reports regional (12 state Midwest region) hiring is increasing by 9% with an average starting salary of $35,453 for all Bachelor degree recipients.

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<th>AREAS</th>
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<th>PREPARATION</th>
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| SPORTS MANAGEMENT | ● Professional teams  
● Professional athletes  
● Sport associations (e.g., NBA, PGA)  
● Arenas  
● Auditoriums  
● Stadiums  
● Colleges and universities  
● Health clubs  
● Sport facilities | ● Major in sport management or sport administration.  
● Develop outstanding communication skills, written and oral.  
● Take courses in marketing, public relations, and advertising.  
● Pursue a degree in law to aid in negotiating contracts.  
● Obtain accounting or business skills and experience.  
● Gain experience with public speaking and sales.  
● Volunteer to do publicity for campus organizations or local nonprofit groups.  
● Volunteer to coordinate athletic programs and events for campus organizations or local nonprofit groups.  
● Write articles or columns for campus or local newspapers.  
● Join sport-oriented associations and organizations.  
● Obtain an internship or part-time job with a team or other athletic organization.  
● Work with minor league or local teams as a way to enter the field and gain experience.  
● Be willing to work in any capacity to get started. |
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| **SPORTING GOODS**         | • Sporting goods manufacturers  
• Sporting goods stores  
• Exercise equipment manufacturers | ❖ Major in business, marketing, or related field.  
❖ Obtain a part-time job or internship in the area of wholesaling or retailing.  
❖ Develop excellent communication skills.  
❖ Build relationships with coaches, athletic directors, and college equipment/uniform representatives.  
❖ Volunteer as a team equipment manager. |
|                            | • Newspapers  
• Magazines  
• Television stations  
• Radio stations | ❖ Major in journalism, broadcasting, English, or public relations.  
❖ Supplement program with courses in sport management or physical education.  
❖ Obtain an internship or part-time job with local newspaper or radio/television station.  
❖ Volunteer with college newspaper or radio/television station.  
❖ Publish as much as possible in college and local newspapers.  
❖ Create a portfolio of published work, both articles and photographs. |
| **SPORTS COMMUNICATIONS**  | • Journalism  
• Broadcasting  
• Photojournalism | ❖ Major in journalism, broadcasting, English, or public relations.  
❖ Supplement program with courses in sport management or physical education.  
❖ Obtain an internship or part-time job with local newspaper or radio/television station.  
❖ Volunteer with college newspaper or radio/television station.  
❖ Publish as much as possible in college and local newspapers.  
❖ Create a portfolio of published work, both articles and photographs. |
| **EXERCISE SCIENCE**       | • Colleges and universities  
• Sport medicine centers  
• Hospitals and rehabilitation clinics  
• Health clubs and fitness centers  
• Professional teams  
• Corporate health centers | ❖ Major in exercise science.  
❖ Consider professional or graduate school in physical therapy, athletic training or medicine.  
❖ Obtain necessary certification such as Certified Group Fitness Instructor, Certified Personal Trainer, or National Athletic Trainer Certification.  
❖ Build a strong background in the sciences.  
❖ Develop computer skills and familiarity with technology used in the field.  
❖ Work in a physical therapy clinic, health club or gym to gain experience and make contacts.  
❖ Volunteer to work with college or high school sport teams.  
❖ Volunteer to run exercise programs for local, nonprofit organizations.  
❖ Consider working with manufacturers of exercise equipment or nutritional supplements to learn more about the field and make contacts.  
❖ Develop excellent interpersonal skills for working with clients, coaches, and team physicians.  
❖ Maintain excellent personal fitness and athletic proficiency. |

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Winona State University, Career Services, Winona, MN  55987  
Phone: 507-457-5340  
Web: www.winona.edu/career  
Email: career@winona.edu
### AREAS

**COACHING**
- Professional Coaching
- High School Coaching
- College Coaching
- Private Coaching

### EMPLOYERS

- Professional sport teams
- Colleges and universities
- High schools
- Recreational organizations or leagues (e.g., YMCA)
- Country clubs
- Racket clubs
- Resorts
- Cruise Lines
- City parks and recreation departments

### PREPARATION

- Consider majoring in exercise science, sport management, or physical education.
- Obtain teacher licensure for high school coaching opportunities.
- Gain extensive, advanced playing experience.
- Maintain current CPR and first aid certifications.
- Gain additional knowledge in areas of strength training, fitness, nutrition, and conditioning.
- Learn about and practice motivational techniques.
- Become familiar with legal and regulatory issues related to coaching (e.g., NCAA regulations).
- Volunteer to coach neighborhood, church, and community teams.
- Attend practices of teams at various levels to observe coaches' techniques.
- Serve as a referee or umpire.
- Seek a graduate assistant position in athletic administration, instruction, or coaching.
- Obtain an assistant and then head coaching position at the university level to increase possibility of progressing to the professional level.

### LINKS

- Sports Careers
- ExerciseJobs.Com
- Association for the Advancement of Applied Sports Psychology
- What is an Athletic Trainer?
- AthleticTrainer.Com
- National Athletic Trainers’ Association
- NCAA
- American Physical Therapy Association
- Online Sports Career Center
- Sports Medicine Jobs
- SportsMedicine.Com
- Athletes, Coaches, Umpires, and Related Workers from the Occupational Outlook Handbook

Prepared by the Career Planning staff of Career Services at The University of Tennessee, Knoxville. (2003)
The following is a representative sample of types of job positions in exercise science, movement science, and athletic training (not all possible options are listed):

Chiropractor
This profession is projected to grow at a rate of +1.9% annually (Economic Research Institute, 2010). Nationally there are 26,300 employed positions with an annual national salary averaging $122,000 per year (United States Department of Labor, 2009). In Minnesota, there are 870 employed positions with an annual state salary averaging $128,500 per year (United States Department of Labor). Starting salaries for chiropractors are $47,500 per year on the national level and $50,000 per year in Minnesota. A Master's or Doctorate degree is required for this profession (DISCOVER, n.d.).

Occupational Therapist
This profession is projected to grow at a rate of +2.7% annually (Economic Research Institute, 2010). Nationally there are 132,600 employed positions with an annual national salary averaging $62,500 per year (United States Department of Labor, 2009). In Minnesota, there are 2,460 employed positions with an annual state salary averaging $66,000 per year (United States Department of Labor). Starting salaries for occupational therapists are $45,000 per year on the national level and $47,500 per year in Minnesota. Graduate work is required for this profession (DISCOVER, n.d.).

Physician Assistant
Physician Assistants are projected to grow at a rate of +3.9% annually (Economic Research Institute, 2010). Nationally, there are 76,900 employed positions with an annual national salary averaging $80,500 per year (United States Department of Labor, 2009). In Minnesota, there are 1,340 employed positions with an annual state salary averaging $85,000 per year (United States Department of Labor). Starting salaries for physician assistants are $67,500 per year on the national level and $71,000 per year in Minnesota. Graduate work is required for this profession and the individual must successfully pass a Physician Assistant Certifying Examination that is administered by the National Commission on Certification of Physician Assistants (NCCPA) (DISCOVER, n.d.).

Physical Therapist
This profession is projected to grow at a rate of +3.0% annually (Economic Research Institute, 2010). Nationally there are 174,500 employed positions with an annual national salary averaging $67,500 per year (United States Department of Labor, 2009). In Minnesota, there are 2,980 employed positions with an annual state salary averaging $71,000 per year (United States Department of Labor). Starting salaries for physical therapists are $47,500 per year on the national level and $50,000 per year in Minnesota. Graduate work is required for this profession (DISCOVER, n.d.).

Fitness Trainer
This profession is projected to grow at a rate of +2.9% annually (Economic Research Institute, 2010). Nationally there are 228,200 employed positions with an annual national salary averaging $44,500 per year (United States Department of Labor, 2009). In Minnesota, there are 4,700 employed positions with an annual state salary averaging $46,500 per year (United States Department of Labor). Starting salaries for fitness trainers are $37,000 per year on the national level and $39,000 per year in Minnesota. Education and training requirements will be dependent on the specific type of fitness work (DISCOVER, n.d.).

Health Educator
The field of Health Education is projected to grow at a rate of +1.8% annually (Economic Research Institute, 2010). Nationally, there are 63,300 employed positions with an annual national salary averaging $61,500 per year (United States Department of Labor, 2009). In Minnesota, there are 1,030 employed positions with an annual state salary averaging $65,000 per year (United States Department of Labor). Starting salaries for health educators are $50,500 per year on the national level and $53,000 per year in Minnesota. A Bachelor’s degree in Public Health, Health Education, Health Promotion, Community Health, or Preventative Medicine is the minimum education requirement (DISCOVER, n.d.).
Recreational Therapist
Recreational Therapists are projected to grow at a rate of +1.5% annually (Economic Research Institute, 2010). Nationally, there are 22,000 employed positions with an annual national salary averaging $43,000 per year (United States Department of Labor). In Minnesota, there are 480 employed positions with an annual state salary averaging $45,000 per year (United States Department of Labor). Starting salaries for recreational therapists are $35,000 per year on the national level and $36,500 per year in Minnesota. A Bachelor’s degree in Therapeutic Recreation is typically the usual education requirement (DISCOVER, n.d.).

Weight Reduction Specialist
This profession is projected to grow at a rate of +0.9% annually (Economic Research Institute, 2010). Nationally, there are 53,200 employed positions with annual national salary averaging $51,000 per year (United States Department of Labor, 2009). In Minnesota, there are 940 employed positions with an annual state salary averaging $54,000 per year (United States Department of Labor). Starting salary for weight reduction specialists are $39,500 per year on the national level and $41,500 per year in Minnesota. A Bachelor’s degree with a major in Dietetics, Nutrition, or Food Systems Management is encouraged (DISCOVER, n.d.).

Athletic Coach
Athletic Coaches are projected to grow at a rate of +2.5% annually (Economic Research Institute, 2010). Nationally, there are 179,800 employed positions with an annual national salary averaging $44,500 per year (United States Department of Labor, 2009). In Minnesota, there are 2,590 employed positions with an annual state salary averaging $46,500 per year (United States Department of Labor). Starting salaries for athletic coaches are $37,000 per year on the national level and $39,000 per year in Minnesota. Education and training requirements will be dependent on the specific level and type of sport (DISCOVER, n.d.).

Athletic Trainer
This field is expected to grow rapidly at a rate of +3.7% annually (Economic Research Institute, 2010). Nationally, there are 15,300 employed positions with an annual national salary averaging $44,500 per year (United States Department of Labor, 2009). In Minnesota, there are 230 employed positions with an annual state salary averaging $46,500 per year (United States Department of Labor). Averages for starting salary are approximately $37,000 nationally, and $39,000 in Minnesota. The preferred educational requirement is a Bachelor’s degree from an accredited college or university (DISCOVER, n.d.).

Sports/Athletics Manager
Sports/Athletics Managers is projected to grow at a rate of +2.2% annually (Economic Research Institute, 2010). Nationally, there are 11,700 employed positions with an annual national salary averaging $57,500 per year (United States Department of Labor, 2009). In Minnesota, there are 70 employed positions with an annual state salary averaging $60,500 per year (United States Department of Labor). Starting salary for sports/athletics managers are $39,500 per year on the national level and $41,500 per year in Minnesota. A Bachelor’s degree in Exercise and Rehabilitative Science: Exercise, Movement, and Athletics

For additional information please follow the provided links below:

- Career One Stop: [http://www.careeronestop.org/](http://www.careeronestop.org/)
- O*Net Online: [http://www.onetonline.org/](http://www.onetonline.org/)

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