Exercise and sports science (ESS) majors study the science of human movement and help people live healthier lives through exercise, rehabilitation, and nutrition. A commitment to enhancing quality-of-life throughout the lifespan through discoveries in and knowledge of health and human performance is a common principle of ESS graduates. Students involved in ESS explore the functions and composition of the human body, research information regarding nutrition and exercise, understand body conditioning, and learn to recognize injury and illness prevention.

**Exercise and Sports Science Skills**

- Interest in Coaching
- Motor Skills
- Motivational Skills
- Discussion Skills (e.g. Human Sexuality)
- Oral & Visual Communication Skills
- Demonstration Skills (e.g. Physical Activities)
- Interest in Health Issues
- Interest in Teaching
- Knowledge of Proper Nutrition
- Planning Skills
- Patience
- Athletically Inclined
- Interest in Physical Activities
- Interest & Knowledge in the Mechanics and General Health of Human Body

**Degrees offered at Texas State University**

- **BESS, major in Exercise and Sports Science (Health and Wellness Promotion for Clinical Populations Emphasis)**
- **BESS, major in Exercise and Sports Science (All-level Teacher Certification)**
- **BESS, major in Exercise and Sports Science (with Pre-Physical Therapy Emphasis)**
- **BESS, major in Health and Fitness Management (with Business Administration Minor)**
- **Master of Science, M.S., in Exercise and Sports Science**

**Other Certifications**

- **Certified Personal Trainer (CPT),**
- **Certified Fitness Instructor/ Health Fitness Specialist (HFS)**
- **Certified Clinical Exercise Specialist (ES),**
- **Registered Clinical Exercise Physiologist (RCEP),**
- **Certified Strength and Conditioning Specialist (CSCS),**
CAREER PATHS
(Some of the occupations outlined in this brochure may require additional education or training)

...in Education

**Sample Job Titles**
- Physical Education Instructor
- Assistant Professor
- Coach
- Physical Fitness Specialist
- Aerobics Instructor
- Camp Director
- Personal Trainer
- Exercise Specialist
- Sports Instructor
- Health Educator
- Athletic Trainer

**Possible Work Settings**
- High Schools
- Elementary Schools
- High School Athletic Associations
- Cruise Lines
- Middle Schools
- Professional Sports Teams/Leagues
- Recreational Organizations
- Training Centers
- Fitness Centers
- Gymnastics Centers
- Country Clubs
- Racquet Clubs

...in Health and Wellness Promotion

**Sample Job Titles**
- Clinical Research Associate
- Exercise Physiologist
- Health Coordinator
- Lab Technician
- Public Health Agent
- Assistant Wellness Director
- Physician Assistant
- Rehabilitation Specialist
- Regional Medical Scientist
- Commercial Wellness Center Director
- Hospital Wellness Administrator
- Wellness Coordinator
- Clinical Research Associate
- Director of Health & Rehabilitation

**Possible Work Settings**
- Hospitals
- Military
- Sports Clinics
- Weight Reduction Clinics
- Rehabilitation Clinics

...in Physical Therapy

**Sample Job Titles**
- Recreation Therapist
- Kinesiotherapist
- Strength & Conditioning Coach
- Chiropractor
- Physical Therapy Aide
- Director of Sports Medicine
- Cardiac Therapist
- Physical Therapy Technician

**Possible Work Settings**
- Physical Therapy Centers
- Athletic Associations
- Colleges/Universities
- Rehabilitation Clinics
- Hospitals
- Sports Clinics
- Recreational Organizations
- Fitness Centers

...in Health and Fitness Management

**Sample Job Titles**
- Fitness Leaders
- Cardiac Rehabilitation Specialist
- Manager
- Pharmaceutical Sales Representative
- Fitness Associate
- Exercise Testing Technicians
- Salesperson
- Corporate Health Advisor
- Health Management Assistant
- Sports Manager
- Corrective Therapist
- Administrator
- Sports Manager
- Fitness Center Director
- Sports Agent

**Possible Work Settings**
- Professional Sports Teams/Leagues
- Athletic Associations
- Training Centers
- Golf and Tennis Resorts
- Recreational Organizations
- Country Clubs
- Health Clubs
- City Parks/Recreation Departments
- Fitness Centers
- Colleges/Universities
- Recreational Leagues
RESOURCES

Texas State University - Student Organizations

- Association of Recreation Enthusiasts
- Athletic Training and Sports Medicine Club
- Eta Sigma Gamma, the National Health Education Honorary
- Exercise and Sports Science Club, http://studentorgs.txstate.edu/essclub
- Adaptive Sports Club of Texas State (ASCOTS), http://studentorgs.txstate.edu/ascots

Job & Internship Search Sites

- Medical Fitness Association Career Center, http://medicalfitness.site-ym.com/networking/
- Blue Fish jobs, http://www.bluefishjobs.com/
- U.S. Dept of Health & Human Services, www.hhs.gov/jobs

Professional Associations Links

- The American College of Sports Medicine, https://www.acsm.org
- Sports and Exercise Psychology - Professional Organizations, http://spot.colorado.edu/~collinsj
- Aerobic and Fitness Association of America, www.afaa.org
- American Academy of Physician’s Assistants, www.aapa.org
- American Dietetic Association, www.eatright.org
- American Heart Association, www.americanheart.org
- American Occupational Therapy Association, www.aota.org
Career Library Resources

- **Opportunities in Sports and Fitness Careers**, Ray Heitzmann
- **Careers in Focus - Coaches and Fitness Professionals**, Ferguson Publishing Company
- **Careers in Focus - Sports**, Ferguson Publishing Company
- **Career Opportunities in The Sports Industry, 2nd & 3rd editions**, Shelly Field
- **Careers for Sports Nuts & Other Athletic Types**, Wm. Ray Heitzmann

*Information for this handout compiled from:
University of North Carolina-Wilmington, Texas State Department of Health and Human Performance, Physical Education, and Recreation, DeSales University, World Wide Learn, University of Georgia Career Center, Hope College, Texas Tech University, Exercise Science Guide, University of North Carolina Department of Exercise and Sports Science*