Exercise Science Career Outlook 2014–2015

Exercise Science Programs Available at Bemidji State University:

Major: Exercise Science (B.S.)
Emphases: Fitness Leadership and Promotion; Medical Fitness
Minor: Human Performance

Department Website:

MAJOR HIGHLIGHTS:
The vision of the Department of Human Performance, Sport, and Health is “preparing and empowering future professionals to promote physical activity, health, and sport. The mission of the Department of Physical Education, Health, and Sport is "to provide students with opportunities to excel through purposeful experiences resulting in skills, including leadership, communication, use of technology, and appreciation of individual differences. Through our programs, students develop an appreciation of the contributions of physical activity, wellness, and sport to society.” The Exercise Science program prepares the student for graduate work in exercise science related areas, as well as for graduate-level education in areas like physical therapy, occupational therapy, medicine, chiropractic, or other allied health fields. Students entering the job market with an undergraduate degree in exercise science generally work with corporate and community fitness programs, health clubs, and similar fitness-related industries. The program might also be suited for students interested in coaching but do not wish to teach in public elementary or secondary schools. The Department of Physical Education, Health, and Sport offers several minors and specialist programs that provide students with the skills and expertise to work in health clubs, coach teams, or teach special needs students. Also, in addition to offering a variety of activities classes that enhance students' liberal education, the department works with Campus Recreation and Athletics to offer a broad range of learning experiences.

EMPLOYMENT AREAS:
The "Occupational Outlook Handbook" reports fitness trainers and instructors held about 267,000 jobs in 2012. About 58 percent of all personal trainers and group exercise instructors worked in fitness and recreational sports centers, including health clubs. Another 13 percent worked in civic and social organizations. About 8 percent of fitness workers were employed in health care and social assistance and at other schools and instruction; state local, and private. Many fitness jobs are part time, and many workers hold multiple jobs, teaching or doing personal training at several different fitness centers and at clients' homes.

PROJECTED DEMAND FOR EXERCISE SCIENCE MAJORS IN MINNESOTA:
According to MnCareers, the outlook for athletic trainers is good. Employment is small but more people working out can increase the demand. The median income for athletic trainers is $41,870 annually. There are currently 240 athletic trainers employed in Minnesota.

PROJECTED DEMAND FOR EXCERCISE SCIENCE MAJORS NATIONWIDE:
Focus™2 reports that the national demand of fitness trainers is expected to grow as fast as average through 2022, with people established in their career generally earning between $19,860 and $45,720 per year.
PLACEMENT INFORMATION FOR EXERCISE SCIENCE GRADUATES:
Of the Bemidji State University 2012-2013 Exercise Science graduates seeking employment, 69.2% obtaining related employment within one year of graduation. Of the 2012-2013 Exercise Science graduates from Bemidji State University, 19% reported continuing their education. This does not include students who were not seeking employment, unavailable, or had unknown status.

LIST OF EMPLOYERS WHO HAVE HIRED BSU EXERCISE SCIENCE GRADUATES: (This list only includes employment within one year of graduation.)

- Anytime Fitness: Club Manager, Savage, MN
- Chiropractic Professionals: Team Member, Bemidji, MN
- Coach: Princeton School District, Princeton, MN
- Fit For Life: Exercise Consultant, Faribault, MN
- Fitness Together: Personal Trainer, Green Bay, WI
- Heartland Homes, Inc.: Waivered/SILS Counselor, Park Rapids, WI
- Jenny Craig Weight Loss Center: Weight Loss Consultant, Fargo, ND
- Minnewaska Elementary: Title 1 Teacher, Glenwood, MN
- Mississippi Surge: Hockey Goalie, Biloxi, MS
- Multicenter Physical Therapy: Reception/Exercise Technician, Blaine, MN
- Murphy Chiropractic Health Centre: Chiropractic Assistant, Carleton Place, ON
- Philadelphia Flyers Hockey Team: Professional Hockey Player, Philadelphia, PA
- Primrose School of Eden Prairie: Teacher, Eden Prairie, MN
- Raptor Fitness Center: Owner, Grand Meadow, MN
- Sanford Health: Applications Support Specialist, Bemidji, MN
- Sanford Health: Power Program Aide, Bemidji, MN
- Sanford Health: Physical Therapist, Bemidji, MN
- Sanford Health: Profile Coach, Bemidji, MN
- Sanford Health: Exercise & Wellness Specialist, Bemidji, MN
- Support Staff: Choice Therapy, Bemidji, MN
- Swedish Hockey League: Professional Hockey Player, Sweden
- United States Army: MLRS Crew Member, Fort Benning, GA
- Velocity Sport Performance: Sport Performance Coach, Champlin, MN

COLLEGES AND UNIVERSITIES WHERE BSU EXERCISE SCIENCE GRADUATES HAVE GONE TO CONTINUE THEIR EDUCATION:

- Bemidji State University, Bemidji, MN
- Northern Arizona University, Flagstaff, AZ
- Casper College, Casper, WY
- Northwestern Health Sciences University, Bloomington, MN
- Globe University, Madison, WI
- Pacific University, Forest Grove, OR
- North Dakota State University, Fargo, ND
- Palmer College of Chiropractic, Davenport, IA
- Northwest Technical College, Bemidji, MN
- St. Cloud State University, St. Cloud, MN
- University of North Dakota, Grand Forks, ND
- West Virginia University, Morgantown, WV

Note 1: Some of the above job/career titles require advanced degrees or specialized training.
Note 2: Degrees alone do not get students jobs. Internships, summer jobs, volunteer work, part-time jobs, work-study positions, and active participation in student organizations on campus are all ways to become more competitive in a tight job market.
Note 3: Personal Competencies: it is also recommended that individuals be competent in a variety of communication methods, and computer skills are a must.
Bibliography:
FOCUS II. Career Dimensions Incorporated, Manchester, NH (2015)

For more information, please contact the Career Services Office in 207 Sattgast Hall or call us at 218-755-2038 or toll free at 800-657-3726.
For more job listings please visit:

http://www.bemidjistate.edu/students/services/career/job_search/jobs/