

Career Outlook 2019: Exercise Science

Exercise Science Programs Available at Bemidji State University:

Major: Exercise Science (B.S.) **Minor:** Human Performance

Fields of Emphasis: Fitness Leadership and Promotion; Medical Fitness

Department Website: <http://www.bemidjistate.edu/academics/departments/human-performance-sport-health/>

EMPLOYMENT AREAS AND PROJECTED DEMAND:

The "Occupational Outlook Handbook" (OOH) reports fitness trainers and instructors held about 299,200 jobs in 2016. About 59% of all personal trainers and group exercise instructors worked in fitness and recreational sports centers, including health clubs. Another 11% worked in civic and social organizations. About 11% of fitness workers were self-employed. 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. OOH reports that the national demand of fitness trainers is expected to grow faster than average through 2026, with people established in their career generally earning between \$19,640 and \$74,520 per year. The median pay in 2017 was \$39,210 per year.

PLACEMENT INFORMATION FOR EXERCISE SCIENCE GRADUATES:

Of the Bemidji State University 2016-2017 Exercise Science graduates seeking employment, 100% obtained related employment within one year of graduation. Also, of the 2016-2017 Exercise Science graduates from Bemidji State University, 52.6% reported continuing their education. This does not include students who were not seeking employment, unavailable, or had unknown status.

PARTIAL LIST OF EMPLOYERS WHO HAVE HIRED BSU EXERCISE SCIENCE GRADUATES*:

(This list only includes employment within one year of graduation.)

ATI Physical Therapy	Exercise Specialist	Crest Hill, IL
Courage Kenny Rehabilitation Institute	Aquatics & Fitness Specialist	Golden Valley, MN
PhysAssist Scribes, Inc.	Medical Scribe and Scribe Ambassador	Bemidji, MN
Sanford Health	Cardiac Rehab Specialist	Anoka, MN
Sanford Health	Rehab Aide	Bemidji, MN
Self-Employed	Fitness Trainer	San Pedro, SJ
USAA	Fitness Specialist/Personal Trainer	Phoenix, AZ

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

- Bemidji State University, Bemidji, MN
- North Dakota State University, Fargo, ND
- Northwest Technical College, Bemidji, MN
- Ridgewater College, Willmar, MN
- Texas State University, San Marcos, TX
- University of South Dakota, Vermillion, SD
- Western Carolina University, Cullowhee, NC
- Western Illinois University, Macomb, IL
- University of Idaho, Moscow, ID
- University of Mary, Bismarck, ND
- University Of North Dakota, Grand Forks, ND

*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.

Bibliography:

Annual Graduate Follow-Up Study 2016-2017. Bemidji State University, Bemidji, MN (2019)
Bemidji State University Undergraduate Catalog 2018-2019. Bemidji State University, Bemidji, MN (2018)
Occupational Outlook Handbook. U.S. Dept. of Labor, JIST Publishing Inc., Indianapolis, IN (2018)

For more information, contact Career Services; Decker Hall/218-755-2038/career@bemidjistate.edu

For more job listings please visit:



<https://www.bemidjistate.edu/services/career/events-guides-resources/job-listings/>