

Career Outlook: 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 356,900 jobs in 2018. About 58% of all personal trainers and group exercise instructors worked in fitness and recreational sports centers, including health clubs. Another 10% 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 13% (much faster than average) through 2028, with people established in their career generally earning between \$20,160 and \$76,090 per year. The median pay in 2018 was \$39,820 per year.

PLACEMENT INFORMATION FOR EXERCISE SCIENCE GRADUATES:

Of the 22 Bemidji State University 2017-2018 Exercise Science graduates seeking employment, 88.9% obtained related employment within one year of graduation. Also, of the 2017-2018 Exercise Science graduates from Bemidji State University, 31.8% 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.)

Anytime Fitness	Certified Personal Trainer	Bemidji, MN
Bemidji Independent School District #31	Assistant Volleyball Coach	Bemidji, MN
Del Norte Sports and Wellness	Basketball Referee	Albuquerque, NM
Sanford Bemidji Medical Center	Cardiac Technician	Bemidji, MN
Team Health Care Clinic	Chiropractic Assistant	Champlin, MN
Xplosive Performance Academy	Sport Performance Coach	Southfield, MI

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

- Central Michigan University, Mt. Pleasant, MI
- Grand View University, Des Moines, IA
- Logan University, Chesterfield, MO
- Mount Mary College, Milwaukee, WI
- South Dakota State University, Brookings, SD
- University of Mary, Bismarck, ND
- University of Wisconsin, La Crosse, WI

*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 2017-2018. Bemidji State University, Bemidji, MN (2020)

Bemidji State University Undergraduate Catalog 2019-2020. Bemidji State University, Bemidji, MN (2020)

Occupational Outlook Handbook. U.S. Dept. of Labor, JIST Publishing Inc., Indianapolis, IN (2019)

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

For more job listings please visit:



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



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