

# 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 373,700 jobs in 2019. 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 15% (much faster than average) through 2029, with people established in their career generally earning between \$21,110 and \$75,400 per year. The median pay in 2019 was \$40,390 per year.

### **PLACEMENT INFORMATION FOR EXERCISE SCIENCE GRADUATES:**

Of the 24 Bemidji State University 2018-2019 Exercise Science graduates seeking employment, 100% obtained related employment within one year of graduation. Also, of the 2018-2019 Exercise Science graduates from Bemidji State University, 45.8% 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.)**

Essentia Health	Cardiology Technician	Virginia, MN
Fairview Ridges Hospital	Telemetry Technician	Burnsville, MN
HealthSource Chiropractic of St. Cloud	Rehabilitation Specialist	St. Cloud, MN
Leech Lake Band of Ojibwe	Diabetes Fitness Center	Cass Lake, MN
Leech Lake Band of Ojibwe	Diabetes Educator	Cass Lake, MN
Sanford Health	Certified Nursing Assistant	Fargo, ND
Special Olympics South Dakota	Unified Champions Schools	Sioux Falls, SD
Twin Cities Orthopedics	Assistant Human Performance Coach	Eagan, MN

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

- Concordia University, Mequon, WI
- Northwestern Health Sciences, University Bloomington, MN (x2)
- South Dakota State University, Brookings, SD
- University of Jamestown, Jamestown, ND (X3)
- University of Wisconsin-Milwaukee Milwaukee, WI
- William Woods University, Fulton, MO
- Winona State University Winona, MN

\*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 2018-2019. Bemidji State University, Bemidji, MN (2021)

Bemidji State University Undergraduate Catalog 2020-2021. Bemidji State University, Bemidji, MN (2021)

Occupational Outlook Handbook. U.S. Dept. of Labor, JIST Publishing Inc., Indianapolis, IN (2020)

**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/](http://www.bemidjistate.edu/students/services/career/job_search/jobs/)



A member of the colleges and universities of Minnesota State, Bemidji State University is an affirmative action, equal opportunity educator and employer. This document is available in alternative formats to individuals with disabilities by calling 1-800-475-2001 or 218-755-3883.