

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 306,400 jobs in 2021. About 52% of all personal trainers and group exercise instructors worked in fitness and recreational sports centers, including health clubs. Another 6% worked in civic and social organizations. About 22% 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 19% (much faster than average) through 2031, with people established in their career generally earning between \$22,960 and \$75,940 per year. The median pay in 2021 was \$40,700 per year.

PLACEMENT INFORMATION FOR EXERCISE SCIENCE GRADUATES:

Of the 22 Bemidji State University 2019-2020 Exercise Science graduates seeking employment, 87.5% obtained related employment within one year of graduation. Also, of the 2019-2020 Exercise Science graduates from Bemidji State University, 9 students 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.)

Meridian Services	Direct Support Professional	Coon Rapids, MN
Peloton	Treadmill Specialist	St. Paul, MN
Profile by Sanford	Member Services Associate and Social Media	Maple Grove, MN
Sanford Health	Tobacco Cessation Specialist	Bemidji, MN
Sanford Health	Rehab Services Aide	Bemidji, MN
Up North Sports	Warehouse Manager	Bemidji, MN

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

- Carroll University, Waukesha, WI
- Northwestern Health Sciences University, Bloomington, MN (x3)
- Rush University, Chicago, IL
- The Sage Colleges, Troy, NY
- University of Jamestown, Jamestown, ND
- University of North Dakota, Grand Forks, ND (X2)

*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 2019-2020. Bemidji State University, Bemidji, MN (2022)
Bemidji State University Undergraduate Catalog 2021-2022. Bemidji State University, Bemidji, MN (2022)
Occupational Outlook Handbook. U.S. Dept. of Labor, JIST Publishing Inc., Indianapolis, IN (2021)

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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