

What Can I Do With This **Ohio State** Major?

Bachelor of Science

Exercise Science

College of Education and Human Ecology

Exercise Science involves the study of structural, functional, and behavioral phenomena related to participation in physical activity and exercise in sport, clinical and community settings.

Career Areas/Job Titles:

Management and Industry

Agent
Camp Director
Equipment Manager
Exercise Program Director
Employee Fitness Director
Recreation Director/Leader
Sports Coordinator

Communication and Media

Sport Writer
Sports Broadcaster

Publishing
Public Relations Specialist

Health Professions

Cardiopulmonary Rehab
Specialist
Fitness Instructor
Exercise Physiologist
Exercise Test Technologist
Medical Physiologist
Personal Trainer

Strength and Conditioning
Coach

Athletic Trainer
Physical Therapist
Sports Dietician

Education

Teacher
Youth Sports Coach

**Some careers may require licensure, certification, or further education. Talk to an advisor about specific requirements.*

Transferable Skills:

Basic Computer Skills
Biology Focus
Human Anatomy Knowledge
Healthcare Fundamentals
Facilitating Group Discussion
Listening Skills
Provide/Respond to Feedback
Speaking Effectively
Use Technology Effectively
Written Communication
Motivating Others

Social Perceptiveness
Teaching/Instructing Others
Teamwork
Defining Needs
Developing Evaluation
Strategies
Identifying Problems
Research Skills
Setting Goals
Adaptability/Flexibility
Attention to Detail

Initiative
Managing Time/Stress
Administrative Skills
Coaching/Mentoring
Organization Skills
Planning
Prioritizing Tasks
Multi-tasking
Analytical/Critical Thinking
Problem Solving

**This is not an extensive list of transferable skills. See larger list of skills you might develop here:
<http://ccss.osu.edu>*

Professional Links:

American College of Sports Medicine: www.acsm-msse.org

National Academy of Sports Medicine: www.nasm.org

National Board of Fitness Examiners: www.nbfe.org

National Exercise Trainers Association: www.ndeita.com

Exercise Science Club at The Ohio State University