WHAT CAN I DO WITH A MAJOR IN … EXERCISE SCIENCE

OCCUPATIONAL OVERVIEW:
Fitness workers lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise, strength training, and stretching. They work in commercial and nonprofit health clubs, country clubs, hospitals, universities, Yoga and Pilates studios, resorts, and clients’ homes. Increasingly, fitness workers also are found in workplaces, where they organize and direct health and fitness programs for employees of all ages.

EMPLOYMENT REQUIREMENTS:
Personal trainers must obtain certification in the fitness field to gain employment, while group fitness instructors do not necessarily need certification to begin working. In the fitness field, there are many organizations that offer certification. Becoming certified by one of the top certification organizations is increasingly important, especially for personal trainers. One way to ensure that a certifying organization is reputable is to see whether it is accredited or seeking accreditation by the National Commission for Certifying Agencies. Most certifying organizations require candidates to have a high school diploma, be certified in cardiopulmonary resuscitation (CPR), and pass an exam. Certification generally is good for 2 years, at which time workers must become recertified by attending continuing education classes or conferences. Pilates and yoga instructors must obtain specialized training.

EMPLOYERS/INDUSTRIES & SUGGESTED STRATEGY:
Please ask your Career Advisor (CDF) for identifying employers or additional resources for your occupation of choice.

Areas of Practice: Personal Trainers, Group exercise instructors, Fitness directors, Fitness Coordinator, Private Trainer, Yoga/Pilates Instructor

Types of Employers: Commercial and nonprofit health clubs, country clubs, hospitals, universities, yoga and Pilates studios, resorts, and clients’ homes

Suggested Strategies: Obtain a bachelor’s degree in exercise science, physical education, kinesiology, or a related area, along with experience to advance to management positions in a health or fitness club. Take college courses in management, business administration, accounting, and personnel management. Become certified in specialized field, such as Yoga and Pilates, to increase experience. Individuals planning fitness careers should be outgoing, have strong sales skills, be excellent communicators, and good at motivating people.

STATE AND NATIONAL WAGES (2006)

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PROFESSIONAL ORGANIZATIONS & RESOURCES:

- American Council on Exercise  [http://www.acefitness.org](http://www.acefitness.org)
- NSCA Certification Commission  [http://www.nsca-cc.org](http://www.nsca-cc.org)
- Pilates Method Alliance  [http://www.pilatesmethodalliance.org](http://www.pilatesmethodalliance.org)
- Yoga Alliance  [http://www.yogaalliance.org](http://www.yogaalliance.org)

- [http://online.onetcenter.org](http://online.onetcenter.org)