



Kinesiology

Physical Fitness

Exercise physiology

Personal training

Performance enhancement and
management

Strength and conditioning coaching

Group fitness instruction

Health club or Fitness center management

Consultation

Physical
Fitness
Employers

Health clinics



Physical Fitness Strategies

Athletic Training

Performance
enhancement/Management

Strength & conditioning
coaching

Biomechanics

Consultation

Athletic Training Employers

High schools

Colleges and universities

Health clinics

Sports medicine clinics

Fitness centers

Retirement centers

Nursing homes

Resorts

Cruise lines

Community centers

Rehabilitation centers

Healthcare programs: Clinical, industrial, corporate

Professional sports teams

Private sports organizations

Sports facilities

Individual athletes

Private or group practice

Local government (e.g., law enforcement agencies and departments of health)

Federal and state government:

- Public Health Service
- Veterans Administration
- Department of Defense

Physical Therapy Employers

Hospitals

Clinics

Home healthcare agencies

Nursing homes and residential care facilities

Sports medicine facilities

Rehabilitation centers

Doctors' offices, particularly orthopedic

Schools

Health clubs and fitness centers

Group or private practices

Universities and colleges

Federal and state government:

- Public Health Service
- Veterans Administration
- Department of Defense

Physical Therapy Strategies

Obtain knowledge of several basic sciences including anatomy, physiology, biology, chemistry, and physics.

Attain superior grades in pre-physical therapy course work due to intense competition for admittance to physical therapy programs.

Volunteer for a physical therapist in a hospital or clinic to gain experience and improve chances of acceptance into a program.

Develop strong interpersonal and communication skills. Must possess patience and a desire to help individuals of all ages with disabilities. A positive attitude is important when working with patients.

Manual dexterity and physical stamina are important for success.

Earn a doctorate in physical therapy from a program accredited by the Commission on Accreditation in Physical Therapy Education (CAPTE).

All states require licensure which includes passing an examination.

Some physical therapists specialize in an area after gaining several years of general experience.

Occupational Therapy

Screening

Evaluation

Treatment:

- Physical
- Psychosocial
- Social
- Vocational

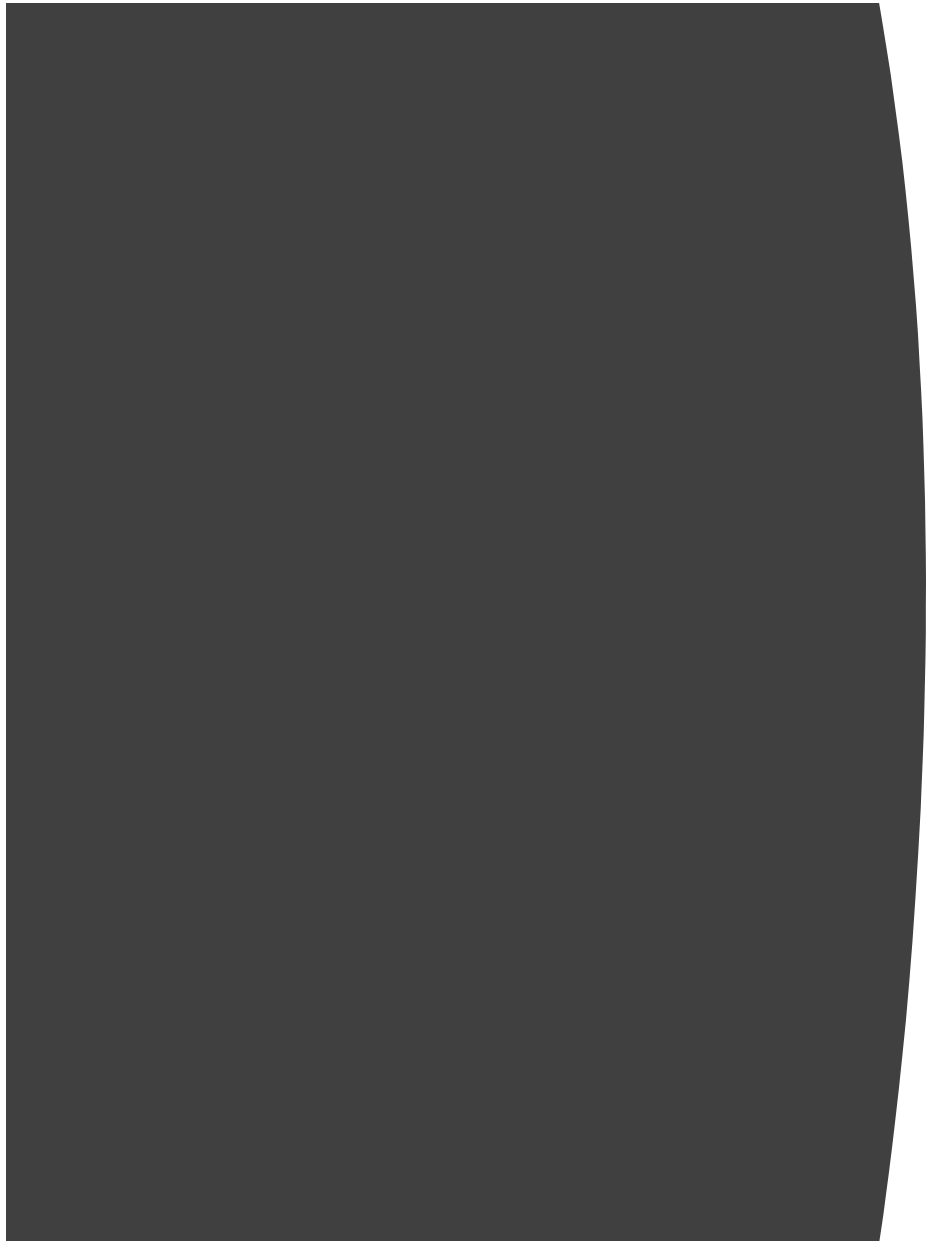
Follow-up

Administration

Teaching

Research

Occupational



Sports Medicine

Orthopedics

Osteopathics

Chiropractics

Prosthetics

Biomechanics

Physiology

Kinesiology

Psychology

Cardiopulmonary rehabilitation

Sports Medicine Employers

Hospitals

Clinics

Home healthcare agencies

Nursing homes

Sports medicine facilities

Rehabilitation centers

Fitness centers

Group or private practices

Universities and colleges

Sports Medicine Strategies

Develop strong computer, science, mathematics, and verbal and written communication skills.

Join related professional and student organizations and seek leadership roles.

Find internship and research opportunities with professors and other experts in the field to gain experience.

Meet with a pre-health advisor periodically to discuss curricular decisions.

Maintain a high grade point average, particularly in science classes, and secure strong recommendations for graduate or professional schools.

Look at entrance requirements for desired institutions.

Be aware of any standardized test requirements, minimum grade point averages, and prerequisites.

After earning an undergraduate degree, the Doctor of Medicine (M.D.) requires 4 years of medical school followed by 3-8 years of internship, residency, and fellowship depending on specialization chosen. Upon completion of residency, pursue a fellowship in sports medicine and take certification exam.

General Exercise Science Information

There are many different ways to work within the health and fitness industry. Identify a particular area of interest and