

SPORT AND EXERCISE SCIENCE

Professionals in sport and exercise science study how exercise and diet impact the human body. They take a scientific approach to fitness and health to better understand their short- and long-term benefits. A sport and exercise science degree prepares you for a variety of fitness- and health-related careers or for the pursuit of a post-graduate degree in healthcare.

INDUSTRY GROWTH IS TIED TO:

- An aging population—By 2030, one in five Americans will be age 65 or older.
- An increase in the prevalence of chronic diseases. As of 2012, 117 million adults had one or more chronic health conditions.



21% JOB GROWTH THROUGH 2024

2016 MEDIAN SALARIES

• Athletic Trainers	\$45,630
• Exercise Physiologists	\$47,340
• Fitness Instructors	\$38,160
• Physical Therapists	\$85,400

CAREER POSSIBILITIES:

- Athletic trainer
- Exercise physiologist
- Fitness instructor
- Health coach
- Occupational therapist
- Personal trainer
- Physical therapist
- Recreational therapist

JOB TASKS AND DUTIES

- Understand injury and illness prevention.
- Examine how diet can affect the body.
- Learn how to condition the body for athletics or fitness.
- Research questions on nutrition and exercise.
- Study the human body, from bones and muscles to skin and ligaments.

CHARACTERISTICS OF SPORT SCIENTISTS:

- Desire to help others
- Social skills and empathy
- Cultural understanding
- Teamwork
- Communication skills
- Integrity
- Reliability and dependability
- Resilience and adaptability
- Critical-thinking skills
- Interest and aptitude in the sciences



WHAT TO EXPECT IN A SPORT AND EXERCISE SCIENCE PROGRAM

A student participating in a sport and exercise science degree program develops skills for careers related to health, physical fitness and rehabilitation. You'll learn how the human body works and study the impact of exercise and diet on overall health and wellness. You'll gain knowledge for developing programs to optimize the health of patients or clients and assume leadership roles in sports and health settings.

SPORT AND EXERCISE SCIENCE MAY BE A GOOD FIT IF YOU...

- Enjoy helping people from diverse populations in a variety of environments.
- Plan to pursue a post-graduate degree in physical or occupational therapy.
- Want to work as a physical education teacher or athletic trainer.
- Want to promote healthy lifestyles.
- Enjoy studying the sciences.
- Want to help others.

CLASSES MAY INCLUDE:

- Human anatomy and physiology
- Chemistry
- Biomechanics
- Kinesiology
- Exercise physiology
- Exercise therapy
- Strength and conditioning
- Nutrition

LOOK FOR A PROGRAM THAT OFFERS:

- Opportunities for internships and field experience, such as working as a trainer for college sports teams.
- State-of-the-art facilities with the latest software and hardware for the field.
- Faculty with a range of clinical experience and expertise.
- Opportunities to network with professionals in the field.
- Articulation agreements for early or guaranteed admission to post-graduate degree programs.
- Strong pre-professional advising.

To learn about the Sport and Exercise Science program at the University of Northern Colorado, visit us at [UNCO.EDU/PROGRAMS/SPORT-EXERCISE-SCIENCE/SPORT-EXERCISE-SCIENCE-BS](https://unco.edu/programs/sport-exercise-science/sport-exercise-science-bs)

Before you declare your major in sport and exercise science:

- Volunteer as a team manager or training assistant for a high school sports team.
- Talk to someone in your field of interest to learn more about what they do and why they love their profession.
- Shadow a professional trainer or exercise scientist to determine if you enjoy the work and if it interests and inspires you.

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

—John F. Kennedy



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