



What can I do with my Major?

EXERCISE SCIENCE

SAMPLE JOB TITLES

Visit [O*Net](#) and conduct an *Occupation Quick Search* of each job title to learn more about that career path.

[Exercise Physiologist](#)
[Recreation and Fitness Studies Teachers, Postsecondary](#)
[Fitness Trainers and Aerobics Instructors](#)
[Wellness and Ergonomic Specialists](#)
[Health and Wellness Coordinator](#)
[Training and Support Specialists](#)
[Fitness Director](#)
[Cardiopulmonary Exercise Physiologist](#)
[Corporate Fitness Instructor](#)
[Health Promotions Coordinator](#)
[Fitness Center Manager](#)

UCONN RESOURCES

[Department of Kinesiology](#)
[National Strength & Conditioning Association](#)
[UConn Sport Business Association](#)
[Sports Society](#)
[Student American Physical Therapy Association](#)

OTHER RESOURCES

[American Society of Biomechanics](#)
[American Society of Exercise Physiologists](#)

OVERVIEW OF MAJOR

A student majoring in Exercise Science at the University of Connecticut can specialize in one of three areas: Biomechanics, Exercise Physiology, or Fitness Management.

Biomechanics incorporates applying mechanical methods to the study of the structure, function, movement, and physics of biological systems. The study of Biomechanics focuses on the basics of body movement as well as medicine in order to treat injuries or to help athletes improve their performance.

An Exercise Physiology concentration focuses on exercise training, exercise metabolism, fitness, and nutrition. An exercise physiologist learns how the human body works and applies that knowledge to improving athletic or exercise performance.

Fitness Management students learn to assist with adult fitness programs in corporate, industrial, recreational, educational, commercial, or clinical settings. This specialization focuses on helping people stay in shape and improve their overall health.

NATURE OF WORK

The field of Exercise Science provides a wide variety of career options, so the nature of the work varies with the career path taken. However, any of the three specializations lead to a career in the fitness industry and as such will most likely incorporate developing and implementing exercise programs, ordering fitness supplies, or working to improve the athletic performance of sports teams. However, other career paths can lead to exercise research or working in a corporate setting promoting the fitness of employees or implementing fitness and health programs.

