

What Can I Do With a Major In...

Health & Human Performance-Exercise Science Option?

Health and Human Performance – Exercise Science programs¹ In this program, you will study human exercise, physiology and kinesiology as they apply to sports and physical fitness. You will learn about activities and principles that establish, maintain, and promote physical fitness. Instruction will include human movement studies, motivation techniques, exercise techniques, basic sports injury prevention practices, and the organization and leadership of various sports and fitness programs. An internship will be valuable when you are looking for work in this field.

Programs at Montana State University will² focus on both clinical and performance-based understandings of human movement. The exercise science option emphasizes a cross-disciplinary understanding of human movement through non-departmental courses in biology, anatomy and physiology, chemistry, physics, math, and statistics. These courses then serve as the foundation for mechanical (e.g., biomechanics) and nutritional perspectives within the departmental courses. The exercise science option specifically allows students to customize their junior and senior year course work as needed for later application to health-related graduate programs in physical therapy, occupational therapy, medical physician assistant, sports medicine, exercise science graduate programs (exercise physiology, health promotion, biomechanics), as well as medical school. Additional careers for exercise science students can include those within the health and fitness industry (e.g., those requiring ACSM Health-Fitness Instructors and/or Exercise Test Technologist certifications), corporate wellness programs, exercise rehabilitation programs (cardiac rehabilitation, gait laboratories, sport medicine facilities, older adult programs, etc.), as well as careers in the sport and rehabilitative medicine equipment industries.

Characteristics associated with success in this major include an interest in working with and helping others.

You should:

- enjoy physical conditioning
- be interested in activities which promote good health and develop fitness of the human body
- be able to think logically
- be able to communicate successfully, both verbally and in writing, with individuals of different backgrounds and personalities
- be creative and enjoy solving problems

Related occupations include¹:

- Exercise Physiologist
- Biomechanist
- Athletic Coach
- Health Educator
- Athletic Trainer
- Fitness Trainer
- Recreational Guide
- Nutritionist
- Fitness Business Owner
- Employee Wellness Coordinator
- Weight Reduction Specialist
- Sports/Athletics Manager
- Recreational Therapist
- Teacher (Physical Education)
- Physical Therapist
- Occupational Therapist
- Physician Assistant
- Medical Doctor
- Lab Testing Technician

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MSU graduates (Bachelor's degree) were hired in the following selected fields³:

Assistant Basket Ball Coach– Gannon University
Bartender/Cocktail Waitress– Spectators Sports Bar & Grill
Business Owner
Chief, Voluntary Ski Patrol– Yellowstone Club
Chiropractic Assistant– Pro Chiropractic
Climbing Instructor– Broadwater Athletic Club
Customer Service Representative– Simms Fishing Products
Exercise Specialist– Bozeman Deaconess Hospital
Group Fitness Director– The Ridge Athletic Club
High School Youth Minister Coordinator– Holy Rosary Catholic Parish
Inventory Manager– Wester CTE
Junior Teacher – The MinJok Leadership Academy
Medical Assistant Patient Coordinator– Big Sky Cosmetic Surgery
Medical Records– Bridger Orthopedic and Sports
Para-Educator– Ogden Elementary
Personal Trainer - The Club; Advanced Training & Sports Conditioning; Alliana Sports Medicine
Program Assistant– Montana State University
Recreation Therapist– California State Department of Managed Health Care
Seating and Positioning– Kids up
Surgical Team Assistant– St. Vincent Healthcare

Salary averages of survey respondents: (# of respondents in parentheses)³

2007: MT: Insufficient Data	out of state: Insufficient Data
2006: MT: \$ 28,782 (5)	out of state: Insufficient Data
2005: MT: \$ 27,336 (4)	out of state: Insufficient Data
2004: MT: \$ 26,323 (3)	out of state: Insufficient Data

Licensure¹: Individuals can obtain licensure/certification through The American College of Sports Medicine in health fitness, clinical and specialty areas.

Graduates from this program entered programs of further education at these institutions³:

None available at this time

Other Sources of Information:

American College of Sports Medicine: www.acsm.org
American Sports Medicine Institute: www.asmi.org
National Athletic Trainers' Association: <http://www.nata.org/index.htm>
National Strength & Conditioning Association: www.nscf-lift.org
Aerobics and Fitness Association of America: www.afa.com
Department of Health & Human Development—Montana State University: <http://www.montana.edu/ehhd/hhd>

For more information contact:



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(406) 994-4353
www.montana.edu/careers

¹University of Oregon. 2007. Created by intoCareers, a unit of the University of Oregon. Montana information Montana Career Information System. Discover: 2008 by ACT, Inc.

² Montana State University Department of Education and Health & Human Development

³ Montana State University Career & Internship Services

Number of graduates/number of respondents: 2004: 10/10; 2005: 17/11; 2006:24/15; 2007: 16/9