



February 2006

Career Services...Career Services...
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Futures
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Volume 2, Issue 5

Major of the Month: Exercise Science

For students that enjoy working with people and helping people reach fitness or sport-related goals, Exercise Science may be the way to go!

Exercise Science is an attractive major if you are an athlete, enjoy sports, and/or have a special interest in maintaining good physical health. The notion that only athletes major in exercise science is simply a myth. Exercise Science is studied by those interested in preventative health and the use of exercise as a medicine for life-long health.

Imagine yourself working at the Olympic Training Center, testing an Olympic hopeful's strength and cardiovascular endurance. Imagine yourself finding the missing fitness ingredient that is keeping him/her from the podium. Now imagine yourself being thanked from a gold medal winner!

What if you do not want to work with athletes? Here is another scenario for you. Imagine a person has been told that he/she needs to lose 20 pounds. This person feels helpless and hopeless. Then you step in to help. You are not merely this person's personal trainer, you are their exercise scientist. You can do a health appraisal on the

person, determine the best, safest and quickest course of action for the person to lose that weight. You explain the importance of overall health, monitor their blood pressure,

These are just a few examples of what exercise science graduates are doing.

Jody Susi, Instructor and Advisor for the LSSU



Exercise Science students performing a clinical evaluation during a lab course.

check their cholesterol and blood sugar, improve their flexibility and strength.

How about research? Imagine you have been working on a research study for the past year on the new epidemic in America of rapid bone density loss in children who are not active. Your research has found a resistance training design which is safe for children who are still growing, increases bone density more than any other program and which is fun for children. Your research has made an incredible difference in the lives of these children!

Exercise Science program began her college career as an undecided student. "I came to Lake State to play volleyball and my love of sports helped me to choose Exercise Science as a major. I always had a goal to get my master's degree and while pursuing that I taught a few courses and fell in love with teaching." Ms. Susi's career path shows another example of where an exercise science degree can take you.

If you think you may be interested in this program, contact Jody Susi, Instructor of Exercise Science, at jasusi@lssu.edu or 635-2624.

CAREER BITS

Sample Career:
 Exercise Physiologist

VALUES & ATTRIBUTES

- Likes working with people
- Values a physically active life-style
- Creative and enjoys solving problems

WORK TASKS

- Plan and put together exercise programs.
- give medical tests, such as stress tests, under a doctor's supervision
- record patients' test data
- teach people to use exercise equipment properly.

LIKES & DISLIKES

Likes:

- helping others stay health through exercise
- the choice of a variety of work settings
- meeting and working with all types of people

Dislikes:

- being responsible for client safety
- completing continuing education credits to keep their certification current.

SALARY RANGE

Starting salary: \$29,000-31,000
 Average salary: \$36,500-\$39,500
 Experience: \$43,000-\$47,000

PROJECT GROWTH

This category is expected to grow rapidly (4.5%) according to the U.S. Bureau of Labor Statistics. Jobs in this field will grow as population increases and people become more health conscious.

Senior Research Projects...

All Exercise Science majors complete a senior research project and then an internship that is geared toward a future career plan. Once students have completed their degree requirements, they are eligible to sit for certification from the NSCA and the ACSM. "Employers are beginning to require these certifications as requirements for many positions" states Susi.

Current LSSU senior research projects:

- Relationship between hamstring flexibility and lower back pain
- Relationship between early sport specialization and sport-related injuries in pre-adolescent athletes
- Difference in motivation between exercising in a group and exercising alone
- Effects of pre-competition anxiety on LSSU track and field athletes
- Investigation of the motivational affects of music on exercise duration and attitude
- Predetermining swimming outcomes for the 2008 Olympics

Sample Career Choices...

- **Rehabilitation Specialist** – Works in conjunction with other medical personnel to provide rehabilitation services for cardiac patients, pulmonary patients and other clinical populations suffering from life-style related illnesses.
- **Stress Test Technologist** – employed in hospital, clinical and university settings to administer fitness testing and fitness activities for a variety of populations and within diverse testing conditions.
- **Sport/Fitness Program Director** – manages commercial, private or public club settings.
- **Sport/Fitness Business Specialist** – market and demonstrates new sport and exercise equipment within a commercial context.
- **Personal Fitness Trainer** – develops and provides individualized exercise program, either privately or in fitness club setting.

DON'T MISS THESE WORKSHOPS!



Career Exploration Workshop

**March 8th
2-3pm
Library 150**

Only 7 more weeks of class and another semester will be gone. Still not sure what to major in? No career goals? Then don't miss this informational career workshop. Mary Jo Meehan, LPC, will talk about how to get started on finding the right career path.

Resume Workshop



**March 15th
3-4pm
Library 150**

About to graduate?
Making plans for an internship?
Don't wait until the last minute to prepare your resume! Join Theresa Weaver, Director of Career Services for this workshop. She will cover the basics of writing a resume and tips for making your resume rise to the top of the stack. If you have a current resume or have one started, bring it to the workshop.

Exercise Science student Shelly Peterman serves as a personal trainer for an Exercise Science practicum class.



Career Services

A division of Academic Services
Lake Superior State University
Library 119A
(across from the Learning Center)
906-635-2733
www.lssu.edu/careerservices
Hours: Monday-Friday 8am-5pm

"Life's most persistent and urgent question is, "What are you doing for others?"

-Martin Luther King, Jr.