

Exercise Physiology: Career Opportunities

Len Kravitz, Center for Exercise and Applied Human Physiology, The University of New Mexico, Albuquerque, NM 87131-1258

Exercise physiology is an expanding multidisciplinary field that encompasses human movement, exercise performance, health, sport sciences, corporate and community fitness, rehabilitation and wellness. The traditional educational delivery system has prepared graduates for careers in teaching and human movement programs. Opportunities now exist in a number of related disciplines for the exercise physiology professional. The purpose of this tutorial is to present the growing community of exercise physiology professionals with some of the emerging career paths. Content will identify new and developing career tracks in health and fitness, sports sciences, exercise rehabilitation, fitness management, computer technology, lifestyle and exercise consulting, therapeutic sciences and human factors. The recent national ambitions to involve the mass population in low-intensity participation programs is opening up several new initiatives for the exercise physiologist to become involved in the design, delivery and management of this process. With a solid grounding in the principles of exercise science, there are a number of professional pathways to explore for exercise physiology professionals entering the career domain.

Career Resources

1. *Club Industry c/o Primedia Intertec, 215-643-8100, www.clubindustry.com/*
2. *American Society of Exercise Physiology, www.css.edu/users/tbonne2/asep/toc.htm*
3. *YMCA of the USA, 800-872-9622*
4. *Medical Fitness Association, 847-475-2332, www.medicalfitness.org*
5. *Association for Worksite Health Promotion (Fee), 847-480-9574, www.awhp.org/*
6. *Welltech International, 314-995-9838, www.welltech.com/*
7. *Northern Arizona University (internships/jobs) www.nau.edu/~hp/proj/rah/intern/intern.html*
8. *The National Center for Health Fitness, www.healthy.american.edu/nchf.html*
9. *Health Promotion Recruiters International, www.hpridirect.com*
10. *University Internship Services (For internships): www.internsearch.com*
11. *National Wellness Association (Fee), 800-244-8922, www.wellnessnwi.org/nwa*
12. *International Spa and Fitness Association (I/SPA), 703-838-2930, www.i-spa.org*
13. *IDEA Health and Fitness Source, 800-999-4332, www.ideafit.com/*
14. *Human Kinetics, 800-747-4457, www.humankinetics.com/*
15. *National Strength and Conditioning, 800-872-9622, www.nasca-lift.org*
16. *Aerobics and Fitness Association of American, 818-905-0040, www.afaa.com/*
17. *American Occupational Therapy Association, 301-652-2682, www.aota.org.com/*
18. *American Physical Therapy Association, 703-684-2782, www.apta.org/*
19. *National Athletic Training Association, 800-879-6282, www.nata.org/*
20. *American Association of Cardiovascular and Pulmonary Rehabilitation, 608-831-6989, www.aacvpr.org/*
21. *American College of Sports Medicine, www.acsm.org/*
22. *The Chronicle of Higher Education, 202-466-1000, www.chronicle.merit.edu/*