

LASELL COLLEGE
Office of Career Services

What Can I Do With a Major In...
SPORTS SCIENCE

This field of study focuses on a scientific understanding of human performance, fitness and conditioning. Exercise is utilized as a preventative and rehabilitative tool. Strategies for health enhancement, education and training of clients/patients are developed in clinical and lab experiences. Career opportunities are found in hospitals, rehabilitation clinics, fitness centers, research organizations, schools, and athletic and recreational programs.

CAREER POSSIBILITIES*

Athletic Director	Physical Education Teacher	Coach
Corporate Fitness Director	Sports Commentator	Health Fitness Instructor
Health Store Manager	Occupational Therapist	Physical Therapist
Youth Camp Director	Training Camp Manager	Game Official
Rehabilitation Therapist	Athletic Trainer	Team Manager
Adventure Tour Leader	Strength & Conditioning Coach	Director of Sports Facilities
Aerobics Instructor	Exercise Specialist	Club Pro
Physical Education Director	Cruise Recreation Director	Resort Recreation Coordinator
Sports Psychologist	Sports Nutritionist	Personal Trainer
Director of Recreation	Exercise Physiologist	Health Club Manager
Wellness Coordinator	Weight Trainer	Director of Recruitment
Equipment Manager	Youth Sports Director	Sports Product Safety Tester
Health Spar Fitness Advisor	Sport Equipment Representative	Park & Rec. Activities Coordinator
Outward Bound Counselor	Community Recreation Programmer	Team Scout

*positions are at various levels some of which require graduate degrees

Additional Information:

Occupational Outlook Handbook (www.bls.gov/oco)
Job Profiles (www.jobprofiles.org)
WetFeet Career Profiles (www.wetfeet.com/Content/Careers.aspx)
Careers in Exercise Physiology (www.asep.org/career.htm)
Sports Fitness Network (www.sportsfitnessnetwork.com)

Books Available at Office of Career Services:

- Athlete's Guide to Career Planning by Al Petitpas, Delight Champagne, Judy Chartrand, Steven Danish, and Shane Murphy
- Career Opportunities in the Sports Industry by Shelly Field
- 150 Careers in the Health Care Field by Janice Eldredge and Darrell Buono