The movement and exercise science major prepares students for careers in diverse areas of the fitness industry. Exercise science focuses on the study of the bodily movements that contribute to human fitness, holistic wellness, and longevity. The goal of exercise science is to facilitate an understanding of the links between fitness, exercise, diet, and health.

POSSIBLE CAREERS  *some titles may require further education

- Fitness Trainer
- Personal Trainer
- Fitness Coach
- Medical Scribe
- Physical Education Teacher
- Strength and Conditioning Coach
- Physical Therapist
- Occupational Therapist
- Corporate Wellness
- Dietitian
- Chiropractor
- Massage Therapist
- Recreational Therapist
- Physician
- Youth Coach
- Nurse

UNI GRADUATES: WHERE ARE THEY NOW?

- AdvoCare
- Cedar Valley SportsPlex
- Movement Revolution
- Des Moines University
- Select Medical
- Waterloo Schools
- Keystone AEA
- Lifetime Athletic
- Houstonian Hotel Health Club
- Anytime Fitness
- Care Initiatives
- Iowa Home Care
- Western Home Communities
- Iowa Hospitals and Clinics
- Rock Valley Physical Therapy
- Another Day Inc.

SKILLS NEEDED

- Communication
- Active Listening
- Critical Thinking
- Decision-making
- Instructing
- Customer Service
- Motivation
- Discipline
- Time Management
- Assessment
- Teamwork

HOLLAND CODES

SER