

WHAT CAN I DO WITH MY MAJOR IN**EXERCISE
SCIENCE****OVERVIEW OF MAJOR**

Concordia's Department of Exercise Science offers at the undergraduate level a B.Sc. Major in Exercise Science, B.Sc. Specialization in Exercise Science - Clinical Exercise Physiology Option, B.Sc. Specialization in Exercise Science - Athletic Therapy Option, and B.Sc. Honors in Exercise Science. At the graduate level the department offers a M.Sc. in Exercise Science with Specialization in Athletic Therapy and Clinical Exercise Physiology. For the latest information on programs, go to the department of Exercise Sciences' web site at

<http://excsci.concordia.ca>

The B.Sc. Specialization in Exercise science/Athletic Therapy is accredited by the Canadian Athletic Therapists Association

<http://www.athletictherapy.org>. It is directed to preparing students to become Certified Athletic Therapists in Canada (C.A.T.[C]). Those who major in exercise science not only study the science of human movement and examine the role of physical activity in the promotion of healthy lifestyles but also learn how to cope with and prevent physical injuries.

**EXAMPLES OF JOBS ACQUIRED BY
CONCORDIA GRADUATES**

The following job titles are representative of the types of entry-level positions for which Concordia University students are qualified upon graduation. Note that the numbers following each job title refer to Canada's National Occupational Classification (NOC) code. For details on these titles go to <http://www5.hrsdc.gc.ca/NOC/>

- Activities Specialist (3414)
- Aerobics Instructor (5254)
- Assistant Trainer (5252)
- Athletic Coach (5252)
- Athletic Therapist (3144)
- Athletic Trainer (3144)
- Community Program Director (0314)
- Employee Fitness Consultant (4167, 5254)
- Entertainment Co-ordinator (0513)
- Exercise Physiologist (4167)
- Fitness Trainer (4167, 5254)
- Group Fitness Instructor (5254)
- Gym Assistant
- Gym Instructor (5252, 5254)
- Kinesiologist (4167)
- Occupational Therapist (3143)
- Personal Trainer (5254)
- Physical Education Coordinator (0513, 4166)
- Physical Education Teacher (4141, 4142)
- Physical Therapist (3142)
- Physiotherapist (3142, 3235)
- Recreation Director (0513)
- Recreational Therapist (3144)
- Sports Co-ordinator (4167)
- Sports Instructor (5254)
- Sports Therapist (3144, 4167)
- Youth Worker (4212)

CELEBRATED EXERCISE SCIENCE MAJORS

Thérèse Brisson. Hockey Gold Medalist.

2002 Olympic Games

Bernard John "Bernie" Ebbers. Canadian

Businessman. Co-founder of the telecom company

WorldCom. (B.A. Physical Education)

Graham Rynbend. Canadian. Head Athletic

Therapist for the Montreal Canadiens Hockey Team.

Concordia Graduate

Rick Hansen. Canadian Paraplegic Athlete. Famous

for his Man in Motion World Tour

MORE JOB TITLES

Exercise science is an appropriate degree for those interested in pursuing further studies in medicine or allied health fields. The titles below are not meant to be exhaustive but are representative of fields which exercise science majors often pursue. Keep in mind that some occupations require further education (e.g., a higher degree, second degree, diploma). Note that the numbers following each job title refer to Canada's National Occupational Classification (NOC) code. For details on these titles go to <http://www5.hrsdc.gc.ca/NOC/>

- Activities Director - for Older
- Adults (5254)
- Adventure/ Risk Trainer
- Camp Director (0632, 4167)
- Cardiac Rehabilitation
- Specialist (3414)
- Chiropractor (3122)
- Coach (5252)
- Dietitian (3132)
- Ergonomist (4161)
- Fitness Club Manager (4167)
- Health Advocate (4165)
- Health Aide (3414)
- Health Care Consultant (4165)
- Health Information and Promotion Director (0311, 0411)
- Health Spa Manager (0513)
- Human Kinetics Specialist
- Massage Therapist (3235)
- Movement Education Specialist
- Nutritionist (3132)
- Occupational Exercise Scientist
- Orthopedic Technician (3414)
- Osteopathic Physician (3123)
- Physical Trainer (5254)

- Public Health Professor (4121)
- Recreational Therapist (3144)
- Rehabilitation Therapist
- (3142, 3143, 3414)
- Resort Recreation Director (0513)
- Resource Manager (0632)
- School Health Educator (4165)
- Scout (5252)
- Sport Event Co-ordinator (4167)
- Sporting Goods Manufacturers Representative (6421)
- Sports Agent (5124)
- Sports Columnist (5123)
- Sports Equipment Designer
- Sports Medicine Physician (3111)
- Sports Policy Analyst (4167)
- Sports Psychologist (4151)
- Sports Supervisor (4167)
- Sportscaster (5231)
- Strength/Conditioning Coordinator (4167, 5252)
- Weightlifting Instructor (5254)
- Wellness Co-ordinator (4165)

POTENTIAL WORK SETTINGS

With a major in exercise science you can land jobs in a diversity of settings including professional sports leagues, private sports medicine clinics, and national teams participating in games such as the Olympics, Pan Am, Commonwealth, to name just a few. To research specific employers who hire those in the field, there are many resources available in such locations as the Career Resource Centre, the Webster Library, Vanier Library and the Internet.

- Athletic Associations
- Colleges and Universities
- Corporate Fitness Facilities
- Correctional and Rehabilitation Services
- Country Clubs
- Cruise Ships
- Educational Institutions
- Elementary and Secondary Schools
- Government (Federal, Provincial, and Municipal)
- Gyms
- Health and Fitness Clubs
- Hospital Therapeutic Units
- Hotels
- Leisure Centers
- Military
- Personal Training Centers
- Public Health Services
- Race Tracks

CON'T. – POTENTIAL WORK SETTINGS

- Rehabilitation Centers
- Resorts
- Senior Citizens' Residences
- Spas
- Sporting Goods Companies
- Sports Arenas/ Stadiums
- Sports-performing Training Centers
- Sports Teams

SKILLS AND CHARACTERISTICS

Those who study exercise science have an extensive knowledge of the workings of the human body. Manual dexterity, good coordination abilities and strong interpersonal communications skills are important to be successful in the field. In addition, students will find the following skills, interests, values and other characteristics valuable for succeeding in the field.

- Ability to Lead and Supervise
- Ability to Meet Deadlines
- Active Listening
- Confidence
- Creativity
- Dedication
- Discipline
- Empathy
- Extent Flexibility
- Good Sense of Humor
- Good Vision
- Patience
- Professionalism
- Service Orientation
- Social Perceptiveness
- Tactfulness

PROFESSIONAL ASSOCIATION AND OTHER LINKS

Making wise career decisions requires exploring your field. A multitude of Internet sites and other resources will help you do this to the best of your ability. Professional association sites, in particular, are very useful for their career descriptions and job hunting tips. Moreover, these authoritative sites frequently provide links to Internet sites which announce job openings and list potential employers. A few recommended sites are included below.

CANADIAN

Canada's Sport Information Resource Centre (SIRC)

<http://www.sirc.ca/>

For recent graduates, the SIRC provides a job board. Under Online Resources find articles of interest. Offers research awards in sport. Use the Site Map to look up desired information.

Canadian Academy of Sports and Exercise Medicine

www.casm-acms.org

Voice of physicians in sports medicine in Canada. Promotes advocacy, education, research and service. Click Opportunities for latest job vacancies. Offers a diploma in Sport and Exercise Medicine.

Canadian Association of Fitness Professionals (Can-Fit-Pro)

<http://www.canfitpro.com/>

Offers certification and continuing education for fitness professionals including group fitness instructors, personal fitness trainers and allied health professionals. Also offers fitness education workshops, networking opportunities for fitness professionals, and job postings. Search jobs by position, by city, by province or by club.

Canadian Athletic Therapists Association (CATA)

<http://www.athletictherapy.org/>

Serves and represents athletic therapists across Canada. Oversees professional certification and through its conferences and events provides members with opportunities to network and to keep current with developments in the field. Includes useful information on careers in the field. Links includes referrals to related organizations and other resources of interest.

Canadian Society for Exercise Physiology

<http://www.csep.ca>

Promotes the scientific study of exercise physiology, fitness and health. Allows one to keep current with developments in the field through its publications and conferences. Also, provides Job Postings (click on Opportunities) and professional certification information. Click on Students for programs, scholarships and advice.

Certified Personal Trainers Network

<http://www.cptn.com/>

Aims to provide its members with the training and resources they need to be successful in the fitness and lifestyle industry. Offers online course and professional certification. Includes a membership-based portal consisting of personal trainer job listings, newsletters and resume templates. If you are not a member, click on Public Job Listings on the homepage to access job postings.

Corporation des thérapeutes du sport du Québec (CTSQ)

<http://www.ctsq.qc.ca>

The Corporation's site provides information on the education and certification process as well as a list of accredited institutions offering programs. Information on careers in athletic therapy can also be found here. Members benefit from opportunities to network at events and conferences. Bilingual site.

INTERNATIONAL

Association for Physical Education

<http://www.afpe.org.uk/>

Offers job listings, student membership, and awards to students pursuing their studies in the field.

Fitness Jobs

<http://www.fitnessjobs.com/>

Primarily a job postings site. Click on the sitemap to explore job categories.

IDEA Health and Fitness Association

<http://www.ideafit.com/>

Includes career articles, job listings, career tips, monthly journals and expert tips for trainers and fitness professionals. Also offers professional certification.

CREATE YOUR AMAZING CAREER – CAREER RESOURCE CENTRE TITLES

For those who need more help with their career and educational planning, the Career Resource Centre (CRC) offers books, pamphlets, DVDs and recommended Internet sites. It is located in the Hall Building, H-440, at 1455 de Maisonneuve Blvd. West. The following titles are just a few of the titles available in the CRC.

- Career Opportunities in the Sports Industry
- Careers for Health Nuts & Others Who Like to Stay Fit
- Careers for Sports Nuts & Other Athletic Types
- Careers in Exercise Science: Athletic Therapy Panel Discussion – DVD
- Careers in Sport, Fitness and Exercise
- Careers in the Health Care Sector Panel Discussion – DVD
- Comprehensive Guide to Careers in Sports
- Everything Guide to Being a Personal Trainer
- Everything Guide to Careers in Health Care
- Getting into Medical School
- Great Jobs for Physical Education Majors
- Introduction to Careers in Health, Physical Education, & Sports
- Life on the Tenure Track: Lessons from the First Year
- Mastering the Job Search Process in Recreation and Leisure Services
- Occupational Therapy as a Career – An Introduction and a
- Structured Method for Observation
- Opportunities in Physical Education Careers
- Opportunities in Physical Therapy Careers
- Opportunities in Sports and Fitness Careers
- Top 100 Health-Care Careers
- Vault Career Guide to Physical Therapy
- Your Career in Physical Medicine