

Target Group:



Occupational Profile

Exercise Scientist

Standard Occupational Code 29-1128.00

What They Do

Assess, plan, or implement fitness programs that include exercise or physical activities such as those designed to improve cardiorespiratory function, body composition, muscular strength, muscular endurance, or flexibility.

Is This For You?

Work Interests are described in the following categories (compatible with Holland's Model). People who tend to succeed in this career are:

Investigative – involve working with ideas, and require an extensive amount of thinking.

Social – involve working with, communicating with, and teaching people.

Realistic – involve work activities that include practical, hands-on problems and solutions.

Work Values are aspects of work that are satisfying to you. The following work values are generally associated with this career:

Achievement – results oriented and allow employees to use their strongest abilities, giving them a feeling of accomplishment.

Independence – allow employees to work on their own and make decisions.

Relationships – allow employees to provide service to others and work with co-workers in a friendly non-competitive environment.

Abilities reflect a person's aptitude to acquire skills and knowledge. The following abilities are important for success in the career:

- Oral Comprehension
- Oral Expression
- Deductive Reasoning
- Inductive Reasoning
- Written Comprehension

Skills You Need

- Active Listening
- Critical Thinking
- Reading Comprehension
- Speaking
- Instructing

Education & Training

Exercise scientists need a **master's degree in exercise physiology or related program**

Employment & Wages*

2014 Workers	2024 Workers	Numeric Change	Percent Change	Median Annual Wage
NA	NA	NA	NA	\$47,101

Additional References

Labor Market Information Center

www.dlr.gov/mic

Career OneStop

www.careeronestop.org

O*Net Online

www.onetcenter.org

mySkills myFuture

www.myskillsmyfuture.org

Where They Work

Industries which employ the largest number of exercise scientists are:

- Colleges and Universities
- Military Training Centers
- General Medical and Surgical Hospitals
- Rehabilitation Clinics
- Corporate Wellness Programs and Fitness Facilities

Provided By

Labor Market Information Center
South Dakota Dept. of Labor Regulation
605.626.2314

Visit www.dlr.sd.gov/mic and choose Career Exploration & Planning from the left-hand menu, then Hot Careers to obtain most recent workforce data and trends and more resources, including this document. Also available are explanations of the terms used in the work interests, work values, abilities and skills sections of this occupational profile.

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