



# Exercise Science

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** – Interested in science and logic. They like to analyze, evaluate, and solve problems, and enjoy learning and understanding the causes of events.

**Social** – Like to work with other people. They enjoy teaching, helping, and curing people. They are good with words.

**Realistic** - Enjoy work activities that involve 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 occupation that allows 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
- Written Comprehension

## Skills You Need

- Active Listening
- Critical Thinking
- Reading Comprehension
- Speaking
- Instructing
- Service Orientation
- Writing
- Judgement and Decision Making

## Education & Training

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

## 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

## SD Employment & Wages

2016 Workers	2026 Workers	Numeric Change	Percent Change	Average Demand for Workers	Average Annual Wage
140	160	20	13%	10	\$49,090

## Activities: what you might do in a day

- Develop exercise or conditioning programs.
- Prescribe treatments or therapies.
- Analyze quantitative data to determine effectiveness of treatments or therapies.
- Explain medical procedures or test results to patients or family members.
- Treat medical emergencies.
- Monitor patient conditions during treatments, procedures, or activities.
- Collect medical information from patients, family members, or other medical professionals.

## Additional References

### Career OneStop

[www.careeronestop.org](http://www.careeronestop.org)

### O\*Net Online

[www.onetcenter.org](http://www.onetcenter.org)

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