

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 – 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

Employment & Wages*

2012 Workers	2022 Workers	Numeric Change	Percent Change	Median Annual Wage
28,900	34,300	5,400	18.7%	\$42,690

Additional References

Career OneStop

www.careeronestop.org

O*Net Online

online.onetcenter.org

* Bureau of Labor Statistics (National Data)

www.bls.gov

Visit www.sdjobs.org/lmic/occprofiles to obtain the most recent workforce data and trends. Also available are explanations of the terms used for work interests, work values, abilities, and skills sections of occupational profiles.

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