

# CAREER

## *Clinical Settings*

### **Cardiac Rehabilitation Specialist**

Assist patients diagnosed with heart disease or recovering from heart surgery in improving their cardiovascular strength and increasing the pace of recovery; specialists provide nutritional guidance, group and individual exercise assessment/prescription, strength training, and blood pressure and heart rate monitoring.

### **Clinical Exercise Physiologist**

Provide exercise-related consultation and assess and prescribe individualized training to guide and strengthen the lifestyles of patients with cardiovascular, pulmonary, and metabolic conditions like heart disease, asthma, chronic obstructive pulmonary disease (COPD), or diabetes.

## *Careers Requiring an Exercise and Sports Science Degree*

### **Corporate Wellness**

Provide nutrition and exercise guidance for employees of a corporation.

### **Fitness/Gym Settings**

Work as a personal trainer, group exercise instructor, exercise physiologist or strength and conditioning coach.

## *Graduate School*

### **Degree Programs Related to Exercise and Sport Science**

Occupational Therapy, Physicians Assistant, Physical Therapy, Health Administration, Exercise Science, Kinesiology, Biomechanics; since prerequisites vary by program, students should research required prerequisites for any graduate program of interest.

**Students are encouraged to research their career paths of interest to determine whether certain professional certifications may be recommended or even required.**