



# Careers in **FITNESS & WELLNESS**



A career in fitness and wellness can take students down many paths. Our students gain experience in fitness assessments and exercise prescription, nutrition, behavior change, exercise physiology, and many other topics through both classroom experience and practical application. Some students in these disciplines go on to complete graduate degrees in physical or occupational therapy, medicine, or other health professions.

## Job titles and careers of 2015-16 graduates

- Athletic Trainer
- Certified Early Intervention Specialist
- Certified Nurse Assistant
- Client Engagement Manager
- Dietetics Intern
- Health and Wellness Coach
- Health Fitness Specialist
- Nutritionist
- Personal Trainer
- Physical Activity Education Coordinator
- Physical Therapy Aide
- Recruiter
- Rehabilitation Technician
- Researcher
- Sales Representative

Students looking for a career in fitness and wellness most often complete these degree programs within our school:

### Bachelor's degrees

- Athletic Training\*
- Dietetics
- Exercise Science
- Health Fitness Specialist
- Nutrition Science
- Recreational Sport Management\*
- Sport Marketing & Management

### Master's degrees

- Master of Public Health
  - Physical Activity
- Master of Science
  - Applied Sport Science
  - Athletic Training
  - Biomechanics
  - Exercise Physiology
  - Fitness & Wellness
  - Motor Learning/Control
  - Nutrition Science



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## Notable employers that have hired our graduates

- ATI Physical Therapy
- Cigna Healthcare
- Eli Lilly and Company
- Illinois Bone and Joint Institute
- Indiana State Department of Health
- Indianapolis Public Schools
- IU Health
- LA Fitness
- Lift Lab Co.
- Maxim Healthcare Services
- Milestone Therapy
- National Institute for Fitness and Sport
- Parkview Heart Institute
- Qualtrics
- Trilogy Health Services
- Women, Infants, and Children (WIC)

*\*No longer accepting students into this degree program.*