

# Exercise Science

## college to career major map



Career Development Center

	1ST YEAR	2ND YEAR	3RD YEAR	4TH OR FINAL YEAR	
<b>Academics</b>	<p>Start taking LASC courses as well as foundational and core <b>Exercise Science</b> courses.</p> <p>Need a little help in your classes? <b>Look into tutoring with the Academic Support Center.</b></p>	<p>Take a deeper dive into the discipline of <b>Exercise Science</b> and begin considering an emphasis in Health &amp; Fitness or Rehabilitative Science and a minor such as <b>Wellness</b> or <b>Strength &amp; Conditioning</b>.</p> <p>Explore a <b>faculty-mentored research opportunity</b>.</p>	<p>In addition to working with your advisor to get your access code, schedule an appointment with them to ensure you're on track for graduation.</p> <p>Take inventory of your professional goals and decide if your future will need to include graduate school. If so, take the necessary exams and keep track of application timelines.</p>	<p>Participate in the <b>Student Academic Conference</b> to showcase research, connect with employers, and to boost your resume.</p> <p>Ensure you submit your application for graduation on time.</p>	<p><b>Where can you go?</b></p> <p>A degree in <b>Exercise Science</b> can take your career in many directions. Most students choose to enter the workforce right after graduation while others continue their education. Our students are equipped with a strong foundation for a career as a(n):</p> <ul style="list-style-type: none"> <li>• Cardiac Rehabilitation</li> <li>• Corporate Wellness Fitness Director</li> <li>• Group Exercise Instructor</li> <li>• Personal Trainer</li> <li>• Activity Director</li> <li>• Sports Performance</li> <li>• Strength &amp; Conditioning Coach</li> <li>• Wellness Coach</li> </ul> <p><b>What skills will you need?</b></p> <p>To be successful in the world of <b>Exercise Science</b> you will need the following skills:</p> <ul style="list-style-type: none"> <li>• Communication</li> <li>• Customer-Service</li> <li>• Listening</li> <li>• Motivational</li> <li>• Physical</li> <li>• Problem-Solving</li> </ul> <p>Thankfully, through coursework, on-campus involvement, part-time employment, and internships, you will be prepared for life post-graduation.</p>
<b>On-Campus Experience</b>	<p>Sign up to participate in the <b>Health &amp; Wellness Learning Community</b>.</p> <p>Join a major-related student organization like the <b>Psychology Club</b>.</p> <p>Participate in <b>Student Life Pathways</b> to continue growing your skills/knowledge outside of the classroom. We recommend starting with the Community Life Pathway.</p>	<p>Find an on-campus or part-time job in the community. Visit <b>DragonJobs powered by Handshake</b> to see positions are open.</p> <p>Continue working on your <b>Student Life Pathways</b>. Try working your way through the Personal Wellness and the Equity and Inclusion paths.</p>	<p>Begin your leadership journey by applying for a student leadership position or run for an officer position in a student organization. Find available leadership positions on <b>DragonJobs</b> in early spring.</p> <p>We suggest focusing on the <b>Professional Success and Contribution and Influence Student Life Pathways</b>. These will help connect you to potential employers and develop skills for success post-graduation.</p>	<p>Assess what experiences or skills are areas of growth for you and fill in gaps with volunteering, organizations, or part-time employment.</p> <p>Finish up your <b>pathways</b> and be sure to add your accomplishments to your LinkedIn and resume.</p>	
<b>Connect to the Community</b>	<p>Volunteer on or off-campus with different community organizations such as <b>Sanford Health, Essentia Health, YMCA, or Family Wellness</b>.</p>	<p>Join <b>LinkedIn</b> to begin building your professional network and online presence. Think of your profile as a virtual resume and make sure to update it regularly to reflect new jobs, research, coursework, volunteering, involvement, and skills.</p>	<p>Attend <b>off-campus events</b> such as <b>Creative Mornings Fargo, StartUp Brew, Ladyboss, Springboard for the Arts</b>, or TedX to connect with others and gain exposure to the community.</p> <p>Attend the on-campus <b>Meet the Employer and Featured Employer events</b> as often as possible. Make sure to engage with the representatives and collect contact information to follow up.</p>	<p>Join professional organizations such as the <b>American Council on Exercise</b> to gain access to research, continuing education opportunities, and job boards.</p> <p>Get involved in a community organization such as the <b>Young Professionals Network</b> to continue building your professional network.</p>	
<b>Understand Your Career</b>	<p>Explore your interests, skills, and values and learn about the career readiness competencies by taking the <b>FOCUS 2</b>, an online assessment free for all MSUM students.</p> <p>Schedule an appointment with the <b>Career Development Center</b> to review your FOCUS 2 results and to begin building your resume.</p>	<p>Start researching potential career paths on <b>O*Net</b> or the <b>Occupational Outlook Handbook</b>. Here, you will be able to find valuable information such as typical tasks associated with the profession, skills, and knowledge needed, education and licensures needed, wages and employment trends, professional organizations, and related occupations. We suggest you search for careers such as <b>Fitness Trainer &amp; Instructor</b>.</p>	<p><b>Attend professional development-related events</b> on-campus, and connect with faculty to learn more about the field and gain insights on how to be successful in your job search.</p> <p>Find an internship or part-time job with a local or regional organization to learn the ins and outs of your chosen career. Before applying, schedule an appointment with the <b>Career Development Center</b> to help you prepare.</p>	<p>Network relentlessly! Attend the spring Career Fairs to get connected to employers looking to hire soon-to-be grads. Check <b>DragonCentral</b> for more information.</p> <p><b>Schedule appointments with a Career Coach</b> to go over your professional documents and to prepare for upcoming interviews. And remember, once a dragon always a dragon. You have access to these services for life.</p>	

This map is intended to provide suggestions for activities and careers, but everyone's abilities, experiences, and constraints are different. Schedule an appointment with a Career Coach to discuss your individual goals and to create a personalized map. *This page is interactive. Click on the color-coded phrases to be taken to a correlating website.*