

# What you can do with a degree in **Health and Fitness Education**



The following is a sample of occupational titles and work settings related to Physical Education.

Keep in mind that career options are not dictated solely by choice of major.

Just as there are many careers open to graduates of any major, there are many paths to careers that do not require a specific degree. Use this information as a beginning guide to exploring options.

## Sample Job Titles:

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- Academic Advisor/Athletes
- Agent, Business and Promotion
- Athletes & Related Workers
- Athletic Director/Coach
- Athletic Trainer
- Attendant, Amusement & Recreation
- Boys/Girls Club Director
- Camp Director
- Coach
- Commercial Diver
- Dance Therapist
- Dancer
- Dive Supervisor
- Event Manager
- Fitness Business, Owner
- Fitness Center Worker
- Fitness Trainer
- Aerobics Instructor
- Sports Book Writer
- Golf Course Superintendent
- Tour Guide
- Gymnastics Director
- Health Club Worker
- Health Education Teacher
- Instructor, College
- Instructor, Recreation
- Intramural Director
- Massage Therapist
- Park Ranger
- Personal Fitness Trainer
- PE Teacher, K-12
- Physical Therapist
- Physiologist
- Pre-School Director
- Product Representative
- Public Health Educator
- Recreation Leader
- Recreation Manager
- Scout
- Professional Athlete
- Sports Agent
- Sports Announcer
- Sports Industry Publicist
- Sports Information Director
- Sports Lawyer
- Sports Marketing/Marketer
- Sports Photographer
- Sports Psychologist
- Sportswriter/ Reporter
- Statistician
- Ticket Manager
- Turf Manager
- Umpire/Referee/Official
- YMCA/YWCA Director

## Possible Professional Settings:

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- Athletic Clubs
- Camps
- College/Universities
- Convention Centers
- Cruise/Airlines
- Health/Fitness Clubs
- Hotels/Motels
- Museums
- Parks & Public Recreation Facilities
- Resorts
- Restaurants
- Senior Centers
- Special Events Companies
- Sports Clinics
- Sports Club
- Theme Park
- Tourism Bureaus
- Travel Agencies
- Youth Programs

# Resources:

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The following lists are samples of resources available for learning more about majors and careers.

## Websites Related to this Field

- Coolworks: [www.coolworks.com](http://www.coolworks.com)
- Disney Careers (ESPN): <https://jobs.disneycareers.com/espn>
- Exercise Jobs: [www.exercisejobs.com](http://www.exercisejobs.com)
- Major League Soccer: <https://www.mlssoccer.com/>
- Online Sports Career Center: <http://www.onlinesports.com/career-center/>
- Professional Golfers' Association: [www.pga.com](http://www.pga.com)

## Professional Associations - Samples

- Society of Health and Physical Educators (SHAPE) America: [www.shapeamerica.org/](http://www.shapeamerica.org/)
- American Physical Therapy Association: [www.apta.org](http://www.apta.org)
- National Athletic Trainers' Association: [www.nata.org](http://www.nata.org)
- National Collegiate Athletic Association: [www.ncaa.org](http://www.ncaa.org)
- National Hockey League: [www.nhl.com](http://www.nhl.com)
- National Inroads Athletic Administrators Association: [www.members.niaaa.org](http://www.members.niaaa.org)
- National Strength & Conditioning Association: [www.nasca.com](http://www.nasca.com)

## Sample Internship Sites & Volunteer Opportunities

- <https://spu.edu/administration/center-career-calling/prepare/finding-an-internship/internship-locations>

## General Career Information

- Occupational Outlook Handbook: <http://www.bls.gov/ooh/>
- The Occupational Information Network, (O\*Net): [www.onetonline.org](http://www.onetonline.org)

## SPU Resources

- Department Website: <http://spu.edu/academics/school-of-health-sciences/undergraduate-programs/health-and-human-performance-majors/health-and-fitness-education-major>
- Major & Career Exploration (GS 2001 - 2 credits, offered every quarter)
- Career Counseling: call 206.281.2485 or stop by the Center for Career and Calling on the second floor of the SUB
- Academic Advising: [www.spu.edu/depts/sas](http://www.spu.edu/depts/sas)
- Academic Catalog: [www.spu.edu/academics.aspx](http://www.spu.edu/academics.aspx)

\* Websites are current as of August 2020. If any go inactive, please let us know.