

What Can I Do with a Major in **PHYSICAL EDUCATION or FITNESS?**

Typical Coursework

Educating Young Adolescents
Education in American Culture
Foundations of Education
Human Development and Learning
Inquiry into Curriculum and Pedagogy
Instructional Media
Learning and Development in Education
Literature and Language Arts across the Middle
School Curriculum
The Middle School Curriculum
Survey of Special Education
Teaching Exceptional Learners in Regular
Classrooms
Teaching, Engaging, and Assessing
Anatomy and Physiology
Commercial Recreation
Community Recreation

Ethical & Legal Issues in Fitness, Recr. & Leisure
Exercise Leadership
First Aid and CPR
Foundations of Recreation Studies
Health and Lifestyle Choices
Human Biology
Leadership Development
Lifetime Fitness and Wellness
Personal Health Promotion
Program Planning and Facilities for Recreation
Recreation for Individuals with Disabilities
Recreation Sport Officiating
Recreational Leadership
Social Psychology of Leisure
Sociology of Sport
Statistics for the Behavioral Sciences
Youth and Sports

Related Major Skills

Interest in Coaching
Interest in Teaching
Motor Skills
Knowledge of Proper Nutrition
Motivational Skills
Planning Skills
Discussion Skills (i.e., human sexuality)
Interest & Knowledge in the mechanics and general health of human body

Patience
Oral & Visual Communication Skills
Athletically inclined
Demonstration Skills (physical activities)
Interest in Physical Activities
Interest in Health Issues

Directly Related Occupations (some may require advanced education)

Activities Director
Cruise Recreation Director
Personal Trainer
Adventurer/Risk Trainer
Dance/Aerobics Instructor
Prison Recreation Specialist
Aquatic Management
Emergency Medical Technician
Recreation Specialist
Athletic Coach
Exercise Physiology
Rehabilitation Specialist
Athletic Trainer

Sporting Goods Sales
Cardiac Rehabilitation
SPA/Health Club Manager
Social Director
Cardiovascular Fitness Instructor
PE/Sport/Research Instructor
Strength-Conditioning Coach
Community Recreation
Occupational Exercise
Swimming Pool Manager
Corporate Fitness Instructor
Park Manager
Teacher; Physical Education

Country Club Manager
Occupational Therapy Asst.
Physical Therapist
Camp Director
Sports Medicine
Physical Therapist Assistant
Dietitian
Sports Medicine
Health/Fitness Consultant

Sports-Fitness Nutritionist
Sports Agent
Sports Psychologist
Professional Sports Scout
Athletic Director
Nutrition Specialist
Professional Sports Umpire
Commercial Recreation

Who Hires for this Occupation?

Physical education teachers work in public and private schools, colleges or universities, junior or community colleges, and career and vocational schools. Outside of class time, their schedules are generally flexible. All other careers (non-teaching) may work in fitness centers/clubs, corporate health/wellness programs, hospitals/clinics, non-profit organizations, research firms, community education, and other businesses/organizations.

MN Colleges and Universities with a major in Physical Education

Augsburg College	Minnesota State University, Moorhead
Bemidji State University	St. Cloud State University
Bethel University	Southwest Minnesota State University, Marshall
Concordia University, St. Paul	University of Minnesota, Duluth
Gustavus Adolphus College	University of St. Thomas
Hamline University	Winona State University
Minnesota State University, Mankato	

Professional Association Links

Aerobic and Fitness Association of America, <http://www.afa.com/100.afa>
American College of Sports Medicine, <http://www.ascm.org>
American Council on Exercise, <http://www.acefitness.org/>
American Fitness Professionals and Associates, <http://www.afpafitness.com/>
Federation of Professional Trainers, <http://www.nfpt.com>
National Association for Sport and Physical Education <http://www.shapeamerica.org/>
National Strength and Condition Association, <http://www.nasca.com/Home/>
Sports and Exercise Psychology - Professional Organizations <http://spot.colorado.edu/~collinsj>

For More Information

Contact ARCC Career Counseling: (763) 433-1240 (CR campus), (763) 433-1840 (Cambridge campus)
or stop by the campus Information Desk

Information adapted from: Minnesota Career Information System <https://mncis.intocareers.org>,
Career Center at the University of North Carolina at Wilmington <http://uncw.edu/career/WhatCanIDoWithaMajorIn.html>
Occupational Outlook Handbook, <http://www.bls.gov/ooh/>