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
<table>
<thead>
<tr>
<th>Country Club Manager</th>
<th>Sports-Fitness Nutritionist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Occupational Therapy Asst.</td>
<td>Sports Agent</td>
</tr>
<tr>
<td>Physical Therapist</td>
<td>Sports Psychologist</td>
</tr>
<tr>
<td>Camp Director</td>
<td>Professional Sports Scout</td>
</tr>
<tr>
<td>Sports Medicine</td>
<td>Athletic Director</td>
</tr>
<tr>
<td>Physical Therapist Assistant</td>
<td>Nutrition Specialist</td>
</tr>
<tr>
<td>Dietitian</td>
<td>Professional Sports Umpire</td>
</tr>
<tr>
<td>Sports Medicine</td>
<td>Commercial Recreation</td>
</tr>
<tr>
<td>Health/Fitness Consultant</td>
<td></td>
</tr>
</tbody>
</table>

**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**

<table>
<thead>
<tr>
<th>Augsburg College</th>
<th>Minnesota State University, Moorhead</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bemidji State University</td>
<td>St. Cloud State University</td>
</tr>
<tr>
<td>Bethel University</td>
<td>Southwest Minnesota State University, Marshall</td>
</tr>
<tr>
<td>Concordia University, St. Paul</td>
<td>University of Minnesota, Duluth</td>
</tr>
<tr>
<td>Gustavus Adolphus College</td>
<td>University of St. Thomas</td>
</tr>
<tr>
<td>Hamline University</td>
<td>Winona State University</td>
</tr>
<tr>
<td>Minnesota State University, Mankato</td>
<td></td>
</tr>
</tbody>
</table>

**Professional Association Links**

- Aerobic and Fitness Association of America, [http://www.afa.com/100.afa](http://www.afa.com/100.afa)
- American College of Sports Medicine, [http://www.ascm.org](http://www.ascm.org)
- Federation of Professional Trainers, [http://www.nfpt.com](http://www.nfpt.com)
- National Association for Sport and Physical Education [http://www.shapeamerica.org/](http://www.shapeamerica.org/)
- Sports and Exercise Psychology - Professional Organizations [http://spot.colorado.edu/~collinsj](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](https://mncis.intocareers.org)
- Career Center at the University of North Carolina at Wilmington [http://uncw.edu/career/WhatCanIDoWithaMajorIn.html](http://uncw.edu/career/WhatCanIDoWithaMajorIn.html)