

# Sports Medicine & Exercise Science

## Career Roadmap

### MCCC Career Major

#### Academics

Exercise and Athletic Training  
Fitness Evaluation and Assessment  
Athletic Injuries and Prevention  
Nutrition and Wellness

#### College Credit

Students have the opportunity to earn college credit in this program.

#### Goals

Earn High School Diploma  
Earn Industry Certifications

#### MCCC Industry Certifications\*

National Academy of Sports Medicine CPT  
OSHA 10-HR General Industry  
American Heart Association CPR and First Aid

#### Job Placement | Internships

Physical Therapy Offices  
Athletic Trainers  
Health and Wellness Facilities  
Strength and Conditioning Coaches  
Personal Trainers

### Technical Careers

#### Associate Degree

Sport and Exercise Studies  
Physical Therapy Assistant  
Occupational Therapy Assistant  
Massage Therapy  
Dietetic Assistant  
Respiratory Therapy

#### Advanced Certifications

Certified Personal Trainer  
Group Fitness Instructor  
Health Coach  
Bachelor Degree Required  
Certifications:  
Certified Strength & Conditioning Specialist  
Medical Exercise Specialist  
Nutrition Specialist

#### Jobs with Work Experience & Advanced Certifications

Personal Trainer  
Group Fitness Instructor  
Health Fitness Specialist

### Professional Careers

#### Bachelor Degree\*

##### Exercise Science Study Tracks:

Pre-Physical Therapy, Pre-Physician Assistant, Corporate Wellness, Clinical Exercise Physiology, Health and Human Performance, Nutrition Science

#### Master Degree\*

Athletic Training  
Exercise Physiology  
Public Health  
Occupational Therapy

#### Doctoral Degree\*

Health and Human Performance  
Physical Therapy  
Doctor of Chiropractic Medicine

#### Extensive Work Experience\*

Health and Wellness Supervisor / Coordinator, Physical Therapist, Occupational Therapist, Athletic Trainer, Exercise Physiologist, Recreational Therapist, Sports Dietitian

\*Examples only. Degrees and work experience options are extensive.

*\*Students who meet certification criteria will have the opportunity to test in their CT program.*



Your College & Career

