

# What can I do with a major in **PHYSICAL EDUCATION** from Valparaiso University?

## Description of major:

Personal physical activity and enjoyment of spectator sports has created new areas of opportunity for career options. Although physical education within a school setting is a continuing area of professional opportunity, new areas of opportunity include: adult fitness, leisure services, athletic training, exercise science, sports writing, and broadcasting. For that reason, the Physical Education department offers three majors: Exercise Science, Teacher Education, and Sports Management. Students interested in the business of sports may pursue the Sports Management major, discussed in a different handout.

## Relevant skills for a PHYSICAL EDUCATION major:

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| <ul style="list-style-type: none"> <li>◆ Adapt to new situations</li> <li>◆ Are team-oriented</li> <li>◆ Assess</li> <li>◆ Coach</li> <li>◆ Communicate, both verbally &amp; in writing</li> <li>◆ Counsel, train</li> <li>◆ Demonstrate (physical activities)</li> <li>◆ Diagnose, troubleshoot</li> <li>◆ Discuss</li> <li>◆ Give speeches &amp; talks to groups</li> <li>◆ Have good health, vision, &amp; physical stamina</li> <li>◆ Have interest in physical</li> </ul> | <ul style="list-style-type: none"> <li>activities</li> <li>◆ Have patience</li> <li>◆ Innovate</li> <li>◆ Know proper nutrition</li> <li>◆ Know recreation &amp; leisure-time theories &amp; practices</li> <li>◆ Know the mechanics and general health of human body</li> <li>◆ Lead, supervise &amp; direct others</li> <li>◆ Mediate differences</li> <li>◆ Motivate &amp; inspire others</li> <li>◆ Organize &amp; coordinate activities</li> <li>◆ Plan</li> </ul> | <ul style="list-style-type: none"> <li>◆ React spontaneously and maintain emotional composure in stressful situations</li> <li>◆ Solve problems &amp; make appropriate decisions</li> <li>◆ Teach</li> <li>◆ Understand &amp; are sensitive to the needs of others</li> <li>◆ Understand group dynamics</li> <li>◆ Work well with all types of people and others!</li> </ul> |
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## Sample work activities for Graduates in PHYSICAL EDUCATION (some may require an advanced degree)

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| <ul style="list-style-type: none"> <li>• Aerobic Instructor</li> <li>• Agency Recreation Leader</li> <li>• Athletic Trainer</li> <li>• Camp Director</li> <li>• Cardiac Rehabilitation</li> <li>• Coach</li> <li>• Community Center Director</li> <li>• Corporate Fitness Instructor</li> <li>• Corporate Trainer</li> <li>• Correction Facilities Instructor</li> <li>• Dance Instructor</li> <li>• Dance Therapist</li> <li>• Early Childhood Motor Skills Instructor</li> <li>• Entrepreneur</li> <li>• Equipment Manager</li> <li>• Exercise Physiologist</li> </ul> | <ul style="list-style-type: none"> <li>• Fitness Instructor</li> <li>• Health and Physical Education Teacher</li> <li>• Hospital Wellness Instructor</li> <li>• Intramural Director</li> <li>• Kinesiotherapist</li> <li>• Occupational Therapist</li> <li>• Outdoor Education Instructor</li> <li>• Park Ranger</li> <li>• Personal Trainer</li> <li>• Physical Therapist</li> <li>• Professional Athlete</li> <li>• Protective Service Worker</li> <li>• Recreation Therapist</li> <li>• Recreation Facility Manager</li> <li>• Referee/Umpire/Game Official</li> </ul> | <ul style="list-style-type: none"> <li>• Resort Manager</li> <li>• Salesperson</li> <li>• Sporting Good Salesperson</li> <li>• Sports Agent</li> <li>• Sports Clothing Designer</li> <li>• Sports Instructors</li> <li>• Sports Lawyer</li> <li>• Sports Medicine Physician</li> <li>• Sports Nutritionist</li> <li>• Sports Promoter</li> <li>• Sports Psychologist</li> <li>• Sports Reporter</li> <li>• Weight-Control Counselor</li> <li>• Youth Sports Coach</li> <li>• and others!</li> </ul> |
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## Potential hiring institutions for PHYSICAL EDUCATION majors:

- ◆ Athletic Organizations
- ◆ Athletic/Sporting Arenas/Venues
- ◆ Boys & Girls Clubs
- ◆ Camps
- ◆ Child Care Facilities
- ◆ City/County/State Parks & Recreation Departments
- ◆ Colleges and Universities
- ◆ Community Centers
- ◆ Competitive Sports programs
- ◆ Corporations (private & public companies)
- ◆ Correctional Facilities
- ◆ Elementary, Middle, and Secondary Schools
- ◆ Fitness Centers/Health Clubs/Gyms
- ◆ Health Spas and Resorts
- ◆ Hospitals & Medical Centers
- ◆ Law Firms
- ◆ Military
- ◆ Nursing Homes/Elder Care facilities
- ◆ Professional Sports Organizations
- ◆ Rehabilitation Programs
- ◆ Retirement Communities
- ◆ Sport Medicine Clinics
- ◆ YMCA/YWCA
- ◆ and others!

## Area of further education for PHYSICAL EDUCATION majors:

- Allied Health
- Allopathic Medicine
- Athletic Training
- Business Administration
- Chiropractic Medicine
- Clinical Laboratory Sciences/Medical Technology
- Communication
- Counseling
- Education
- Educational Administration
- Exercise & Sports Science
- Exercise Physiology
- Health Physics/Radiological Health
- Health Promotion
- Higher Education and Student Affairs
- Journalism
- Kinesiology & Movement Studies
- Leisure Studies
- Media Studies
- Medical Physics
- Medicine
- Naturopathic Medicine
- Occupational Therapy
- Osteopathic Medicine
- Physical Education
- Physical Therapy
- Podiatric Medicine
- Public Health
- Recreation & Park Management
- Recreational Therapy
- Rehabilitation Sciences
- Secondary Education
- Speech & Interpersonal Communication
- Sports Administration/ Management
- Sports Medicine
- Sports Psychology
- Teacher Certification
- and others!

## Sources of additional information for PHYSICAL EDUCATION majors:

- VU Department of Physical Education: <http://www.valpo.edu/phyed/>
- Occupational Outlook Handbook: the US Bureau of Labor Statistics compiles information about various occupations, including the nature of the work, the job outlook, the earnings, and other relevant information. <http://www.bls.gov/oco/oco1002.htm>
- American Alliance for Health, Physical Education & Recreation: Various information and resources for professionals in the health, physical education, recreation & dance areas. <http://www.aahperd.org/>
- American College of Sports Medicine: promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life. Site includes a Certification & Career Center (job opportunities) as well as information on Research & Grants. <http://www.acsm.org/>
- CoachFinder: Links Athletic Directors, Team Managers and Program Directors with Coaches looking for opportunities (and visa versa). <http://www.coachfinder.com/>
- HPCareerNet: provide online career resources in health promotion. Includes job opportunities; need to register to apply for positions online. <http://www.hpcareer.net>
- K-12 jobs.com: Teaching opportunities, kindergarten through vocational schools. <http://k12jobs.com>
- National Association of Independent Schools: represent over 1,100 independent schools and associations in the U.S. and abroad. Can search for schools and includes a Careers page with job opportunities. <http://www.nais-schools.org/>
- National Athletic Trainer's Association: Has a placement listing service available to members only. <http://www.nata.org/>
- National Education Association: America's oldest and largest organization committed to advancing the cause of public education. <http://www.nea.org/>

- NCAA News Online: The online news magazine for the National Collegiate Athletic Association. Includes the NCAA Market, online employment opportunities. <http://www.ncaa.org/>
- Online Sports: the internet's oldest and largest catalog of sports memorabilia, products and services. Site contains a Career Center with sports-related career opportunities within the many segments of the Sports and Recreation Industries. <http://www.onlinesports.com/>
- Schools Online: sponsored by The Association of Boarding Schools. <http://www.schools.com/>
- Sporting Goods Manufacturers Association: SGMA is the North American trade association of sports apparel, athletic footwear, licensed products, fitness and sporting goods equipment manufacturers and national brand distributors. Site includes employment opportunities. <http://www.sgma.com>
- Teachers.net: Teacher resources, including teaching and administrative positions. <http://www.teachers.net/jobs>
- U.S. Department of Education: to ensure equal access to education and to promote educational excellence for all Americans. Site includes jobs at the Department of Education as well as relevant information for teachers. <http://www.ed.gov/>
- Women Sports Jobs: online career center for women in the sports industry, and for women interested in sports related fields. <http://www.womensportsjobs.com>

#### **VU Career Center Resource Library Materials:**

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| <ul style="list-style-type: none"> <li>• <i>100 Best Nonprofits To Work For</i></li> <li>• <i>Book Of U.S. Government Jobs : Where They Are, What's Available, And How To Get One</i></li> <li>• <i>Career Opportunities In Health Care</i></li> <li>• <i>Career Opportunities In The Sports Industry</i></li> <li>• <i>Careers For Sports Nuts &amp; Other Athletic Types</i></li> <li>• <i>For The Common Good: Internships With Social &amp; Community Service Agencies 2005</i></li> <li>• <i>Graduate Programs In Education</i></li> <li>• <i>Graduate Programs In The Health Professions</i></li> <li>• <i>Great Jobs For Liberal Arts Majors</i></li> <li>• <i>Health-Care Careers For The 21st Century</i></li> <li>• <i>Hospital Blue Book</i></li> <li>• <i>MCAT Workbook</i></li> </ul> | <ul style="list-style-type: none"> <li>• <i>Opportunities In Chiropractic Health Care Careers</i></li> <li>• <i>Opportunities In Health And Medical Careers</i></li> <li>• <i>Opportunities In Occupational Therapy Careers</i></li> <li>• <i>Opportunities In Osteopathic Medicine Careers</i></li> <li>• <i>Opportunities In Physical Therapy Careers</i></li> <li>• <i>Opportunities In Physician Careers</i></li> <li>• <i>Opportunities In Recreation And Leisure Careers</i></li> <li>• <i>Peterson's Graduate Programs In Business, Education, Health, Information Studies, Law &amp; Social Work</i></li> <li>• <i>Resumes For Health And Medical Careers</i></li> <li>• <i>and others!</i></li> </ul> |
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#### **For more information about majoring in PHYSICAL EDUCATION, contact:**

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**For more questions about your career decisions, please make an appointment with a VU Career Counselor by calling 464-5005, stopping by the Career Center in Alumni Hall or e-mailing us at [Career.Center@valpo.edu](mailto:Career.Center@valpo.edu)**