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RESEARCH PAPER

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## CAREER OPPORTUNITIES IN SPORTS SCIENCE & FITNESS

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### Exercise and Sport Science



### ABSTRACT

The Sports and Fitness program offers career opportunities in private and public fitness centers; entry level management positions in the health, fitness or rehabilitation centers, recreation facilities, and retail sales. Graduates of the program may transfer to a four-year institution to continue their studies in Sports and Fitness Management or other fitness related fields. Physical activity is essential to good health, disease prevention and increasing human performance, and our popular and nationally recognized programs will



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Help you be a leader in improving quality of life through safe exercise and organized sport. Whether you want to be a physical education teacher, personal trainer or administrator for a professional sports team, we provide the theory and practical application for you to excel in a number of fitness careers.

## INTRODUCTION

**Sport science** is a discipline that studies how the healthy human body works during exercise, and how sport and physical activity promote health from cellular to whole body perspectives. The study of Sport Science traditionally incorporates areas of Physiology (Exercise Physiology), Psychology (Sports Psychology), Anatomy, Biomechanics & Biochemistry (Kinesiology). Sport Scientists and performance consultants are growing in demand and employment numbers, with the ever-increasing focus within the sporting world on achieving the best results possible. Through the study of Science and Sport, researchers have developed a greater understanding on how the human body reacts to exercise, training, different environments and many other stimuli. Sport Science can trace its origins to ancient Greece. The noted ancient Greek physician Galen (131–201) wrote 87 detailed essays about improving health (proper nutrition), aerobic fitness, and strengthening muscles. Assyrian Hunayn ibn Ishaq translated Galen's work, along with that of Hippocrates, into Arabic which lead to the spread of Greek physiology throughout the Middle East and Europe. Between 776 BC to 393 AD, the ancient Greek physicians planned the training regimens and diets of the Olympic competitors. New ideas upon the working and functioning of the human body emerged during the renaissance as anatomists and physicians challenged the previously known theories.

These spread with the implementation of the printed word, the result of Gutenberg's printing press in the 15th century. Allied with this was a large increase in academia in general, universities were forming all around the world. Importantly these new scholars went beyond the simplistic notions of the early Greek physicians, and shed light upon the complexities of the circulatory, and digestive systems. Furthermore by



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The middle of the 19th century early medical schools (such as the Harvard Medical School, formed 1782) began appearing in the United States, whose graduates went on to assume positions of importance in academia and allied medical research. Medical journal publications increased significantly in number during this period. In 1898, three articles on physical activity appeared in the first volume of the American Journal of Physiology. Other articles and reviews subsequently appeared in prestigious journals. The German applied physiology publication, *Internationale Zeitschrift für Physiologie einschliesslich Arbeitphysiologie* (1929–1940; now known as the European Journal of Applied Physiology and Occupational Physiology), became a significant journal in the field of research. A number of key figures have made significant contributions to the discipline, including the following:

## EXERCISE AND SPORTS SCIENCES

The Department of Exercise and Sports Sciences at Tennessee Wesleyan College prepares students to serve others by pursuing careers in athletics, recreation, health and wellness, physical education, physical/occupational therapy, and sport and fitness management. The Department of Exercise and Sports Sciences offers a B.S. degree with emphases in Physical Education, Sports and Fitness Management, and Exercise Science. Each of these emphases provides students with the knowledge needed to enter graduate study or a career in that subdivision of Exercise and Sports Sciences. The Physical Education emphasis serves those seeking to teach and coach at the elementary and secondary levels.

The Sports and Fitness Management emphasis combines Exercise and Sports Science courses with courses from the Business Administration Department to prepare graduates to manage sports and fitness programs, organizations, and facilities. The Exercise Science curriculum prepares students for a variety of careers and graduate programs in exercise physiology, fitness, wellness, strength and conditioning, and exercise testing



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And prescription. In addition to these three emphases, the Department of Exercise and Sports Sciences also offers a major in Pre-Physical Therapy. The program, which is jointly administered by the Departments of Exercise and Sports Sciences and Natural Sciences, will prepare students for graduate programs and careers in Physical Therapy.

## **CAREER OPPORTUNITIES**

Higher-education degrees in Sports Science or Human Physiology are also becoming increasingly popular with many universities now offering both undergraduate, postgraduate and distance learning degrees in the discipline. Opportunities for graduates in these fields employment as a Physical Education teacher, Dietician or Nutritionist, Performance Analyst, Sports coach, Sports therapist, Fitness centre manager, Sports administrator, Strength and Conditioning specialist or retail manager of a Sports store. Graduates may also be well positioned to undertake further training to become an accredited Physiotherapist, Exercise Physiologist, Research Scientist and Sports Medical Doctor. There are many noted institutions in the india which run courses in Sport Science.

The Sports and Fitness Management program offers career opportunities in private and public fitness centers; entry level management positions in the health, fitness or rehabilitation centers, recreation facilities, and retail sales. Graduates of the program may transfer to a four-year institution to continue their studies in Sports and Fitness Management or other fitness related fields. Physical activity is essential to good health, disease prevention and increasing human performance, and our popular and nationally recognized programs will help you be a leader in improving quality of life through safe exercise and organized sport. Whether you want to be a physical education teacher, personal trainer or administrator for a professional sports team, we provide the theory and practical application for you to excel in a number of fitness careers.



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The Exercise and Sport Science (EXSS) major prepares students for careers in physical activity and fitness/wellness such as organizing, directing or managing physical fitness programs; personal trainer; fitness instructor; exercise physiologist; strength and fitness coach; and fitness entrepreneur. The degree can also serve as preparation for applications to a master's level physical education teacher education program, medical school, a professional program in the allied health professions (e.g. physical or occupational therapy, nursing, physician assistant) or other graduate education.

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