

Nutrition, Food, and Exercise Sciences

This sheet has sample occupations, work settings, employers, and career development activities associated with this major. Some of these options may require additional training and career planning. You are not limited to these options when choosing a possible career path.

Sample Occupations

Athletic Training

Athletic Director
Certified Athletic Trainer
Fitness Instructor
Occupational Therapist
Personal Trainer
Physical Therapist
Recreational Therapist
Rehabilitation Coordinator
Rehabilitation Therapist
Sports Coach
Sports Medicine
Coordinator
Strength and Conditioning
Coach

Dietetics

Clinical Dietitian
Dietary Manager
Dietitian
Dietitian, Teaching
Health & Nutrition
Consultant
Nutrition Journalist
Pediatric Clinical Dietitian
Public Health Nutritionist
Research Dietitian
Sports Nutritionist/Dietitian

Exercise Science

Cancer Exercise Trainer

Chiropractic Specialist

Clinical Exercise Physiologist
Health/Fitness Instructor
Health Promotion Specialist
Occupational Therapist
Personal Trainer
Physical Therapist
Physician's Assistant
Rehabilitation & Wellness
Director
Sports Nutritionist
Sports Performance Coach
Strength & Conditioning
Specialist
Weight Reduction Specialist

Food and Nutrition Science

Food Editor
Food Product Developer
Food Scientist/Technologist
Food Service Specialist
Health Educator
Nutrition Consultant
Nutrition Counselor
Nutrition Researcher
Procurement Manager
Quality Control Specialist
School Food Service Director
Sports Nutritionist

Sample Work Settings

Dietetics
Community & Public
Health Settings
Correctional Institutions
Food Manufacturers &
Processors
Hospitals, Health
Organizations

Physician's Office
Schools, Colleges, &
Universities
Social Service Agencies
State & Federal Research
Labs
Wellness Centers
Food Industry Laboratories

Food Manufacturing/
Processing Plants
Food Research Departments
Hotels & Restaurants
Nursing Homes
Private Practice Fitness
Centers
Processing Firms

State & Federal Social Service
Agencies
U.S. Department of
Agriculture & Health &
Human Services
Athletic Teams
Spas/Resorts

Sample Employers

A sample of organizations that have hired students with a concentration in nutrition, food, and exercise sciences.

Aramark
Chick-fil-A, Inc.
Children's Institute, Inc.

Department of Veterans
Affairs
Florida State Hospital
Kraft Foods

Lowell General Hospital
Maxim Healthcare Services
North Florida Regional
Medical Center

Sarasota County School
Board
U.S. Navy
Wawa, Inc.

Connecting Majors, Skills, and Occupations

- View learning outcomes associated with your major in the *FSU Undergraduate Academic Program Guide Learning Compact*: www.learningforlife.fsu.edu/smalcs/learningcompacts.cfm
- Explore the connection between occupations and skills in O*Net: www.onetonline.org
- Use the FSU Career Portfolio to document transferable skills you develop through your major and other experiences: www.portfolio.fsu.edu
- Use ProffioNole to learn more about industry demands, career expectations, and opportunities from professionals: www.career.fsu.edu/proffionole

Sample Websites

Dept. of Nutrition, Food, & Exercise Sciences
www.chs.fsu.edu/nfes

National Sporting Goods Association Job Board
www.nsga.org/jobs

School Nutrition Association Job Board
www.careers.schoolnutrition.org

National Athletic Trainers' Association Career Center
jobs.nata.org

Nutrition Jobs
www.nutritionjobs.com

Sample Career Center Library Resources

Sample Books

Careers for Gourmets & Others Who Relish Food.....IIA CF-G61	Opportunities in Culinary Careers.....IIB 35-1011 D6
Careers in Health Care.....IIB 29-1000 W4	Opportunities in Holistic Health Care Careers.....IIB 29-1199.01 G5
Developing a Lifelong Contract in the Sports Marketplace.....IIB 27-2020 C9	Opportunities in Nutrition Careers.....IIB 29-1031 C3
Food Jobs.....IIB 35-0000 C4	Opportunities in Sports Medicine Careers.....IIB 29-1129.02
Guide to Careers in the Health Professions.....IIB 29-1000 C3	Planning Your Career in Alternative Medicine....IIB 29-1000 L9
	The Comprehensive Guide to Careers in Sports.....VI B6 W6

Self Exploration and Career Information

To explore values, interests, and skills:

To explore occupational outlooks and salaries:

FOCUS 2
www.career.fsu.edu/Students/Plan-Your-Career/Explore-Majors-and-Careers/FOCUS2

Sigi3
www.career.fsu.edu/sigi
(Obtain a User ID from a Career Advisor)

NACE Starting Salaries Survey Data
www.naceweb.org/salary-resources/starting-salaries.aspx

Occupational Outlook Handbook
www.bls.gov/ooh

Salary.com
www.salary.com

SeminoleLink Plus! Services
www.career.fsu.edu/seminolelink

See additional resources in Career Center Advising Module Sheets:
www.career.fsu.edu/Resources/Module-Sheets

Sample Professional Organizations

American College of Sports Medicine - Indianapolis, IN
www.acsm.org

American Council on Exercise - San Diego, CA
www.acefitness.org

National Athletic Trainers' Association - Carrollton, TX
www.nata.org

American Culinary Federation - St. Augustine, FL
www.acfchefs.org

American Society for Nutrition - Bethesda, MD
www.nutrition.org

The National Association for Health & Fitness - Indianapolis, IN
www.physicalfitness.org

American Dietetic Association - Chicago, IL
www.eatright.org

International Confederation of Dietetic Associations - Toronto, Ontario
www.internationaldietetics.org

For other related professional organizations, go to FSU Libraries database at lib.fsu.edu; select Find a Database; search for Gale Databases; choose Associations Unlimited.

Additional Information

Florida State University Career Guide
www.career.fsu.edu/Resources/Career-Guides

Library Links
www.career.fsu.edu/Resources/Career-Center-Library

Career Guides by Topic
www.career.fsu.edu/Resources/Career-Guides

Steps to Career Success
<http://www.career.fsu.edu/Steps-to-Career-Success/>