

# 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](http://www.learningforlife.fsu.edu/smalcs/learningcompacts.cfm)
- Explore the connection between occupations and skills in O\*Net: [www.onetonline.org](http://www.onetonline.org)
- Use the FSU Career Portfolio to document transferable skills you develop through your major and other experiences: [www.portfolio.fsu.edu](http://www.portfolio.fsu.edu)
- Use ProffioNole to learn more about industry demands, career expectations, and opportunities from professionals: [www.career.fsu.edu/proffionole](http://www.career.fsu.edu/proffionole)

## Sample Websites

Dept. of Nutrition, Food, & Exercise Sciences  
[www.chs.fsu.edu/nfes](http://www.chs.fsu.edu/nfes)

National Sporting Goods Association Job Board  
[www.nsga.org/jobs](http://www.nsga.org/jobs)

School Nutrition Association Job Board  
[www.careers.schoolnutrition.org](http://www.careers.schoolnutrition.org)

National Athletic Trainers' Association Career Center  
[jobs.nata.org](http://jobs.nata.org)

Nutrition Jobs  
[www.nutritionjobs.com](http://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:*

Choices Planner  
[www.flchoices.org](http://www.flchoices.org)

Sigi3  
[www.career.fsu.edu/sigi](http://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](http://www.naceweb.org/salary-resources/starting-salaries.aspx)

Occupational Outlook Handbook  
[www.bls.gov/ooh](http://www.bls.gov/ooh)

Salary.com  
[www.salary.com](http://www.salary.com)

SeminoleLink Plus! Services  
[www.career.fsu.edu/seminolelink](http://www.career.fsu.edu/seminolelink)

See additional resources in Career Center Advising Module Sheets:  
[www.career.fsu.edu/advising/modules.cfm](http://www.career.fsu.edu/advising/modules.cfm)

## Sample Professional Organizations

American College of Sports Medicine - Indianapolis, IN  
[www.acsm.org](http://www.acsm.org)

American Council on Exercise - San Diego, CA  
[www.acefitness.org](http://www.acefitness.org)

National Athletic Trainers' Association - Carrollton, TX  
[www.nata.org](http://www.nata.org)

American Culinary Federation - St. Augustine, FL  
[www.acfchefs.org](http://www.acfchefs.org)

American Society for Nutrition - Bethesda, MD  
[www.nutrition.org](http://www.nutrition.org)

The National Association for Health & Fitness - Indianapolis, IN  
[www.physicalfitness.org](http://www.physicalfitness.org)

American Dietetic Association - Chicago, IL  
[www.eatright.org](http://www.eatright.org)

International Confederation of Dietetic Associations - Toronto, Ontario  
[www.internationaldietetics.org](http://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 2014-2015  
[www.career.fsu.edu/advising/guides.cfm](http://www.career.fsu.edu/advising/guides.cfm)

Library Links  
[www.career.fsu.edu/library/links.cfm](http://www.career.fsu.edu/library/links.cfm)

Career Guides  
[www.career.fsu.edu/advising/guides.cfm](http://www.career.fsu.edu/advising/guides.cfm)

Steps to Career Success  
[www.career.fsu.edu/Steps-to-Career-Success/](http://www.career.fsu.edu/Steps-to-Career-Success/)