



Sports Performance | Education
Economic Development

Career Paths in Sport Science!

- Sport Scientist &/or Performance Scientist
 - Connect the team to right information, at right time, to make better decisions
 - Background and practical knowledge of sport technology and data interpretation
 - Develop research projects related to sports and human performance
 - Notable places of employment: Professional Sports, Military, Hospitals
- Biomechanist
 - Have a strong background in Biomechanics
 - Be competent with 3D motion capture
 - Have experience with data analysis and visualization
 - Notable places of employment: Hospitals, Military, Professional Sports, Apparel Companies (i.e. Nike)
- Exercise Physiologist
 - Help athletes manage chronic conditions by monitoring cardiovascular functions
 - Conduct fitness testing to assess VO2 max, body composition, stress levels, etc.
 - Notable places of employment: Hospitals, Military, Private Facilities

- Strength and Conditioning Coach &/or Performance Coach
 - Develop athletes physiologically through proper programming and periodization
 - Teach proper lifting techniques, monitor athletes on the floor,
 - Use data to assess athlete performance before and after session &/or program
 - Notable places of employment: Professional Sport, Military, Private Gyms

- Athletic Trainer
 - Develop programming for athlete injury and illness rehabilitation
 - Evaluate injury and provide first aid or emergency care
 - Notable places of employment: Professional Sports, Military, Hospitals

- Physical Therapist
 - Be able to diagnosis medical problems and develop treatment plans based on patients' diagnosis
 - Educating patients on what to expect from treatment and how to cope with challenges of recovery
 - Monitoring and evaluating progress and modifying treatment plans as needed
 - Notable places of employment: Professional Sports, Military, Hospitals, Private Facilities

- Nutritionist and/or Dietician
 - Evaluate nutritional needs, health, and diet restrictions
 - Create meal plans and eating strategies for health and performance needs
 - Educate patients about healthy eating and better nutritional choices
 - Notable places of employment: Professional Sports, Military, Hospitals

- Mental Performance Coach &/or Sports Psychologist
 - Educate athletes about mental techniques for relaxation and positive self-talk for performance
 - Help athletes manage stress and anxiety related to competition and everyday life
 - Create strategies for motivational achievement and psychological support for injured athletes
 - Notable places of employment: Professional Sports, Military, Private Facilities