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**
- 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

- 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 ProfessionOle to learn more about industry demands, career expectations, and opportunities from professionals: [www.career.fsu.edu/professionole](http://www.career.fsu.edu/professionole)
Sample Professional Organizations

<table>
<thead>
<tr>
<th>American College of Sports Medicine - Indianapolis, IN</th>
<th>American Council on Exercise - San Diego, CA</th>
<th>National Athletic Trainers’ Association - Carrollton, TX</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.acsm.org">www.acsm.org</a></td>
<td><a href="http://www.acefitness.org">www.acefitness.org</a></td>
<td><a href="http://www.nata.org">www.nata.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Culinary Federation - St. Augustine, FL</td>
<td>American Society for Nutrition - Bethesda, MD</td>
<td>The National Association for Health &amp; Fitness - Indianapolis, IN</td>
</tr>
<tr>
<td><a href="http://www.acfchefs.org">www.acfchefs.org</a></td>
<td><a href="http://www.nutrition.org">www.nutrition.org</a></td>
<td><a href="http://www.physicalfitness.org">www.physicalfitness.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Dietetic Association - Chicago, IL</td>
<td>International Confederation of Dietetic Associations - Toronto, Ontario</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.eatright.org">www.eatright.org</a></td>
<td><a href="http://www.internationaldietetics.org">www.internationaldietetics.org</a></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Florida State University Career Guide</th>
<th>Library Links</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.career.fsu.edu/Resources/Career-Guides">www.career.fsu.edu/Resources/Career-Guides</a></td>
<td><a href="http://www.career.fsu.edu/Resources/Career-Center-Library">www.career.fsu.edu/Resources/Career-Center-Library</a></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Career Guides by Topic</td>
<td>Steps to Career Success</td>
</tr>
<tr>
<td><a href="http://www.career.fsu.edu/Resources/Career-Guides">www.career.fsu.edu/Resources/Career-Guides</a></td>
<td><a href="http://www.career.fsu.edu/Steps-to-Career-Success/">http://www.career.fsu.edu/Steps-to-Career-Success/</a></td>
</tr>
</tbody>
</table>