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

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

- Florida State University Career Guide 2014-2015
  www.career.fsu.edu/advising/guides.cfm

- Library Links
  www.career.fsu.edu/library/links.cfm

- Career Guides
  www.career.fsu.edu/advising/guides.cfm

- Steps to Career Success
  www.career.fsu.edu/Steps-to-Career-Success/