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**
- 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 Physiology**
- 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

- Athletic Teams
- Community & Public Health Settings
- Correctional Institutions
- Dietetics
- Fitness Centers
- Food Industry Laboratories
- Food Manufacturing/Processing Plants
- Food Research Departments
- Hospitals, Health Organizations
- Hotels & Restaurants
- Nursing Homes
- Physician’s Office
- Schools, Colleges, & Universities
- Social Service Agencies
- State & Federal Research Labs
- Wellness Centers
- State & Federal Social Service Agencies
- U.S. Department of Agriculture & Health & Human Services
- 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.academic-guide.fsu.edu/
- 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 ProfessioNole to learn more about industry demands, career expectations, and opportunities from professionals: www.career.fsu.edu/professionole
Sample Career Center Library Resources

Sample Books

Careers for Gourmets & Others Who Relish Food......IIA CF-G61
Careers in Nutrition..................................................IIIB 29-1031 B535
Careers in Sports, Fitness & Exercise.........................IIIB 27-2021 H6
Food Jobs.............................................................IIIB 35-0000 C45
Jump-starting a Career in Dietetics & Nutrition.........II 29-1031 B9
Guide to Careers in the Health Professions...............IIIB 29-1000 C3
Launching Your Dietetics Career...............................IIIB 29-1031 S45
Opportunities in Culinary Careers.............................IIIB 35-1011 D6
Opportunities in Holistic Health Care Careers...IIIB 29-1199.01 G5
Opportunities in Nutrition Careers............................IIIB 29-1031 C3
Opportunities in the Nutrition and Food Sciences..................IIIB 29-1031 T4

Self-Exploration and Career Information
To explore values, interests, and skills:
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)
To explore occupational outlooks and salaries:
National Compensation Survey
www.bls.gov/ncs/
Occupational Outlook Handbook
http://www.bls.gov/ooh
Salary.com
www.salary.com
SeminoleLink
www.career.fsu.edu/seminolelink
See additional resources in Career Center Advising Module Sheets:
www.career.fsu.edu/Resources/Module-Sheets

Sample Websites

Dept. of Nutrition, Food, & Exercise Sciences
www.chs.fsu.edu/nfes
National Athletic Trainers’ Association Career Center
jobs.nata.org
National Sporting Goods Association Job Board
www.nsga.org/jobs
Nutrition Jobs
www.nutritionjobs.com
School Nutrition Association Job Board
https://schoolnutrition.org/

Sample Professional Organizations

American College of Sports Medicine - Indianapolis, IN
www.acsm.org
American Culinary Federation - St. Augustine, FL
www.acfchefs.org
American Dietetic Association - Chicago, IL
www.eatright.org
American Council on Exercise - San Diego, CA
www.acefitness.org
American Society for Nutrition - Bethesda, MD
www.nutrition.org
International Confederation of Dietetic Associations - Toronto, Ontario
www.internationaldietetics.org
National Athletic Trainers’ Association - Carrollton, TX
www.nata.org
The National Association for Health & Fitness - Indianapolis, IN
www.physicalfitness.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
Career Guides by Topic
www.career.fsu.edu/Resources/Career-Guides
Library Links
www.career.fsu.edu/Resources/Career-Center-Library
Steps to Career Success
www.portfolio.career.fsu.edu/stepstocareersuccess/index.html