Potential Careers

NMU’s Sports Science Program prepares students for employment in the following careers:

Occupations
- Amateur Athletic Team
- Biomechanics
- Clinical & Sports Research
- Collegiate Athletic Team
- Exercise Physiology
- Health Club
- Hospital/Clinic
- Professional Athletic Team
- Sporting Equipment Store
- Strength and Conditioning Coach
- YMCA

Additional Resources and Info

For Career Planning and Opportunities:
Academic & Career Advisement Center
3302.1 C.B. Hedgcock
906-227-2971
www.nmu.edu/acac

School of Health and Human Performance
201 PEIF
906-227-2130
www.nmu.edu/hhp

For Job Search, Resume and Career Information:
Career Services
3302.3 C.B. Hedgcock
906-227-2800
www.nmu.edu/careers

For Information about NMU Student Organizations Associated with this Major Contact:
Center for Student Enrichment
1206 University Center
906-227-2439
www.nmu.edu/cse

Health Promotions Society
http://myweb.nmu.edu/~hps/HPIndex.htm

Student Association for Sports Science (SASS)

Internet Resource Links:
www.careers.org
www.careerresource.net

For Career Information with National Organizations:
www.acsm.org The American College of Sports Medicine
www.nsca-lift.org National Strength and Conditioning Association

Current as of Fall 2015
Provided by:
The Academic & Career Advisement Center
Sports Science

Are you the type of person who likes sports? Do you like to help people? Do you have an interest in science? If you answered “yes” to these questions, a degree in Sports Science may be for you. Northern Michigan University offers a baccalaureate degree in Sports Science. The undergraduate program in sports science is designed to prepare students for graduate study in specific disciplines such as exercise physiology, biomechanics, and sport nutrition. The sports science curriculum can also be an excellent preparation for collegiate coaches.

Skills and Competencies

One who majors in Sports Science must have a good background in chemistry, biology, and physics. Knowledge in first aid, communication skills, sports, psychology, and physiology are also relevant. Sports Science majors must be prepared to do the following: provide scientific analysis of the performance capability of athletes, work with coaches to develop programs to help athletes get in the best possible condition, and educate athletes on the best nutrition and eating strategies to maximize success.

A Sports Science major is not limited to areas of physical conditioning. The major is designed as a graduate school preparation program which can lead to further study in a number of areas. Many current students use Sports Science as preparation for graduate study in Medicine and Physical Therapy. Others progress into Masters or Doctoral programs in Biomechanics, Exercise Physiology or Nutrition. Specific careers that the Sports Science B.S. degree alone may fit include Strength and Conditioning coaches with university athletic programs and limited positions with specific sport national governing bodies.

Course Work

This degree includes the following courses as part of the program requirements, and specific major requirements along with liberal studies and graduation requirements.

Core
CH 111 General Chemistry I (5 cr.)
CH 112 General Chemistry II (5 cr.)
BI 201 Human Anatomy (3 cr.)
BI 202 Human Physiology (5 cr.)
ES 110 Introduction to Sports Science (1 cr.)
ES 315 Physiology of Exercise (4 cr.)
ES 317 Anatomical Kinesiology (3 cr.)
ES 417 Biomechanics (2 cr.)
ES 421 Physiology of Training for Sport (3 cr.)
ES 422 Sports Biomechanics (2 cr.)
ES 470 Psychological Aspects of Athletic Performance (3 cr.)
HL 242 Emergency Health Care (2 cr.)
HN 210 Nutrition for Humans (4 cr.)
MA 171 Introduction to Probability and Statistics (4 cr.) or PY 305 Psychological Statistics (4 cr.)
PH 201 College Physics I (5 cr.)

Sports Science Cluster Minor (22cr.)
With adviser approval students must select a cluster of cognate courses from two or more departments totaling 22 credit hours. A list of courses comprising the cluster must be submitted to the Registrar’s Office before the second semester of the student’s junior year.

Detailed course descriptions can be found at www.nmu.edu/bulletin.

Career Development

You should begin the resume-building process as soon as you can. The Academic and Career Advisement Center can assist you with career planning, while Career Services will help you fine tune your resume and look for jobs related to your field. In the meantime, the more hands-on experience you have, the better the chances are that you will find a job. Becoming involved in a professional related internship is a way to develop your professional skills and gain experience. Your academic course work is important as well, so be sure to maintain a high grade point average.

Additional Considerations

Most of the listed occupations will require a minimum of a Master's degree.

These are a variety of places one can find employment. These occupations carry great benefits and can provide rewarding experiences.

Job Outlook

Sports-related jobs will increase at a faster than average rate of 20%. They are projected to make anywhere from $30,000 to $70,000 depending on the prestige associated with the employer. Some areas, such as professional sports teams will be competitive but pay well, while other areas, such as rehabilitation centers and hospitals will have less pay but more job openings.