



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

*FSU Tracks: Pre-Athletic Training, Pre-Physical Therapy, Pre-Physician Assistant, Pre-Sports Medicine

Athletic Director
Certified Athletic Trainer
Fitness Instructor
Occupational Therapist
Physician Assistant
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 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

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.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 ProfessionNole to learn more about industry demands, career expectations, and opportunities from professionals: www.career.fsu.edu/professionnole

Sample Career Center Library Resources

Sample Books

Careers for Gourmets & Others Who Relish Food.....IIA CF-G61	Opportunities in Culinary Careers.....IIB 35-1011 D6
Careers in Nutrition.....IIB 29-1031 B535	Opportunities in Holistic Health Care Careers...IIB 29-1199.01 G5
Careers in Sports, Fitness & Exercise.....IIB 27-2021 H6	Opportunities in Nutrition Careers.....IIB 29-1031 C3
Food Jobs.....IIB 35-0000 C45	Opportunities in the Nutrition and
Jump-starting a Career in Dietetics & Nutrition.....II 29-1031 B9	Food Sciences.....IIB 29-1031 T4
Guide to Careers in the Health Professions.....IIB 29-1000 C3	The Comprehensive Guide to
Launching Your Dietetics Career.....IIB 29-1031 S45	Careers in Sports.....IIB 27-2020 W6

Self-Exploration and Career Information

To explore values, interests, and skills:

To explore occupational outlooks and salaries:

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)

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