

# COTTEY

## What Can I Do With A Major In . . . ?

# Physical Education

---

---

Physical education majors learn not only educational techniques, but also the workings of the human body. Graduates of physical education programs are often employed in primary or secondary education. However, due to the growing national concern for fitness and health, physical education majors are finding employment as fitness instructors, directors of health and sports clubs, recreation directors, wellness coordinators and coaches. An advanced degree may be required to work as an athletic trainer or for a professional sports team.

---

---

### IS THIS MAJOR FOR YOU?

*You might like this major if you also like:* helping people; sports and competition; physical exercise; good health habits; coaching; tutoring

*Consider this major if you are good at:* caring/nurturing; coaching; leadership; sports; teamwork; persuading and influencing

### EMPLOYMENT SETTINGS

- Colleges and universities
- Public and private secondary schools
- Fitness centers
- Community centers
- Hospitals and health centers
- Non-profit and government agencies
- Dance studios

### SAMPLE OCCUPATIONS

- Personal Trainer
- Physical Education Teacher
- Recreation Supervisor
- Therapeutic Recreation Director
- Youth Program Director
- Fitness Instructor
- Sports Medicine Doctor
- Athletic Trainer

### ACADEMIC ASSISTANCE CENTER RESOURCES

*Careers for Aquatic types and Others Who Want to Make a Splash*

*Careers for Competitive Spirits and Other Peak Performers*

*Opportunities in Sports Medicine Careers*

*Opportunities in Fitness Careers*

### TYPICAL COURSES IN THIS MAJOR

- Lifetime Wellness and Fitness
- Biology
- Physics
- Human Growth and Development
- Coaching Effectiveness
- Motor Learning and Development
- History and Philosophy of Physical Education
- Administration of Physical Education Programs

### OTHER MAJORS YOU MIGHT LIKE

- Athletic Training
- Exercise Sciences
- Occupational Therapy
- Food and Nutrition
- Physical Therapy
- Health Teacher Education
- Recreation and Leisure Studies
- Sports and Fitness Administration

### WEBSITES TO VISIT

American Alliance for Health, Physical Education, Recreation and Dance  
[www.aahperd.org](http://www.aahperd.org)

PE Central  
[www.pcentral.com](http://www.pcentral.com)

PE Links 4 U  
[www.pelinksforu.org](http://www.pelinksforu.org)