

ROANOKE COLLEGE
Department of Health and Human Performance
Career Advising Guide

Following are some of the jobs typically open to Roanoke College graduates with a major in health and exercise science, sport management, athletic training, or health and physical education. The list is by no means exhaustive, so think of it as a starting point—a source of ideas from which you can branch out and discover some of the things you would most enjoy doing. Why you chose Health and Human Performance as your field is as important as the degree itself. Equally important are the non-academic experiences and skills you acquire outside the classroom: part-time or summer jobs, volunteer work, special training, and extracurricular activities. If you have any questions about any of the occupational fields or need other information, talk to a faculty member in the Education, Health and Human Performance Department or a staff member in the Career Services Office.

General Occupational Fields	Sample Job Titles	Employment Outlook	Recommended Preparation
Teaching	Physical Education and Health Education Teacher in Elementary, middle or high school.	Limited openings, competitive.	Teacher licensure for NK-12 required. Prospects for employment improved if you have done volunteer or paid work with children and youth. Helpful to have licensure in more than one subject. <u>Starting Salary:</u> \$35,000-\$40,000.
Coaching	High school and College Coach	Limited openings; competitive.	Usually need teacher licensure in a subject area. Prospects for employment improved with work experience focused on coaching. For college coaching, you may need an advanced degree. Proven coach experience a must. <u>Starting Salary:</u> Teacher salary plus coaching supplement.
Teaching and Coaching	K-12 Teacher with high school coaching responsibilities	Limited openings	Combined information from teaching and coaching.
Athletic Training	Athletic Trainer	Moderate number of openings	Completion of a four-year degree, concentration in athletic training and 1500 clinical hours in the athletic training room. This will provide students with the credentials to take the Board of Certification (BOC) exam. Must be certified by BOC to be employed as an athletic trainer. <u>Starting Salary:</u> Teachers salary plus supplement for athletic training. \$35,000-\$40,000.
Sports-related Business	Salesperson for athletic equipment or supplies; Manager of sporting goods store; Golf Pro/Tennis Pro	Moderate number of openings; competition keen for advancement	Requires knowledge of sports. Helpful to have outgoing personality. Teaching experience and skill analysis abilities a plus.
Health Fitness Industry	Corporate Director of Recreation; Director of Adult Fitness Program; Teacher/Leader at a spa or health club	Limited openings	For work in corporate recreation, instructors must have skill in sports and ability to teach. Managers must have business background and ability to manage people and money. Work in adult fitness or commercial health/recreation requires skill at playing and teaching sports. Management positions usually requires a Master's degree.

Graduate and Professional School	College Professor and Coach; Exercise Physiologist; Sport Psychologist; Adult Fitness/Cardiac Rehabilitation Therapist	Openings in these areas are moderate to good.	Preparation at undergraduate level should include strong scientific background related to the ultimate job title. (See a physical education faculty member for more information).
Physical Therapy	Physical Therapist	Many openings; outlook is good.	Certification in physical therapy requires a master's degree in physical therapy from a school such as the Medical College of Virginia, ODU, or Shenandoah University. Roanoke College students may earn a B.S. and then go to MCV. In the case of strong students, a 2-2 transfer program can be worked out. Good grades are very important. Experience such as volunteer work, internships, or summer jobs can help. Salary: \$50,000-\$60,000
Recreational Leadership	City Director of Parks and Recreation; Activities Director at senior center; YMCA Activities Director	Moderate number of job openings; stiff competition for best jobs.	Helpful to have second major in sociology or psychology. Also useful are courses in business (for administrative purposes), political science, art, and related areas. Proven experience is important, including playing sports, working in summer recreation jobs or camps, volunteer work, and class projects. Particular skills can help, such as knowledge of crafts, ability to adapt recreation for physically challenged individuals, leading music or singing, etc. Projections for the future are for increasing numbers of jobs in recreation for the elderly and/or physically challenged. Therefore, students may want to develop skills with these groups in mind.
Recreation combined with social services	Recreational Therapist; Activities Director at children's home; Daycare Teacher; Corrections Officer; Church Youth Director	Moderate number of openings; outlook is good for persons with multiple abilities and skills.	Preparation same as above, but even more emphasis on psychology and sociology courses. Ability to work with persons with special problems. Ability to understand "healing" role of recreation.
Sports Journalism	Sports Journalist	Limited Openings	Physical education degree with communications concentration.

For more information, contact any of the following in the Department of Health and Human Performance on the mezzanine of Bast Center, ext. 2470.

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