What can I do with a major in Physical Education?

The Physical Education undergraduate curriculum offers two tracks. The Grades K-12 studies track is designed for individuals who wish to become certified to teach physical education in the elementary and middle, and secondary schools. The sport and fitness studies track prepares individuals for positions in physical activity and fitness settings that are non-school based.

**Industries:**
Education, Health & Fitness, Public & Private sectors

**Salary**
- **Entry Level**: $31,500 - $39,000
- **Median Level**: $46,500 - $54,000

**Common Job Titles**
- Physical Education Teacher
- Coach/Assistant Coach
- Adapted Physical Education Specialist
- Personal Trainer
- Community Health Educator
- Health Promotion Specialist
- Corporate Wellness Specialist
- Wellness Coordinator
- Exercise Physiologist
- Dance/Fitness Instructor
- Fitness Director
- Equipment Manager

**Skills**
- Written/Verbal Communication
- Critical Thinking
- Problem Solving
- Time Management
- Knowledge of Proper Nutrition
- Demonstration skills
- Flexibility, Balance and Coordination
- Endurance

**Tools**
- Database user interface and query software
- Spreadsheet Software
- Web page creation and editing software
- Electronic mail communication

**Knowledge**
- Education and Training
- Health
- Arts and Humanities
- Business/Management
- Communications/Multimedia
Popular Employers

K-12 Schools
Colleges/Universities
Camps
Resorts

Community Organizations
Sports Programs
Fitness Centers/Gyms
Rehabilitation Programs

Related Occupations

Recreation Manager
Sports Official
Health Information Specialist
Childhood Motor Skills Instructor
Health Advocate/Consultant
Athletic Director
Camp Director
Park Manager
Spa/Health Club Manager

Advice from professionals is great

Make Connections. It’s important for physical education majors to network and build relationships when attending professional events. Professional associations allows for networking, mentoring, learning the industry trends and finding career or internship opportunities. Professional associations within the physical education industry include:

Professional Associations

Society of Health and Physical Educators (SHAPE America)
National Association for Sport and Physical Education (NASPE)
American School Health Association (ASHA)
National Physical Education & School Sport Institute
National Intramural-Recreational Sports Association (NIRSA)

Want more information? Go online to ONET/Occupational Outlook Handbook/U.S. News