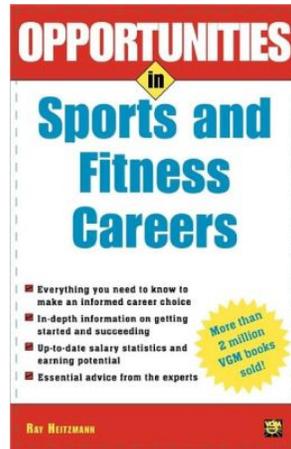


Kearny High School Physical Education Medical Exemption Assignment

Career Opportunities in Fitness, Physical Education, Sport and Recreation



Assignment Rationale

Career paths in fitness, physical education, sport, and recreation can be very rewarding. Knowing your options and weighing the pros and cons to various professions can help you to make a more informed decision about possible future career paths.

Assignment Description

Student will:

- Select three careers titles (below) in the field of fitness, physical education, sport, and/or recreation from the list below.
- Complete section A-F for each career. The information should be included on a single page for each career.
- Include a bibliography of at least three resources used to find the information.
- Choose one of the three selected careers from part one above. Write a one page, single spaced essay on the career. Include why you selected the career, advantages and disadvantages of working in the selected career field, whether or not you would pursue a job in the selected career field, and why or why not.

Career Titles: *personal trainer, fitness center manager, exercise physiologist, fitness instructor, recreation manager, YMCA group specialist, Exercise Physiologist, camp counselor, swim instructor, lifeguard, coach, Physical Education teacher, athletic trainer, referee, athletic director, sports management.*

- A. List the career title and job description including a list of job responsibilities.
- B. Describe the qualification requirements including required education, degrees, and/or certifications.
- C. List New York area colleges/universities and/or agencies offering the required coursework and certifications.
- D. List the current yearly tuition or cost of certifications locally.

- E. List the average annual salary or hourly wage in Metropolitan area (NY, NJ and Connecticut) and any benefits such as health insurance, vacation time, and/or pensions.
- F. Explain the options available for full-time and part-time work. Include hours per week if information is available.

Suggested resources: College websites, career websites, and phone interviews with professionals in the field.

Assignment Grading

Students will be graded on the following:

Completion of the questions on fitness and conditioning.	25 points
Completion of the booklet of strength training exercises.	25 points
Accuracy of information included in booklet.	25 points
Thoroughness of information contained in booklet.	25 points