

Exercise Physiologists

SOC: 29-1128 • Career Profile Report

■ Key Facts

\$58,160 Median Salary	23,900 Employment	+9.0% Growth Rate
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■ Requirements & Salary Range

Education: Bachelor's degree

■ Automation Risk Assessment

Low Risk - 8.0% probability of being automated in the next 10-20 years.
This job is relatively safe from automation due to its creative, social, or complex problem-solving requirements.

■ Work-Life Balance

9.5/10 - Excellent work-life balance

■ Personality Fit (RIASEC)

Higher scores indicate better personality fit for this career type.

Realistic	5.4/10	Investigative	8.6/10
Artistic	4.8/10	Social	9.0/10
Enterprising	5.4/10	Conventional	6.2/10

■ Top Skills Required

Compassion, Communication skills, Decision-making skills, Detail oriented, Interpersonal skills

✓ Strengths

- High Demand
- Flexible Work
- Continuous Learning

■ Challenges

- Burnout Risk
- Rapid Technological Change

■ What They Do

Exercise Physiologists typically perform the following tasks:

- Develop exercise programs to improve participant strength, flexibility, endurance, or circulatory functioning, in accordance with exercise science standards, regulatory requirements, and credentialing requirements.
- Provide emergency or other appropriate medical care to participants with symptoms or signs of physical distress.
- Demonstrate correct use of exercise equipment or performance of exercise routines.
- Recommend methods to increase lifestyle physical activity.
- Interpret exercise program participant data to evaluate progress or identify needed program changes.
- Prescribe individualized exercise programs, specifying equipment, such as treadmill, exercise bicycle, ergometers, or perceptual goggles.
- Provide clinical oversight of exercise for participants at all risk levels.
- Explain exercise program or physiological testing procedures to participants.
- Interview participants to obtain medical history or assess participant goals.
- Assess physical performance requirements to aid in the development of individualized recovery or rehabilitation exercise programs.
- Teach behavior modification classes related to topics such as stress management or weight control.
- Conduct stress tests, using electrocardiograph (EKG) machines.
- Measure oxygen consumption or lung functioning, using spirometers.
- Educate athletes or coaches on techniques to improve athletic performance, such as heart rate monitoring, recovery techniques, hydration strategies, or training limits.
- Evaluate staff performance in leading group exercise or conducting diagnostic tests.
- Teach group exercise for low-, medium-, or high-risk clients to improve participant strength, flexibility, endurance, or circulatory functioning.
- Calibrate exercise or testing equipment.
- Teach courses or seminars related to exercise or diet for patients, athletes, or community groups.
- Mentor or train staff to lead group exercise.
- Measure amount of body fat, using such equipment as hydrostatic scale, skinfold calipers, or tape measures.

*Generated by StartRight • Data from U.S. Bureau of Labor Statistics & O*NET*

Source: <https://www.bls.gov/ooh/healthcare/exercise-physiologists.htm>