

Introduction:

Contemporary physical education, exercise science, and sport have evolved from a common heritage—the traditional program of physical education designed to prepare teachers to serve children and youth in the school setting. Since the 1960s, the foundation, scope, and focus of our programs have grown and changed tremendously. As physical education expanded, new disciplines of study—exercise science and sport—emerged. As the knowledge base comprising this multidimensional field grew, specialized areas of study evolved and exciting new career opportunities began to appear for qualified professionals. Today physical education, exercise science, and sport professionals serve people of all ages in a diversity of settings within a new and reformed field of study, kinesiology.

The phenomenal growth of physical education, exercise science, and sport programs—the expansion to new settings and the greater inclusion of people of all ages and abilities—has created a wide array of career opportunities for students interested in these exciting professional areas.

Employment opportunities range from the traditional career of teaching physical education and coaching in the schools to sport instruction and fitness-related careers in community and commercial facilities. Increasingly common are career opportunities in cardiac rehabilitation, athletic training, and worksite health promotion. Careers in sport marketing, sport management, and sport communication are growing in popularity.

2. Definition of basic terms:**2.1. Exercise science:**

An umbrella term used to describe the study of numerous aspects of physical activity, exercise, sport, and athletic performance that have the common characteristic of movement and the adaptations that occur as a result of physical activity and regular exercise.

2.2. Physical activity:

Movement activities of daily living including work- and job-related activities, leisure time activities, and activities performed around the home.

2.3. Exercise:

It is a structured movement process that individuals consciously and voluntarily engage in and includes those activities that improve or maintain fitness and health.

2.4 Sport and athletic competition:

Movement in structured and organized activities that include a competitive aspect including all athletic events.