

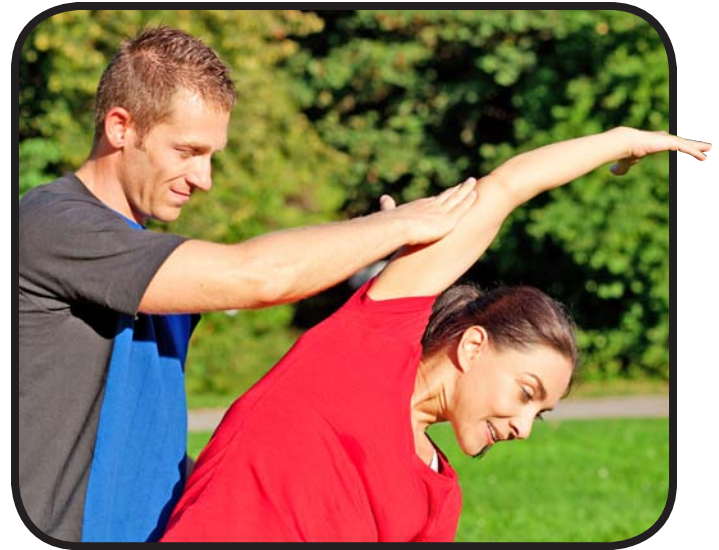
Personal Trainer

Career Files teach about important jobs in science and how science is used in other jobs. Careers with the STEM symbol focus on Science, Technology, Engineering, or Math.

Running, jumping, and playing are really fun, but did you know they also keep your body strong and healthy? Exercise is important for the health and wellness of people of all ages. Personal trainers help people exercise so they can be healthy. These fitness buffs are experts at understanding human body systems that are used during exercise and strength training.



Some coaches also serve as trainers, teaching sports and fitness together.



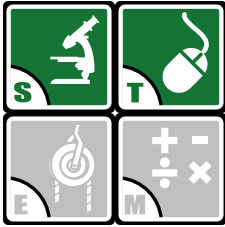
A personal trainer teaches a client how to do an exercise.

Personal trainers usually work at fitness centers or gyms. They design exercise and diet plans that help people meet their fitness goals. Some people want to lose weight to improve their health. Others want to get stronger.

People who want to become personal trainers usually go to college. After college, they take a test and earn a certificate that shows they are qualified. Personal trainers should like working with people and should have knowledge of and interest in the human body.

Nurse

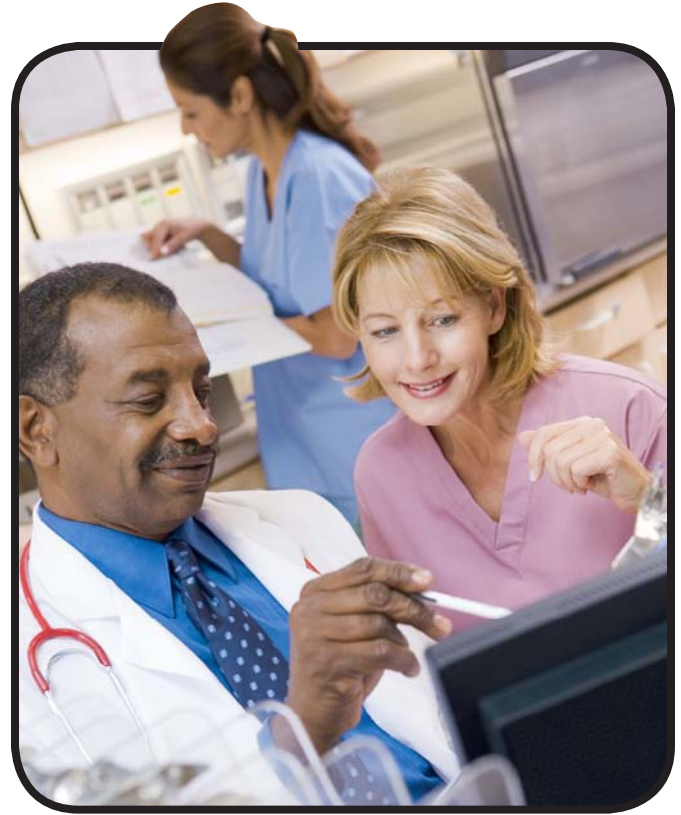
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Nurses are specially trained to take care of people who are sick or disabled. To

do this, they need to understand the human body. Together with doctors, nurses work to improve people's health.

Nurses can work in a variety of places, including hospitals, nursing homes, and medical offices. You probably even have a nurse at your school! Nurses may also choose



Nurses work with doctors to make decisions about patient care.

to work in a certain specialty. For example, they might help deliver babies, assist doctors during surgery, or work with patients in an emergency room.

Studying math and science is important for becoming a nurse. Nurses go to college and nursing school. After that, they take a special exam to earn a license. The license shows that they have the knowledge and skills to work as a nurse.



Nurses use many tools, including stethoscopes, thermometers, and computers.

Choreographer

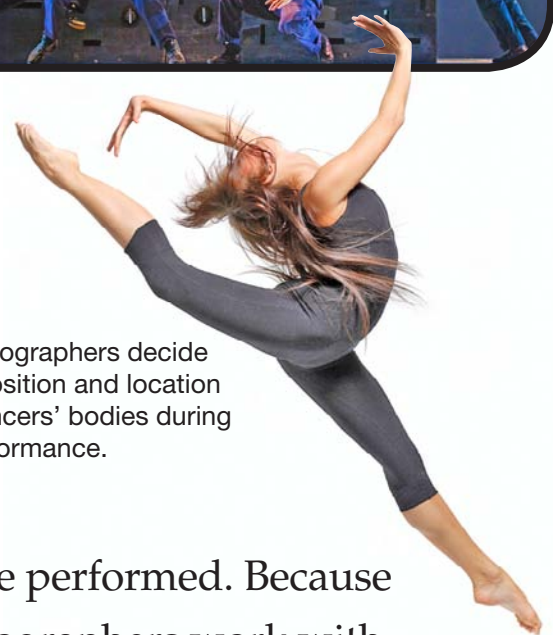
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If you have ever been to a ballet, musical, or other dance performance, you have seen the work of a choreographer. A choreographer is someone who designs the steps and movements of dancers during a show. (*Choreography* means “dance writing” in ancient Greek.)

A choreographer is a kind of artist who works with the human body. He or she decides the positions and shapes of each dancer’s body. The choreographer also decides when and where each movement



Choreographers decide the position and location of dancers’ bodies during a performance.



will be performed. Because choreographers work with the human body, they need to understand how muscles and bones work to make certain movements. This knowledge helps them keep the dancers safe and make the dance beautiful for the audience. Choreographers usually start out as dancers. After practicing and performing for many years, they start creating their own dances.



A choreographer working with a group of dancers