



## What can I do with a major in... **KINESIOLOGY - HEALTH & FITNESS**

The Kinesiology program offers students preparation in the field of health and wellness or preparation for further study in a clinical health related field.

### What types of work are related to this degree?

Exercise specialist  
 Dietetics  
 Health and wellness coach  
 Weight loss center specialist  
 Group exercise instructor  
 Strength and conditioning coaching  
 Coach or referee  
 Fitness instructor  
 Recreation director  
 Corporate health programs  
 Fitness, pharmaceutical or exercise sales

Physical therapy  
 Exercise physiologist  
 Chiropractor  
 Athletic trainer  
 Biomechanics

**More information  
 online at  
[ONETonline.org](http://ONETonline.org)**

### Who employs people with this degree?

Home healthcare agencies  
 Nursing/assisted living homes  
 Rehabilitation facilities  
 Community education programs  
 Health/nutrition-related retail  
 Chiropractor offices  
 Health/fitness corporations  
 Corporations that sponsor employee wellness initiatives  
 Health clubs/specialized fitness studios  
 Sports and recreation facilities  
 Parks and recreation departments  
 Correctional facilities  
 Colleges and universities

### Strategies for Success:

- Some fields listed above require professional certification. Though many entry-level positions may be obtained with an undergraduate degree, most will require additional clinical experiences and a graduate or professional degree.
- There are many different ways to work within the health and fitness industry. Identify a particular area of interest and then seek to gain the best combination of educational preparation, experience and skills.
- If you plan to go to graduate school, take the time to look at various graduate school websites and speak with admission counselors. Be sure the Kinesiology track you choose has the right prerequisites to get into grad school. If it does not, be sure to pick up those classes as electives.
- Given the growing number of aging adults, many positions available in these areas will involve working with the elderly.
- Fitness communication is also a growing field offering opportunities to write, research, and report on health and fitness related topics for newspapers, magazines, and websites. If interested in this area, take supplemental course work in English, journalism or broadcasting and seek opportunities to volunteer with local or campus newspapers or television/radio stations.

### Professional Associations:

American Physical Therapy Association  
 American Society of Exercise Physiologists  
 American Council on Exercise  
 American Fitness Professionals and Associates

American College of Sports Medicine  
 National Strength & Conditioning Association  
 National Athletic Trainer's Association  
 National Intramural-Recreational Sports Association  
 Aerobics and Fitness Association of America

This information represents possible occupations and strategies for careers with this major. As with any job or career, there may be additional qualifications or experience needed. For more information and options, make an appointment with Career Development or check out our online resources on our website or on theROCK, Career Development tab.