

Kinesiology-Health and 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 Type of Work are Related to this Degree?

- Exercise specialist
- Physical therapy
- Dietetics
- Exercise physiologist
- Health and wellness coach
- Chiropractor
- Weight loss center specialist
- Athletic trainer
- Group exercise instructor
- Biomechanics
- Strength and conditioning coaching
- Coach or referee
- Fitness instructor
- Recreation director
- Corporate health programs
- Fitness, pharmaceutical or exercise sales

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

More information at ONETonline.org

General 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