

# KINESIOLOGY

## What can I do with this major?

### AREAS

#### **PHYSICAL FITNESS**

Exercise Physiology  
Personal Training  
Performance Enhancement and Management  
Strength and Conditioning Coaching  
Group Fitness Instruction  
Health Club or Fitness Center Management  
Consultation

### EMPLOYERS

Health clinics  
Fitness centers  
Specialized studios, e.g. yoga, pilates  
Retirement centers  
Nursing homes  
Daycare centers  
Correctional facilities  
Resorts  
Camps and park districts  
Cruise lines  
Community centers  
Rehabilitation centers  
Healthcare programs: Clinical, Industrial, Corporate  
Universities and colleges  
Sports facilities  
Individual athletes  
Self-employed

### STRATEGIES

Maintain up to date knowledge of trends in fitness and safety practices, including proper technique and equipment.  
Obtain necessary certification(s) in addition to CPR first aid training.  
Develop computer skills and familiarity with technology used in the field.  
Consider a business minor to gain administrative skills such as scheduling, marketing, and ordering equipment.  
Maintain excellent personal fitness and athletic proficiency.  
Volunteer at a gym or fitness facility to gain familiarity with methods of fitness instruction.  
Explore different certification procedures for personal group fitness training, especially for specialized programs such as yoga or pilates.  
Remain calm under pressure and maintain a positive, outgoing personality.  
Develop excellent interpersonal skills for working with clients, coaches, and team physicians.  
Volunteer to work with college or high school sport teams or lead exercise programs for local, non-profit organizations.

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#### **ATHLETIC TRAINING**

Performance Enhancement/Management  
Strength & Conditioning Coaching  
Biomechanics  
Consultation

High schools  
Colleges and universities  
Health clinics  
Sports medicine clinics  
Fitness centers  
Retirement centers  
Nursing homes  
Resorts  
Cruise lines

Certified Athletic Trainers must earn a degree from an accredited institution. 70% of Athletic Trainers hold a master's degree or higher. Obtain certification through the National Athletic Trainers' Association.  
Athletic training is not the same as personal training. Develop communication and decision making skills and the ability to work well under pressure.  
Demonstrate ability to establish close and trusting relationships with others.

## AREAS

## EMPLOYERS

## STRATEGIES

### ATHLETIC TRAINING CONTINUED

Community centers  
Rehabilitation centers  
Healthcare programs: Clinical, Industrial, Corporate  
Professional sports teams  
Private sports organizations  
Sports facilities  
Individual athletes  
Private or group practice  
Local government including law enforcement agencies and departments of health  
Federal and state government:  
Public Health Service  
Veterans Administration  
Department of Defense

Be willing to work long and irregular hours and travel with sport teams.  
Understand and implement current injury prevention strategies.  
Typically you must build your reputation in smaller programs before moving into roles at larger universities and colleges or professional leagues.  
Obtain an internship or part-time job with a sports team, athletic organization, or fitness facility.  
Complete first aid certification and CPR training.  
Join fitness oriented associations and organizations.  
Volunteer to work with college or high school sports teams or to run exercise programs for non-profit organizations.

### PHYSICAL THERAPY

Clinical Practice:  
Acute care  
Neuro-rehab  
Out-patient  
Management  
Education  
Research  
Consultation  
Specialties Include:  
Pediatrics  
Geriatrics  
Sports Medicine  
Orthopedics  
Neurology  
Cardiopulmonary  
Electrophysiology  
Women's Health

Hospitals  
Clinics  
Home healthcare agencies  
Nursing homes/Residential care facilities  
Sports medicine facilities  
Rehabilitation centers  
Doctors' offices, particularly orthopedic  
Schools  
Health clubs and fitness centers  
Group or private practices  
Universities and colleges  
Federal and state government:  
Public Health Service  
Veterans Administration  
Department of Defense

Obtain knowledge of several basic sciences including anatomy, physiology, biology, chemistry, and physics.  
Attain superior grades in pre-physical therapy course work due to intense competition for admittance to physical therapy programs.  
Volunteer for a physical therapist in a hospital or clinic to gain experience and improve chances of acceptance into a program.  
Develop strong interpersonal and communication skills. Must possess patience and a desire to help individuals of all ages with disabilities. A positive attitude is important when working with patients.  
Manual dexterity and physical stamina are important for success.  
Earn a doctorate in physical therapy from a program accredited by the Commission on Accreditation in Physical Therapy Education (CAPTE).  
All states require licensure which includes passing an examination.  
Some physical therapists specialize in an area after gaining several years of general experience.

**AREAS**

**EMPLOYERS**

**STRATEGIES**

**OCCUPATIONAL THERAPY**

Screening  
Evaluation  
Treatment:  
    Physical  
    Psychosocial  
    Social  
    Vocational  
Follow-up  
Administration  
Teaching  
Research

Hospitals (including psychiatric and rehabilitative)  
Schools  
Group or private practice  
Nursing homes/Residential career facilities  
Community mental health centers  
Adult daycare programs  
Job training centers  
Residential care providers  
Out-patient rehabilitation facilities  
Home healthcare agencies  
Federal and state government:  
    Armed Forces  
    Public Health Service  
    Veterans Administration  
Universities and colleges

Build a solid foundation in physical, biological, and behavioral sciences.  
Develop excellent communication skills which are important when interacting with patients and their families.  
Volunteer in an occupational therapy or related healthcare setting to experience the field first-hand and meet program requirements.  
Individuals working in occupational therapy should possess patience and a true interest in helping people with disabilities reach their full potential.  
Learn to work well within a team. O.T.'s work with many other professionals in the rehabilitation of patients.  
Earn a master's (MOT, MA, MS) or doctoral (OTD, less common) degree from an accredited program by the Accreditation Council for Occupational Therapy Education (ACOTE).  
Doctoral degree is often preferred for university teaching and administrative positions.  
All states regulate O.T. licensure. Requirements include passing a certification exam given by the American Occupational Therapy Certification Board and a supervised clinical internship. Those who have passed the exam apply to become Occupational Therapists Registered (OTR).  
Occupational therapists may choose to specialize in a particular age group or type of disability after passing national exam certification.

**EDUCATION**

Research  
Teaching  
Assessment & Evaluation  
Program Development

Colleges and universities  
Athletic associations  
Research facilities

Develop strong computer, mathematics, science and both written and oral communication skills.  
Obtain teaching or instructional experience through volunteering or internships.  
Seek opportunities to assist faculty in research to gain experience.  
Join related student and professional organizations.  
Acquire a master's degree for community college teaching and a Ph.D. for colleges and universities.

<b>AREAS</b>	<b>EMPLOYERS</b>	<b>STRATEGIES</b>
<p><b><u>SPORTS MEDICINE</u></b> Orthopedics Osteopathics Chiropractics Prosthetics Biomechanics Physiology Kinesiology Psychology Cardiopulmonary Rehabilitation Nutrition Research</p>	<p>Hospitals Clinics Home healthcare agencies Nursing homes Sports medicine facilities Rehabilitation centers Fitness centers Group or private practices Universities and colleges</p>	<p>Develop strong computer, science, mathematics, and verbal and written communication skills. Join related professional and student organizations and seek leadership roles. Find internship and research opportunities with professors and other experts in the field to gain experience. Meet with a pre-health advisor periodically to discuss curricular decisions. Maintain a high grade point average, particularly in science classes, and secure strong recommendations for graduate or professional schools. Look at entrance requirements for desired institutions. Be aware of any standardized test requirements, minimum grade point averages, and prerequisites. After earning an undergraduate degree, the Doctor of Medicine (M.D.) requires 4 years of medical school followed by 3-8 years of internship, residency, and fellowship depending on specialization chosen. Upon completion of residency, pursue a fellowship in sports medicine and take certification exam.</p>
<p><b><u>BUSINESS</u></b> Product Development Product Distribution Program Development Biomechanics Sales:     Pharmaceutical     Healthcare     Sport and Fitness</p>	<p>Sporting goods manufacturers Exercise equipment manufacturers Sports facilities Health clubs and fitness centers Specialized studios, e.g. yoga, pilates Pharmaceutical companies Hospitals Clinical and corporate healthcare programs</p>	<p>Develop outstanding communication skills, written and oral. Take additional courses in marketing, advertising, and public relations. Gain experience with public speaking and sales. Obtain a part-time job or internship in the areas of wholesaling or retail. Build relationships with coaches, athletic directors, and college equipment/uniform representatives. Volunteer or work in campus recreation facilities that rent equipment to students. Consider working with manufacturers of exercise equipment or nutritional supplements to learn more about the field and make contacts.</p>

**GENERAL INFORMATION**

- 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 because requirements will vary by field.
- Most careers in these fields 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.
- Given the growing number of aging adults, many positions available in these areas will involve working with the elderly.
- Join professional associations. Read their publications and attend meetings, seminars, and conventions to learn more about the field and make contacts.
- Get involved with local sport teams, intramurals, or recreational programs and facilities. Seek leadership roles, manage equipment and facilities, or plan events.
- Professionals in this field typically start in smaller organizations and work their way into positions with larger or more prominent employers. Look for jobs in the minor leagues, high schools, or smaller colleges and universities as a way to enter the sport industry.
- 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.
- Maintain excellent personal fitness and athletic proficiency.
- Learn to relate well to people with varying personalities and backgrounds.
- An undergraduate degree in kinesiology offers excellent preparation and meets many pre-requisites for a variety of pre-professional programs in the field of healthcare. Meet with a pre-health advisor to identify any additional prerequisites for entry into graduate schools of interest.