

Major Possibilities: Kinesiology



Career Services

Southwestern University at Georgetown, Texas
McCook-Crain Building, 512.863.1346, 512.863.1270 fax
career.services@southwestern.edu
www.southwestern.edu/careers
Explore. Experience. Engage.

Summary

- The Kinesiology department prepares students for graduate study, for obtaining teacher certification, and for successful careers in the exercise sciences, teaching, and coaching.
- Kinesiology, the study of human movement, involves the study of physical activity and its impact on health, human performance, society, and quality of life.
- Persons with undergraduate and/or graduate degrees in Kinesiology are prepared for careers in a variety of fields, including exercise science, medicine, and health/fitness industry, sport and recreational management, and coaching.
- Positions related to the study of kinesiology are found in a variety of settings including schools, colleges and universities, public and private agencies, clinical environments, government, business and the military.

Kinesiology major synopsis

Students majoring in kinesiology will take classes in sports, movement analysis, muscle control, and more. The Kinesiology major can be adapted to suit both students who are interested in coaching and students planning to go on to graduate school. Students interested in coaching take Principle of Administering and Coaching Sport, while student planning to continue their education take Exercise Prescription. Introduction to Statistics is also required as a supporting class to the major, and Organ Physiology and Organic Chemistry I are suggested course, but not mandatory for graduation.

Sample occupational areas

Health Promotion

Health Promotion encompasses many careers. Health Promotion careers can help in the prevention of the spread of diseases, injury, violence, and mental problems. A few careers available are Health Education Program Manager, wellness consultant, and fitness consultant. People interested in the above careers could work for civilian companies or with the military. Working in Health Promotion would enable someone with a background in kinesiology to travel internationally or nationally, or to remain stationary with their job.

Rehabilitation

Kinesiologists can work with individuals with disabling conditions to assist in regaining their optimal physical function. They can work with individuals in their home, fitness facilities, rehabilitation clinics, and at the worksite. People with majors in Kinesiology can also move on to become physiotherapists. Physiotherapists treat people of all ages with a range of physical problems resulting from illness, injury, disability or aging. Rehabilitation can use a variety of methods, such as movement, exercise, manual therapy and the application of electronic and mechanical devices such as ultrasound or weights machines.

Ergonomics

Ergonomics is the science relating people to their work. Safe lifting techniques, proper posture, appropriate seating position, and adaptive equipment are only a few of the many examples of ergonomics in the workplace. Ergonomists may design equipment and systems including computers, so that they are easier to use and less likely to lead to errors in operation; they may also design tasks and jobs so that they are effective and take account of human needs such as rest breaks and sensible shift patterns. They can improve work equipment to cause less strain to the body and can even help design military and space equipment to be the most effective and safe for the human body.

Dietetics

To become a registered dietician (RD) or a dietetic technician, registered, (DTR) specific training must be undergone. The majority of RDs and DTRs work in the treatment and prevention of disease in hospitals, HMOs, private practice or other health-care facilities. They can also work in public health care settings, as well as in business, journalism, or sports nutrition. Contact the Kinesiology Department to inquire about how you should complete the additional requirements necessary before taking the Registration Examination for Dietitians.

Biomechanics

Biomechanics is the application of mechanical principles to living organisms. This includes bioengineering, the research and analysis of the mechanics of living organisms, and the application of engineering principles to and from biological systems. Researchers study biomechanics to develop improved treatments of pathologies. Sports biomechanics enables kinesiologists to study and analyze professional athletes.

Sample job titles

Gov't., Service and Education

Aerospace Medicine
Athletic Trainer
Aquatics Director
Cardiac Rehabilitation
College Coach

Health Education Program Mgr.
Intramural Sports Director
Physical Education Teacher
Recreational Activities Director
Teacher

Industry and Commerce

Corporate Wellness Manager
Dietetic Technician, Registered
Ergonomist
Fitness Club Administrator
Fitness/Wellness Consultant

Nutritionist

Personal Trainer
Recreational Therapist
Registered Dietician
Sports Psychologist
Physiotherapist

Sample job titles, continued

Arts, Media, and Entertainment

Advertising
Anchorperson

Athlete
Journalist
Production

Public Relations Manager
Sports Caster
Sports Correspondent

Sports Psychologist

Sample internship employers of SU students

Austin Lady Magic Basketball Club
Camp John Marc
Chaparral Ice-Austin, TX
City of Georgetown Parks and Recreation Center
City of Georgetown Project Transformation
Cooper and Bush Physical Therapy
Dallas Cowboys Public Relations
Georgetown Cardiac Rehabilitation Center
Georgetown Hospital Outpatient Therapy
Granger High School Football
Office of U.S. Senator Kay Bailey Hutchinson
New England Financial

Ride on Center for Kids (ROCK)
Round Rock Express
Round Rock High School
Sports Illustrated
SU SIRA
Texas Children's Hospital
The Village Pool
WEFG/WLCS Radio Sports Broadcasting
Williamson County & Cities Health District
Williamson County Human Resources
YMCA

Sample full-time employers of SU grads

Officer (US Air Force)
Account Executive (First Data Corp)
Assistant Athletic Trainer (Jersey Village HS)
Athletic Trainer (Healthsouth Sports Medicine)
Client Representative (AIM Management)
Clinical Assistant (Seton Northwest Hospital)
Coach (Allegheny College)
Community Recreation Director (City of Dallas)
Customer Service Manager (Bank of America)

Environmental Corp (AmeriCorps)
Fitness Specialist (Applied Materials Wellness)
Golf Pro (Georgetown Country Club)
Pitcher/Player (Seattle Mariners)
Rehab Assistant (Pacific Medical)
Safety & Risk Management Coordinator Teacher
Technician (Georgetown Physical Therapy)
Texas History Teacher (Cunningham Middle School)

Professional associations

American Alliance for Health, Physical Education, Recreation and Dance: www.aahperd.org
American College of Sports Medicine: www.acsm.org
American Dietetic Association: www.eatright.org
American Kinesiology Association: www.americankinesiology.org
National Association for Health and Fitness: www.physicalfitness.org
National Athletic Trainers' Association: www.nata.org
National Collegiate Athletic Association: www.ncaa.org
National Intramural/Recreational Sports Association: www.nirsa.org
National Recreation and Park Association: www.nrpa.org
Sporting Goods Manufacturers Association, SGMA: www.sgma.com/index.cfm
United States Olympic Committee: www.usoc.org
Women's Sports Network: www.womenssportsnet.com

Career Services resources

Almanac of Sports Contacts
Art of Sports casting
Careers for Health Nuts
Careers for Sports Nuts & Other Athletics
Careers in Entertainment & Sports
Careers in Social and Rehabilitation Services
Career Opportunities in Health Care
Career Opportunities in the Sports Industry
Cheat Sheet to a Career in Sports...
Childbirth Instructor Guide to Careers in Birth
Children's Health Care
Developing a Lifelong Contract in the Sports Marketplace
Exploring Health Care Careers
Guide to Careers in Sports

Health Professions: Career and Ed. Directory
How to Get a Job in Sports
Master of Acupuncture and Med. Oriental Program
Medical and Pharmaceutical Sales
Occupational Outlook Quarterly
Opportunities in Dental Care Careers
Opportunities in Eye Care Careers
Opportunities in Fitness Careers
Opportunities in Gerontology and Aging Careers
Opportunities in Medical Sales Careers
Opportunities in Nursing Careers
Opportunities in Recreation and Leisure
Opportunities in Sports and Fitness Careers
Sports Market Place Register