

Major Possibilities: Kinesiology



Career Services

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Summary

- The Kinesiology department prepares students for graduate study, obtaining teacher certification, and successful careers in the exercise sciences, allied health, 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 take classes in sports, movement analysis, muscle control, and more. The Kinesiology major as either a BA or a BS can be adapted to suit both students who are interested in coaching and students planning to pursue graduate education in fields such as physical and occupational therapy and other sports/science areas. Classes include Human Anatomy, Health and Fitness Concepts, Physiology of Exercise, and more. Introduction to Statistics is also required as a supporting class to the major, and Organ Physiology and Organic Chemistry I are suggested courses for the BS degree, but not mandatory for graduation.

Sample occupational areas

Health Promotion

Health Promotion encompasses many careers. Health Promotion careers can aid 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 can 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 Medical Specialist
Athletic Trainer
Aquatics Director
Cardiac Rehabilitation
Clinical Assistant
Health Education Program Mgr.
Intramural Sports Director

Physical Education Teacher
Recreational Activities Director
Sports Coach
Teacher

Industry and Commerce

Corporate Wellness Manager
Dietetic Technician, Registered

Ergonomist
Fitness Club Administrator
Fitness/Wellness Consultant
Nutritionist
Occupational Therapist
Personal Trainer
Physical Therapist
Registered Dietician

Arts, Media, and Entertainment

Anchorperson
Athlete
Journalist
Producer
Public Relations Manager
Sports Correspondent
Sports Psychologist

Sample internship employers of SU students

Adidas Innovation Team
Austin Lady Magic Basketball Club
Bethany United Methodist Church
Camp Doublecreek Farm
Chaparral Ice-Austin, TX
City of Georgetown Project Transformation
City of Pasadena Parks and Recreation
Cooper and Bush Physical Therapy
Dallas Cowboys Public Relations
Georgetown Physical Therapy
Granger High School Football
New England Financial
OT Connection
Ride On Center for Kids (ROCK)

Round Rock Express Baseball Team
Seton Medical Center
Sports Illustrated
Southwestern University Athletic Training
Southwestern University Baseball
Southwestern University Intramural and Recreational Activities
St David's Hospital Cardiac Rehabilitation Center
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

Athletic Coach (Allegheny College)
Athletic Trainer (Healthsouth Sports Medicine)
Cardiac Rehab Technician (St. David's Georgetown Hospital)
Client Representative (AIM Management)
Clinical Assistant (Seton Northwest Hospital)
Clinical Assistant (Seton Medical Center Williamson)
Community Recreation Director (City of Dallas)
Environmental Corp (AmeriCorps)
Fitness Specialist (Applied Materials Wellness)
Golf Pro (Georgetown Country Club)
Health & Wellness Specialist (Personalized Prevention)
Medical Assistant (Vitalogy Skincare Dermatology)

Multiproficient Employee for ER (Mercy Memorial Health Center)
Officer (US Air Force, US Marines)
Occupational Therapist (KidWorks)
Personal Trainer (YMCA, 24 Hour Fitness, Lifetime Fitness)
Physical Therapy Technician (Texas Physical Therapy Specialists)
Pitcher/Player (Seattle Mariners)
PY Tech (Georgetown Physical Therapy)
Rehab Assistant (Pacific Medical)
Safety & Risk Management Coordinator Teacher
Ski Instructor (Breckenridge Ski Resort)
Swim Coach (Gateway Charter School)
Technician (Georgetown Physical Therapy)

Professional associations

American Alliance for Health, Physical Education, Recreation and Dance: www.shapeamerica.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
United States Olympic Committee: www.teamusa.org

Additional Web Resources

Sports and Fitness Industry Association: <https://www.sfia.org/>
Education Portal: http://education-portal.com/kinesiology_major.html
What Can You do with a Kinesiology Major? <http://utsa.edu/careercenter/PDFs/Ericks%20files/kin%5B2%5D.pdf>

Career Services resources

101 Careers in Public Health
A Career in Sports: Advice from Sports Business Leaders
ACSM's Career and Business Guide for the Fitness Professional
Careers for Health Nuts and Others Who Like to Stay Fit
Careers for Sports Nuts & Other Athletic Types
Careers in Entertainment & Sports
Careers in Social and Rehabilitation Services
Careers in Sports, Fitness and Exercise
Career Opportunities in Health Care
Career Opportunities in Journalism
Career Opportunities in the Sports Industry
Developing a Lifelong Contract in the Sports Marketplace

Establishing a Career in Sports Medicine
Exploring Health Care Careers
Guide to Careers in Sports
Opportunities in Holistic Health Care Careers
Opportunities in Nutrition Careers
Opportunities in Occupational Therapy Careers
Opportunities in Physical Therapy Careers
Opportunities in Sports and Fitness Careers
Public Health
The Comprehensive Guide to Careers in Sports
The Yale Guide to Careers in Medicine and Health Professions