# Kinesiology

## What can I do with this major?

### Areas

<table>
<thead>
<tr>
<th>Physical Fitness</th>
<th>Employers</th>
<th>Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise physiology</td>
<td>Health clinics</td>
<td>Maintain up to date knowledge of trends in fitness and safety practices, including proper technique and equipment.</td>
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<tr>
<td>Personal training</td>
<td>Fitness centers</td>
<td>Obtain necessary certification(s) in addition to CPR first aid training.</td>
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<tr>
<td>Performance enhancement and management</td>
<td>Specialized studios (e.g., yoga, pilates, etc.)</td>
<td>Develop computer skills and familiarity with technology used in the field.</td>
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<tr>
<td>Strength and conditioning coaching</td>
<td>Retirement centers</td>
<td>Consider a business minor to gain administrative skills such as scheduling, marketing, and ordering equipment.</td>
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<tr>
<td>Group fitness instruction</td>
<td>Nursing homes</td>
<td>Maintain excellent personal fitness and athletic proficiency.</td>
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<tr>
<td>Health club or fitness center management</td>
<td>Daycare centers</td>
<td>Volunteer at a gym or fitness facility to gain familiarity with methods of fitness instruction.</td>
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<tr>
<td>Consultation</td>
<td>Correctional facilities</td>
<td>Explore different certification procedures for personal group fitness training, especially for specialized programs such as yoga or pilates.</td>
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### ATHLETIC TRAINING

| Performance enhancement/management | High schools | 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. |
| Strength and conditioning coaching | Colleges and universities | Athletic training is not the same as personal training. |
| Biomechanics | Health clinics | Develop communication and decision making skills and the ability to work well under pressure. |
| Consultation | Sports medicine clinics | Demonstrate ability to establish close and trusting relationships with others. |
| | Fitness centers | |
### Physical Therapy

#### Clinical practice:
- Acute care
- Neuro-rehab
- Out-patient
- Management
- Education
- Research
- Consultation
- Specialties:
  - Pediatrics
  - Geriatrics
  - Sports medicine
  - Orthopedics
  - Neurology
  - Cardiopulmonary
  - Electrophysiology
  - Women’s health

#### Employers:
- 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

#### Areas
- Community centers
- Rehabilitation centers
- Healthcare programs (e.g., Clinical, Industrial, Corporate, etc.)
- Professional sports teams
- Private sports organizations
- Sports facilities
- Individual athletes
- Private or group practice
- Local government (e.g., law enforcement agencies and departments of health, etc.)
- Federal and state government:
  - Public Health Service
  - Veterans Administration

#### Strategies
- 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 Continued

- 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.
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| **OCCUPATIONAL THERAPY** | Hospitals (e.g., psychiatric and rehabilitative, etc.).  
  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. |
| **Research** | 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. |
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<td><strong>SPORTS MEDICINE</strong></td>
<td>Hospitals</td>
<td>Develop strong computer, science, mathematics, and verbal and written communication skills.</td>
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<td></td>
<td>Clinics</td>
<td>Join related professional and student organizations and seek leadership roles.</td>
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<tr>
<td></td>
<td>Home healthcare agencies</td>
<td>Find internship and research opportunities with professors and other experts in the field to gain experience.</td>
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<td></td>
<td>Nursing homes</td>
<td>Meet with a pre-health advisor periodically to discuss curricular decisions.</td>
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<td>Sports medicine facilities</td>
<td>Maintain a high grade point average, particularly in science classes, and secure strong recommendations for graduate or professional schools.</td>
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<td>Rehabilitation centers</td>
<td>Look at entrance requirements for desired institutions. Be aware of any standardized test requirements, minimum grade point averages, and prerequisites.</td>
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<td>Fitness centers</td>
<td>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.</td>
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<td>Group or private practices</td>
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<td></td>
<td>Universities and colleges</td>
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<tr>
<td><strong>BUSINESS</strong></td>
<td>Sporting goods manufacturers</td>
<td>Develop outstanding communication skills, written and oral.</td>
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<td>Exercise equipment manufacturers</td>
<td>Take additional courses in marketing, advertising, and public relations.</td>
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<td></td>
<td>Sports facilities</td>
<td>Gain experience with public speaking and sales.</td>
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<td>Health clubs and fitness centers</td>
<td>Obtain a part-time job or internship in the areas of wholesaling or retail.</td>
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<td>Specialized studios (e.g., yoga, pilates, etc.)</td>
<td>Build relationships with coaches, athletic directors, and college equipment/uniform representatives.</td>
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<td>Pharmaceutical companies</td>
<td>Volunteer or work in campus recreation facilities that rent equipment to students.</td>
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<td></td>
<td>Hospitals</td>
<td>Consider working with manufacturers of exercise equipment or nutritional supplements to learn more about the field and make contacts.</td>
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<td>Clinical and corporate healthcare programs</td>
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<td><strong>Sales:</strong></td>
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<td></td>
<td>Pharmaceutical</td>
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<td>Healthcare</td>
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<td>Sport and fitness</td>
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• 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.

• Understand professional certification requirements for area of interest. 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.