



What can I do with a major in... **KINESIOLOGY - HEALTH MANAGEMENT**

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 types of work are related to this degree?

Product development
Product distribution
Program development
Biomechanics
Pharmaceutical sales
Healthcare sales
Sports and fitness sales
Corporate wellness coach
Public health
Community education
Recreation/ activities director
Sports marketing
Sports management

Physical therapy
Athletic trainer
Strength and conditioning

**More information
online at
ONETonline.org**

Who employs people with this degree?

Corporations that sponsor employee wellness initiatives
Sports-related businesses
Home healthcare agencies
Nursing/assisted living homes
Rehabilitation facilities
Parks and recreation departments
Correctional facilities
Community centers
Community education programs
Colleges and universities

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

This information represents possible occupations and strategies for careers with this major. As with any job or career, there may be additional qualifications or experience needed. For more information and options, make an appointment with Career Development or check out our online resources on our website or on theROCK, Career Development tab.