



Major to Career Guide

Sport & Exercise Science

Degree: Bachelor of Science

Introduction

The primary aim of the Kinesiology program is to provide students with a scholarly understanding of the multi-dimensional aspects of the study of human movement and performance. This degree plan is designed for students wishing to prepare for careers in areas such as cardiac and physical rehabilitation, corporate fitness, sociological and psychological aspects of sports, human factors related to movement, physical therapy, pre-medicine, or to prepare for graduate work in kinesiology.

The kinesiology field has varying emphasis areas: fitness and exercise (exercise physiology), mechanics, sociological, psychological, physical education, and outdoor physical education.

Persons with an emphasis in Fitness and Exercise may work in fitness, strength and endurance training, occupational fitness (i.e. Police Academy), and fitness and exercise facilities.

Sociological and Psychological Kinesiology majors can work with professional athletic teams, college teams, or coaches dealing with the psychology of performance. Athletic training involves prevention management and rehabilitation of injury for numerous populations.

What are some of the job tasks?

- Blood Chemistry Analysis
- Exercise Prescription
- Fitness Assessment & Consultation
- Lifestyle Assessment & Modification
- Medical History Evaluation
- Nutrition Analysis
- Psychological & Stress Assessment
- Therapy Analysis

What are some desirable personal qualities?

- Patience, tactfulness, and creativity
- Desire to help others
- Ability to get along well with others
- Good problem-solving skills
- Analytical ability
- Strong commitment to the overall wellbeing of others

What are some potential occupations?

Athletic Trainer
Biomechanist
Cardiac Rehabilitation Specialist
Corrective Kinesiotherapist
Dance Therapist
Exercise Physiologist
Fitness Administrator
Health/Fitness Educator
Health/Fitness Specialist
Human Factors Engineer
Occupational Fitness Specialist
(Police, Firefighters, etc.)
Personal Fitness Trainer

What are some desirable personal qualities? (con't.)

Pharmaceutical Researcher
Physical Therapists
Professor
Prosthetist
Researcher
Sports Psychologist
Statistician
Work-Hardening Specialist
Physical Education Teacher
Outdoor Educator

Additional information

An athletic training emphasis requires the certification exam to be taken second semester of the fourth year.

A physical education K-12 emphasis requires the PLACE exam to be taken and passed prior to student teaching second semester of the fourth year.

Acquire extensive knowledge of functional anatomy, exercise physiology, pathophysiology, electrocardiography, human behavior / psychology, and gerontology.

Continue updating knowledge in a rapidly expanding field.

Experience acquired through volunteer work, internships, or cooperative education programs can prove valuable in obtaining full-time positions.

Experience acquired through volunteer work in the hiring areas.

Who hires?

- Athletic Training Centers
- Drug Companies
- Firefighter Academies
- Fitness Centers (Public/Private)
- Fitness Equipment Companies
- Fitness Resorts and Clubs
- Hospitals
- Olympic Training Centers
- Police Academies
- Professional Sport Teams
- Public and Private Schools
- Recreation Centers
- Sports Medicine Clinics
- Sports Museums