



CENTER FOR CAREER & PROFESSIONAL DEVELOPMENT

Major Possibilities: Kinesiology

Quick Facts

- 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, the 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.
- Internships (including research experiences and healthcare shadowing) help shape professional identities, develop 21st century career-readiness skills, and make meaning of the academic experience.

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 include the possibility of travelling domestically and internationally.

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 physical or occupational therapists. Physical and occupational therapists 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.

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.

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.

Sample Job Titles

GOVERNMENT, SERVICE, AND EDUCATION	Physical Education Teacher Recreational Activities Director Sports Coach Teacher	Registered Dietetic Technician Ergonomist Fitness Club Administrator Fitness/Wellness Consultant Nutritionist Occupational Therapist Personal Trainer Therapist Registered Dietician	ARTS, MEDIA, AND ENTERTAINMENT Anchorperson Athlete Journalist Producer Public Relations Manager Sports Correspondent Sports Psychologist
Aerospace Medical Specialist Athletic Trainer Aquatics Director Cardiac Rehabilitation Clinical Assistant Health Education Program Mgr. Intramural Sports Director	INDUSTRY AND COMMERCE Corporate Wellness Manager		

Sample Internship Employers of SU Students

Adidas Innovation Team
Austin Lady Magic Basketball Club
City of Pasadena Parks and Recreation
Cooper and Bush Physical Therapy
Dallas Cowboys Public Relations
Georgetown ISD/Granger ISD
Liberty Hill Police Department
Little River Healthcare
OT Connection
Redline Athletics
Ride On Center for Kids (ROCK)
Round Rock Express Baseball Team
Seton Medical Center

Sports Illustrated
Southwestern University Athletic Training
Southwestern University Intramural and Recreational Activities
St David's Georgetown/Round Rock Hospitals (Cardiac Rehabilitation)
Texas Children's Hospital
Texas Physical Therapy Specialists
United Way of Williamson County
Well at Dell Fitness Center
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)
Cancer Resource Specialist (American Cancer Society)
Client Representative (AIM Management)
Clinical Assistant (Seton Northwest Hospital)
Clinical Assistant (Seton Medical Center Williamson)
Community Recreation Director (City of Dallas)
Emergency Medical Technician (American Medical Response)
Environmental Corps3
O (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)
Rehab Assistant (Pacific Medical)
Rehab Technician (Memorial Hermann Sports Medicine)
Safety & Risk Management Coordinator Teacher
Ski Instructor (Breckenridge Ski Resort)
Sports Coordinator (YMCA)
Swim Coach (Gateway Charter School)
Technician (Premier Prosthetics)

Professional Associations

Academy of Nutrition and Dietetics

American College of Sports Medicine

American Kinesiology Association

National Association for Health and Fitness

National Athletic Trainers' Association

National Collegiate Athletic Association

National Intramural and Recreational Sports Association

National Recreation and Park Association

SHAPE America (Society of Health and Physical Educators)

Sports and Fitness Industry Association