



TEXAS TECH UNIVERSITY

Department of Kinesiology & Sport Management™

Kinesiology: the study of human movement and how the body responds to exercise. Inherent in this study is an understanding of the scientific bases for exercise-induced adaptations to exercise training. In addition, foundations in anatomy and physiology allow students to compare and contrast how aging, disease, and environmental factors alter organ systems at rest and during exercise. With this knowledge, kinesiology students are equipped with the understanding and skills necessary to utilize physical activity or exercise to benefit health and human performance.

Examples of Career Areas

Athletic trainer
Cardiopulmonary rehabilitation specialist
Employee fitness director

Exercise physiologist

Group exercise instructor
Health promotion professional

Health/wellness coach or educator
Occupational therapist

Personal trainer

Physical therapist
Physician

Sport nutritionist
Strength and conditioning coach
Teacher and researcher

Worksite wellness coordinator

Examples of Employers

Colleges and universities
Competitive youth sport and training centers
Corporate health centers

Health and fitness clubs

Hospitals
Medical fitness and wellness centers
Occupational therapy clinics
Olympic training centers

Physical therapy clinics

Private and public schools
Professional fitness organizations

Professional sport teams
Rehabilitation clinics
Sport medicine centers

Sport specific training centers

Examples of Career Preparation Strategies

Getting Started

Assess your interests

Establish your career goals, including the educational requirements to achieve them

Realize that earning an undergraduate degree with little or no experience means your annual starting salary could be around \$20,000

Degrees and Certifications

Major in kinesiology

Earn a master's degree in kinesiology

Earn a doctor's degree in kinesiology, exercise physiology, motor behavior, or exercise and sport psychology

Obtain a certification from the American College of Sports Medicine, National Strength and Conditioning Association, Collegiate Strength and Conditioning Coaches Association, and American Council on Exercise

Skills

Earn a license in athletic training, physical therapy, or occupational therapy or a certification as a personal trainer, group exercise instructor, clinical exercise physiologist, or strength and conditioning specialist

Develop strong written, oral, and interpersonal communication skills

Learn how to work in teams

Network with professionals in the medical, rehabilitative, health, and fitness industries

Expand skills in area of research interest, grant-writing, and statistics

Experiences

Gain as much experience as possible as a volunteer in a hospital, rehabilitation clinic, or fitness center

Complete an internship with a fitness club, physical therapy clinic, sport team, or in a clinical setting