



What Can I Do With a Major in... **Kinesiology**

What is Kinesiology?

is the study of the role of movement in the human body and how it works in sport activities. Programs in Physical Education are designed to prepare people for jobs in teaching, coaching, fitness management, officiating, or a combination of these areas. Programs may have emphases in aquatic sports, teaching, coaching, dance, pre-physical therapy, athletic training, sports medicine recreation, or fitness management. Physical Education programs are usually found at colleges and universities. They include Bachelor's, Master's, and doctoral degree programs.

Potential Employers:

- ❖ Hospitals
- ❖ Community Colleges/Universities
- ❖ K-12 schools
- ❖ Clinics
- ❖ Private institutions
- ❖ Professional sports leagues
- ❖ Minor sports leagues
- ❖ Mental Health Institutions
- ❖ Recreation Centers

Possible Job Titles:

- ❖ Physical Education Teachers
- ❖ Sports Coach
- ❖ Physical therapist
- ❖ Personal Trainer
- ❖ Occupational Therapist
- ❖ Kinesiology Professor

- ❖ Sports Medicine
- ❖ Massage Therapist
- ❖ Strength and Conditioning Coach
- ❖ Athletics Administrator
- ❖ Respiration Therapist

- ❖ Physician's Assistant
- ❖ Fitness Instructor
- ❖ Bio-mechanist
- ❖ Dance/movement therapist
- ❖ Exercise Physiologist
- ❖ Doctor

How This Major Helps You Move Forward:

Skills I've learned in this major:

- ❖ Understand the movements of the human body and adaptation to new physical activity.
- ❖ Perform assessments of physical activity, injury, and diagnosis.
- ❖ Understand physiological and neurological systems involved in movement and exercise.
- ❖ Demonstrate ability to work with individuals from diverse backgrounds.

Additional Information can be found at:

www.assist.org

www.salary.com

www.uncw.edu/career/WhatCanIDoWithaMajorIn.html

www.cacareerzone.org

www.lamission.edu/careercenter

CSU/UC Related Transfer majors (BA/BS):

- ❖ **CSUN:** Kinesiology B.S. (with options in Dance, Exercise Science, Physical Education, Applied Fitness and Active Lifestyle Development, Sports Studies)
- ❖ **CSU Long Beach:** Kinesiology B.A. (with options in Adapted Physical Education & K-12 Physical Education)
- ❖ **CSU Fullerton:** Kinesiology B.S. (with concentrations in Clinical Movement Science, Exercise Science, Fitness and Health Promotion, Gerokinesiology, Special Studies, Sport Studies, Strength and Conditioning, & Teacher Education)
- ❖ ... and more!

Go to www.assist.org to see universities that offer these majors

Graduate Degree Options (MA/MS):

- ❖ **CSU Long Beach:** Kinesiology MA
- ❖ **SJSU:** Kinesiology MA (Concentrations: Athletic Training; Exercise Physiology; Sports Management; Sport Studies)
- ❖ **CSU Fresno:** Kinesiology MA

This is **general information**. For specific information on majors and careers please see a counselor in the Career Center – Claudia Ramirez (818) 833-3403; careercenter@lamission.edu