



# Bachelor of Science in Kinesiology Career Guide

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This document is intended to help you explore career options related to kinesiology, but it is not an exhaustive list! Invest in your own research and work with your advisor to plan a path to a career that aligns with your interests and goals.

Each job title is a link that allows you to skip to that section of the document, if you wish.

Direct Entry	Kinesiology Degree Plus Certification	Kinesiology Degree Plus Additional Studies or Experience	Medical and Allied Health Careers
<a href="#">Corporate fitness professional</a> <a href="#">Exercise physiologist</a> <a href="#">Group fitness instructor</a> <a href="#">Physical education teacher (AL license)</a> <a href="#">Recreation programmer</a> <a href="#">Sports coach</a>	<a href="#">Certified personal trainer</a> <a href="#">Certified strength and conditioning specialist</a> <a href="#">Certified wellness coach</a>	<a href="#">Athletic director</a> <a href="#">Biomechanist</a> <a href="#">Fitness center director</a> <a href="#">Preschool or childcare center director</a> <a href="#">Professional athlete</a> <a href="#">Rehabilitation counselor</a> <a href="#">Sports manager (general manager)</a>	<a href="#">Athletic trainer *</a> <a href="#">Occupational therapist</a> <a href="#">Orthotist or prosthetist</a> <a href="#">Physical therapist</a> <a href="#">Physician assistant</a>  <i>* UAH Bachelor of Science in Kinesiology is not an accredited professional athletic training program. It will not qualify you to become a certified athletic trainer.</i>

## Direct Entry

### Physical Education Concentration

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## Direct Entry

### Physical Education Concentration

#### Physical Education Teacher (Alabama license)

About This Occupation	Strategies for Obtaining Desired Employment
<p>“Physical Education involves teaching pre-kindergarten through grade twelve children the performance and understanding of basic motor skills, games, and lifelong fitness activities as well as the social and personal skills related to participating in physical activities. Physical educators at all levels are responsible for addressing these skills on a continuum of ability levels to include meeting the needs of children with disabilities.”</p> <p><a href="#">Read more from the Society of Health and Physical Educators.</a></p>	<ul style="list-style-type: none"><li>• Develop positive, professional relationships with your cooperating teachers during your degree program internships.</li><li>• Gain experience working with school-age children through volunteer work (e.g.- Boys and Girls Clubs of America, YMCA, Special Olympics). <i>Source: <a href="http://www.pecentral.org">www.pecentral.org</a></i></li><li>• Gain experience coaching youth sports. <i>Source: <a href="http://www.pecentral.org">www.pecentral.org</a></i></li><li>• Find ways to set yourself apart from other candidates in your desired location (e.g.- foreign language skills, Health Education certification, grant writing experience, etc.)</li></ul>

### Exercise Science Concentration

#### Corporate Fitness Professional

About This Occupation	Strategies for Obtaining Desired Employment
<p>Corporate fitness encompasses fitness facilities and programming provided by an employer to its employees. Some programs are managed in-house and some are outsourced to a corporate fitness vendor.</p> <p>“For those who enjoy working with the type of clientele who may not join a fitness club, it’s an opportunity to take fitness to people, rather than waiting for them to come to you.”</p> <p><a href="#">Read more from IDEA Health and Fitness Association.</a></p>	<ul style="list-style-type: none"><li>• Develop positive, professional relationships with your supervisors during your degree program internships.</li><li>• Cultivate well-rounded proficiency regarding business skills: marketing, budgeting, public speaking, customer service, computer skills. <i>Source: <a href="http://www.ideafit.com">www.ideafit.com</a></i></li><li>• Polish your interpersonal skills and inspire a prospective employer’s confidence in your ability to build rapport with and motivate a diverse population.</li></ul>

#### Exercise Physiologist

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## Exercise Physiologist

About This Occupation	Strategies for Obtaining Desired Employment
<p>“Exercise physiologists develop fitness and exercise programs that help patients recover from chronic diseases and improve cardiovascular function, body composition, and flexibility.”</p> <p><a href="#">Read more from the Bureau of Labor Statistics.</a></p>	<ul style="list-style-type: none"><li>• Develop positive, professional relationships with your supervisors during your degree program internships.</li><li>• Seek out opportunities (volunteer or compensated) to gain work experience in settings related to your desired job setting.</li><li>• Develop skills needed to conduct, publish, and present research. Take advantage of opportunities to publish or present research conducted as part of completing your degree.</li><li>• Join a related campus club or professional organization (many offer student memberships) to improve your access to networking and professional growth opportunities.</li></ul>

## Group Fitness Instructor

About This Occupation	Strategies for Obtaining Desired Employment
<p>“Fitness trainers and instructors lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise (exercises for the heart and blood system), strength training, and stretching. They work with people of all ages and skill levels.”</p> <p><a href="#">Read more from the Bureau of Labor Statistics.</a></p>	<ul style="list-style-type: none"><li>• Develop positive, professional relationships with your supervisors during your degree program internships.</li><li>• Contact experienced trainers and instructors in your area to see if they would be willing to share insights or advice. <i>Source: <a href="http://www.ideafit.com">www.ideafit.com</a></i></li><li>• Research various fitness training career paths of interest to you: what it takes to succeed, what the earning potential is, employer expectations, etc. Adjust your job-seeking strategies and preparations accordingly. <i>Source: <a href="http://www.ideafit.com">www.ideafit.com</a></i></li><li>• Consider attending local fitness conferences or workshops to gain insider experience and networking opportunities. <i>Source: <a href="http://www.ideafit.com">www.ideafit.com</a></i></li></ul>

## Sports Coach

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## Sports Coach

About This Occupation	Strategies for Obtaining Desired Employment
<p>“Coaches teach amateur or professional athletes the skills they need to succeed at their sport. Scouts look for new players and evaluate their skills and likelihood for success at the college, amateur, or professional level. Many coaches are also involved in scouting.”</p> <p><a href="#">Read more from the Bureau of Labor Statistics.</a></p>	<ul style="list-style-type: none"> <li>• Seek opportunities to gain coaching experience before you graduate.</li> <li>• “Many coaches begin their careers as assistant coaches to gain the knowledge and experience needed to become a head coach. Large schools and colleges that compete at the highest levels require a head coach with substantial experience at another school or as an assistant coach.” <i>Source: <a href="http://www.bls.gov/ooh">www.bls.gov/ooh</a></i></li> <li>• Research certification requirements for the job you are seeking. Requirements vary widely. Prepare accordingly.</li> </ul>

## Recreation Programmer

About This Occupation	Strategies for Obtaining Desired Employment
<p>“Recreation workers design and lead leisure activities for groups in volunteer agencies or recreation facilities, such as playgrounds, parks, camps, aquatic centers, and senior centers.”</p> <p><a href="#">Read more from the Bureau of Labor Statistics.</a></p>	<ul style="list-style-type: none"> <li>• Before graduation seek opportunities to gain experience related to your desired career (e.g.- college intramural staff positions, summer jobs, camp staff positions, internships). Develop positive, professional relationships that could lead to networking opportunities and/or job offers.</li> <li>• Research certification requirements for the job you are seeking. Requirements vary widely. Prepare accordingly.</li> <li>• Join a related professional organization to improve your access to networking and training opportunities. For example, the National Recreation and Park Association offers student memberships (<a href="http://www.nrpa.org">www.nrpa.org</a>).</li> <li>• If you wish to advance to a supervisory position, note that you may be required to have at least a master’s degree in parks and recreation, business administration, or public administration. <i>Source: <a href="http://www.bls.gov/ooh">www.bls.gov/ooh</a></i></li> </ul>

## Kinesiology Degree Plus Certification

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## Kinesiology Degree Plus Certification

### Exercise Science Concentration

#### Certified Personal Trainer

About This Occupation	Strategies for Obtaining Desired Employment
<p>“The scope of personal training and the many opportunities within the career make it difficult to identify a specific job description. However, at the very basic level, a PFT [personal fitness trainer] instructs individual clients, monitors and records progress, enrolls new clients and collects fees (Schroeder, 2011). Many fitness facilities require other duties such as floor and front desk time, facility tours, new-member consultations and achieving sales goals. In other cases, advanced PFTs offer services such as movement screen analysis and corrective exercise programs, sports-specific periodization plans for elite athletes and postrehabilitation programs, to name a few.”</p> <p><a href="#">Read more from IDEA Health and Fitness Association.</a></p>	<ul style="list-style-type: none"><li>• A number of professional organizations offer personal trainer certification, including <a href="#">ACSM</a>, <a href="#">NASM</a>, <a href="#">ACE</a>, and <a href="#">NSCA</a>.</li><li>• Develop positive, professional relationships with your supervisors during your degree program internships.</li><li>• Join a related campus club or professional organization (many offer student memberships) to improve your access to networking and professional growth opportunities.</li><li>• Polish your interpersonal skills and inspire a prospective employer’s confidence in your ability to build rapport with and motivate a diverse population.</li></ul>

#### Certified Strength and Conditioning Specialist (CSCS)

About This Occupation	Strategies for Obtaining Desired Employment
<p>“Certified Strength and Conditioning Specialists (CSCSs) are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention. Recognizing that their area of expertise is separate and distinct, CSCSs consult with and refer athletes to other professionals when appropriate.”</p> <p><a href="#">Read more from the National Strength and Conditioning Association.</a></p>	<ul style="list-style-type: none"><li>• Develop positive, professional relationships with your supervisors during your degree program internships.</li><li>• The course content in KIN 315, Advanced Strength Training and Conditioning, will help prepare you to take the CSCS exam.</li><li>• Build your resume by obtaining an internship with a professional strength coach (e.g.- at a university with a strong athletic program). <i>Source: Interview with an NBA strength and conditioning coach (<a href="http://www.artofmanliness.com">www.artofmanliness.com</a>)</i></li></ul>

#### Certified Wellness Coach

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## Certified Wellness Coach

About This Occupation	Strategies for Obtaining Desired Employment
<p>(Wellness coaching is also referred to as health coaching or lifestyle coaching.)</p> <p>“Coaching addresses the whole person, not just the different elements of fitness training. Coaching gets under the surface of workout and nutrition plans to discover why a client is unhealthy, what behaviors led to the problem, what daily life obstacles are in the way and how the client can make lasting behavior change. A lifestyle coach creates awareness by asking questions, backing a variety of strategies and options and supporting action.”</p> <p><a href="#">Read more from "How to Become a Lifestyle Coach" at ideafit.com.</a></p>	<ul style="list-style-type: none"><li>• Consider earning a complementary certification such as Certified Personal Trainer to enhance your appeal to potential employers.</li><li>• Want to work in a corporate environment? (e.g.- wellness coaching provided to employees by company, coaches hired by insurance companies to promote healthier lifestyles for their insured) Research certification(s) required for your desired career and earn the credentials needed. <i>Source: <a href="http://patients.about.com">patients.about.com</a></i></li><li>• Want to run your own business as a wellness coach? Consider initially working as an employee (i.e.- not self-employed) personal trainer or fitness instructor to gain industry experience. Develop your business administration skills (e.g.- financial management, maintaining required documentation, recruiting new clients, etc.) in preparation for starting your own business as a wellness coach. Invest in relationships and build a network that will help support your future business with referrals and word-of-mouth promotion. <i>Source: <a href="http://www.ideafit.com">www.ideafit.com</a></i></li></ul>

## Kinesiology Degree Plus Additional Studies or Experience

### Physical Education Concentration

#### Preschool or Childcare Center Director

About This Occupation	Strategies for Obtaining Desired Employment
<p>“Preschool and childcare center directors direct and lead staffs, oversee daily activities, and prepare plans and budgets. They are responsible for all aspects of their center’s program.”</p> <p><a href="#">Read more from the Bureau of Labor Statistics.</a></p>	<ul style="list-style-type: none"><li>• “Some states and employers require preschool and childcare center directors to have a nationally recognized certification. Most often, states require the Child Development Associate (CDA) certification offered by the Council for Professional Recognition. Obtaining the CDA certification requires coursework, experience in the field, and being observed while working with children.” <i>Source: <a href="http://www.bls.gov/ooH">www.bls.gov/ooH</a></i></li></ul>

## Exercise Science Concentration

### Athletic Director

About This Occupation	Strategies for Obtaining Desired Employment
<p>“Athletic directors provide guidance and direction for a school’s sports program. They prepare a budget and allocate spending on items like coach’s salaries, team travel, equipment purchases, and facility upkeep. At the high school level, the athletic director typically is a school administrator who provides hands-on leadership in these areas. At the major college level, some of these responsibilities may be delegated but the athletic director will still oversee these areas.”</p> <p><a href="#">Read more from About.com Sports Careers.</a></p>	<ul style="list-style-type: none"><li>• A master’s degree or Ph.D. is often required. <i>Source: <a href="http://www.bls.gov/ooh">www.bls.gov/ooh</a></i></li><li>• Work experience in a related occupation is typically required. <i>Source: <a href="http://www.bls.gov/ooh">www.bls.gov/ooh</a></i></li><li>• Consider different approaches to prepare for a position as an athletic director (AD) in college athletics:<ul style="list-style-type: none"><li>– Advance to a head coaching position, then to AD.</li><li>– Work your way up through an athletic department via non-coaching roles.</li><li>– Achieve success in business outside athletics before applying your business skills and experience as an AD.</li><li>– Pursue graduate studies immediately (or shortly) after completing your undergraduate degree. Then seek employment in sports management.</li><li>– Gain other sports industry experience (professional sports, legal services, etc.) before applying for an AD position.</li></ul></li></ul> <p><i>Source: <a href="http://www.sportsbusinessdaily.com">www.sportsbusinessdaily.com</a></i></p>

### Biomechanist

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## Biomechanist

About This Occupation	Strategies for Obtaining Desired Employment
<p>“Biomechanics is a sub-discipline of kinesiology that is generally defined as the application of the principles of mechanics to animate motion. The sub-discipline can be viewed as both a basic and applied science. Biomechanists work in many different disciplines and fields of application such as biological sciences, exercise and sports science, health sciences, ergonomics and human factors, and engineering and applied science.”</p> <p><a href="#">Read more from the American Kinesiology Association.</a></p>	<ul style="list-style-type: none"><li>• For most careers in biomechanics, either a master’s degree or Ph.D. is required. The positions that are available to those trained in biomechanics can be divided into two levels based on the terminal degree. The positions available to Master of Science graduates involve working in:<ul style="list-style-type: none"><li>– Gait analysis research labs</li><li>– Research and design in sports companies</li><li>– Work-related strength and flexibility testing</li><li>– Design of man-machine interfaces</li><li>– Research and testing of athletes</li></ul>These positions are also available to Ph.D. graduates, who will have more senior responsibilities as a researcher. <i>Source: <a href="http://www.americankinesiology.org">www.americankinesiology.org</a></i></li><li>• While completing your studies, gain as much experience as possible by assisting with biomechanics-related research and projects. <i>Source: <a href="http://www.americankinesiology.org">www.americankinesiology.org</a></i></li><li>• Establish professional connections by joining a related professional organization (<b>ISB</b>, <b>ASB</b>) and attending conferences. <i>Source: <a href="http://www.americankinesiology.org">www.americankinesiology.org</a></i></li></ul>

## Fitness Center Director

About This Occupation	Strategies for Obtaining Desired Employment
<p>“Fitness managers are responsible for seeing that the administration and organization of a fitness club goes smoothly, from scheduling personal trainers to keeping up with and demonstrating continuing education. If going behind the scenes at a gym sounds appealing, learning more about fitness managing can help you decide if it’s the health career for you.”</p> <p><a href="#">Read more from Livestrong.com.</a></p>	<ul style="list-style-type: none"><li>• Gain experience in the fitness industry as you work your way up to managerial positions. Note which programming, policies, and business practices are most successful. Refine your management style and effectiveness.</li><li>• Develop business skills (e.g.- marketing, budgeting, public speaking, customer service, computer skills) through formal studies or self-education. Research education requirements for your desired career to make sure you complete the proper preparations to be a qualified candidate.</li><li>• Maintain or acquire certifications required for the career you seek.</li></ul>



## Professional Athlete

About This Occupation	Strategies for Obtaining Desired Employment
<p>“Athletes and sports competitors participate in organized, officiated sporting events to entertain spectators.”</p> <p><a href="#">Read more from the Bureau of Labor Statistics.</a></p>	<ul style="list-style-type: none"><li>• Athletes and sports competitors “must have superior athletic talent and immense knowledge of their sport, which they usually get through years of experience at lower levels of competition.” <i>Source: <a href="http://www.bls.gov/ooh">www.bls.gov/ooh</a></i></li><li>• “For most team sports, athletes compete in high school and collegiate athletics or on club teams. Other athletes may learn their sport by taking private or group lessons, such as in gymnastics or tennis.” <i>Source: <a href="http://www.bls.gov/ooh">www.bls.gov/ooh</a></i></li></ul>

## Rehabilitation Counselor

About This Occupation	Strategies for Obtaining Desired Employment
<p>“Rehabilitation counselors help people with emotional and physical disabilities live independently. They work with clients to overcome or manage the personal, social, and professional effects of disabilities on employment or independent living.”</p> <p><a href="#">Read more from the Bureau of Labor Statistics.</a></p>	<ul style="list-style-type: none"><li>• “Most employers require a master’s degree in rehabilitation counseling or a related field. A bachelor’s degree in most fields is acceptable to enter a master’s-level program. Master’s degree programs teach students the theories, skills, and techniques to provide effective mental health counseling. These programs also train students in evaluating clients’ needs, formulating and implementing job placement strategies, and understanding the medical and psychological aspects of a disability. They typically require a period of supervised experience or training, such as an internship.” <i>Source: <a href="http://www.bls.gov/ooh">www.bls.gov/ooh</a></i></li><li>• “Licensing requirements for rehabilitation counselors differ by state and by type of services provided.” <i>Source: <a href="http://www.bls.gov/ooh">www.bls.gov/ooh</a></i></li><li>• “Some employers prefer or require rehabilitation counselors to be Certified Rehabilitation Counselors (CRC).” <i>Source: <a href="http://www.bls.gov/ooh">www.bls.gov/ooh</a></i></li></ul>

## Sports Manager (General Manager)

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## Sports Manager (General Manager)

About This Occupation	Strategies for Obtaining Desired Employment
<p>“Sport management involves any combination of skills related to planning, organizing, directing, controlling, budgeting, leading, and evaluating within the context of an organization or department whose primary product or service is related to sport or physical activity.”</p> <p><a href="#">Read more from the Society of Health and Physical Educators.</a></p>	<ul style="list-style-type: none"><li>• While completing your studies, gain sport leadership experience by:<ul style="list-style-type: none"><li>– Coaching youth sports</li><li>– Assisting with the management and operations of sport camps/clinics</li><li>– Serving as a volunteer worker with professional sport teams and events</li><li>– Serving as a volunteer worker with college or amateur sports teams, camps, and events</li></ul></li></ul> <p><i>Source: <a href="http://www.shapeamerica.org">www.shapeamerica.org</a></i></p> <ul style="list-style-type: none"><li>• A graduate degree in sport management or a related field may be required.</li><li>• Be prepared to work your way up through the sports industry, gaining managerial experience and building a network of professional relationships.</li><li>• Seek opportunities to communicate with successful sports managers and learn from their insights and advice.</li></ul>

## Medical and Allied Health Careers

Careers in medicine and allied health require specialized education and training. If you are interested in one of the kinesiology-related careers listed below, we hope the information provided here will help you choose a program of study that best meets your needs.

### Athletic Trainer

#### Preparing for This Occupation

“To become certified athletic trainer, a student must graduate with bachelors or masters degree from an accredited professional athletic training education program and pass a comprehensive test administered by the Board of Certification. Once certified, they must meet ongoing continuing education requirements in order to remain certified. Athletic trainers must also work under the direction of a physician and within their state practice act.”

[Read more from the National Athletic Trainers' Association.](#)

*Note: The Bachelor of Science in Kinesiology at UAH is not an accredited professional athletic training program. It will not qualify you to become a certified athletic trainer.*

## Physical Therapist

### Preparing for This Occupation

“Most physical therapist education programs require applicants to earn a bachelor's degree prior to admission into the professional DPT [Doctor of Physical Therapy] program. Other programs offer a 3+3 curricular format in which 3 years of specific pre-professional (undergraduate/pre-PT) courses must be taken before the student can advance into a 3-year professional DPT program.”

[Read more from the American Physical Therapy Association.](#)

(see note on next page)

*Note: Ask your Dept. of Kinesiology advisor about additional coursework recommended for students planning to apply for admission to a physical therapy program.*

## Occupational Therapist

### Preparing for This Occupation

“Examples of what other students have majored in at the undergraduate level include biology, kinesiology, psychology, sociology, anthropology, liberal arts, and anatomy. It is important that you contact the educational programs to which you are interested in applying and make sure you have taken the necessary prerequisites for admission into their programs.”

[Read more from the American Occupational Therapy Association.](#)

*Note: Research admission requirements for your desired graduate program and work with your advisor to plan your undergraduate program of study accordingly. You may need to complete coursework in addition to meeting the requirements for the Bachelor of Science in Kinesiology.*

## Physician Assistant

### Preparing for This Occupation

“Physician assistants, also known as PAs, practice medicine on a team under the supervision of physicians and surgeons. They are formally educated to examine patients, diagnose injuries and illnesses, and provide treatment.”

[Read more from the Bureau of Labor Statistics.](#)

*Note: Ask your Dept. of Kinesiology advisor about additional coursework recommended for students planning to apply to a physician assistant education program.*

## Orthotist or Prosthetist

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## Orthotist or Prosthetist

### Preparing for This Occupation

“Orthotics and prosthetics (O&P) is the evaluation, fabrication, and custom fitting of orthopedic braces, known as ‘orthoses,’ and artificial limbs, known as ‘prostheses.’”

“All who seek to enter the profession at the practitioner level must earn a master’s degree from an O&P graduate program.”

[Read more from the American Academy of Orthotists and Prosthetists.](#)

*Note: Research admission requirements for your desired graduate program and work with your advisor to plan your undergraduate program of study accordingly. You may need to complete coursework in addition to meeting the requirements for the Bachelor of Science in Kinesiology.*