

KINESIOLOGY, BS

The Kinesiology department's mission is to research, teach, and apply knowledge related to movement, exercise, and human occupation with the ultimate goal of enhancing human health, productivity, and quality of life.

Students in this major take coursework grounded in the basic sciences (e.g., physiology, anatomy, biology) and in kinesiology. Kinesiology core courses examine how the body responds to physical activity, the role of physiology and psychological factors in exercise, mechanics driving movement, how movement is controlled, learned, and developed over the lifespan, and the role of physical activity in the health of the U.S. population.

The curriculum includes coursework, engaging laboratory research opportunities, and hands-on learning experiences. Additionally, elective courses give students some flexibility to tailor the program to their specific interests. Examples of elective topics include strength and conditioning, leadership, health theory, athlete monitoring, clinical exercise prescription, and advanced courses in exercise physiology, exercise psychology, and biomechanics.

Kinesiology is a pre-professional program. This means that our students are well prepared for subsequent graduate or professional training in the allied health disciplines. The degree also prepares students for graduate programs in kinesiology and athletic training. Kinesiology graduates may pursue entry-level careers in a wide variety of professions, including those in the area of fitness, home health, and rehabilitation assistance.

Graduating seniors have reported starting the following jobs: club coach, programming administrator, medical scribe, AmeriCorps, rehabilitation aide, personal trainer, research assistant/specialist, physical therapy aide, nursing home caregiver, nanny, group exercise instructor, certified nursing assistant, medical device sales, strength and conditioning internship, United Cerebral Palsy inclusion facilitator, financial counselor, EKG tech, behavioral technician, project manager, ranch worker, wellbeing intern, glacier guide.

Graduating seniors have reported acceptance into the following graduate programs: Doctor of Physical Therapy, Master of Public Health, Doctor of Medicine, Chiropractic School, Clinical Exercise Physiology, Biomedical Engineering, Master in Physician Assistant Studies, Doctor of Occupational Therapy, Master of Science in Exercise Science, Master of Science in Applied Sport and Exercise Psychology, Dentistry.