

KINESIOLOGY..... NOW WHAT?

What You Can Do with a Kinesiology Degree

An undergraduate degree in Kinesiology opens the door to a wide variety of careers in health, wellness, fitness, and education related fields. As a graduate of a Kinesiology program, your skill set will be well-suited for becoming a personal trainer, athletic therapist, or exercise scientist.

A Bachelor of Science degree in Kinesiology also serves as great preparation for advanced and professional study in Kinesiology, and complimentary fields such as Medicine, Physiotherapy and Chiropractics. Because of this, a Kinesiology degree also helps serve as an excellent foundation for health-related careers that require further education and training, such as Physical Therapist, Doctor and Chiropractor.

Source: <http://www.academicinvest.com/science-careers/kinesiology-careers>

Careers in Kinesiology

Academic Counselor, College Athletes	Occupational Therapist
Activities Director, Resort	Park Administrator
Adapted Physical Activity	Personal Trainer
Area/Stadium Manager	Physical Education Teacher at School or College
Aquatics Director	Physical Therapist
Athletic Administrator in School or College	Physician's Assistant
Athletic Trainer	Professor of Kinesiology, Physical Education
Biomechanist	Public Relations Specialist
Cardiac Rehabilitation Specialist	Recreational Therapist
Chiropractor	Research Assistant
Coach at School or College	Registered Nurse
Corporate Wellness Manager	Respiration Therapist
Corporate Recruiter	Special Events Organizer
Dance/Movement Therapist	Sports Caster/Writer/Researcher/
Sports and Fitness Equipment Designer	Sports Dentist/Orthotist/Prosthetist/Physician
Ticket Sales Director	Sports Psychologist/Professor
Youth Camps/ Sport Programs Director	Sports Historian/Officiator/Manager
Educational Tools Developer	Sports Massage Therapist
Epidemiologist – Physical Activity	Sports Photographer
Exercise Physiologist	Sports Information Director
Ergonomist	Sports Journalist
Fitness Center Administrator /Manager	Sports Management/Marketing
Fund Raiser, Pro Sports	Sports Agent
Injury Prevention Specialist	Strength and Conditioning Coach
Intramural Sports Director	Technology Consultant
Massage Therapist	Travel Organizer for teams
Medical Doctor	Weight Training Instructor
Nutritionist	Wellness Coach/Coordinator

Still wondering...now what?

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What Areas Can You Work In With A Kinesiology Degree?

- Consulting
 - Conference Service Provider
 - Event Planner
 - Sports Equipment Consulter
 - Nutritional Supplement Consulter
- Education
 - Health Educator
 - Teacher (K-12, Community College, University)
- Fitness
 - Fitness and Exercise Instructor
 - Personal Trainer
 - Special Population Wellness Instructor
 - Choreographer
 - Assisted Living Facility Fitness Director
 - Yoga Instructor
 - Pre or Postnatal Fitness Instructor
 - Geriatric Fitness Instructor
 - Instructor for Disabled
- Health Fitness Medicine
 - Chiropractor
 - Dietitian
 - Exercise Physiologist
 - Nurse
 - Nutritionist
 - Physician
 - Physician's Assistant
 - Osteopathic Physician
- Health Fitness Rehabilitation
 - Athletic Trainer
 - Certified Orthotist
 - Certified Prosthetist
 - Dance/Movement Therapist
 - Ergonomic Researcher/Designer
 - Exercise Researcher
 - Hand Therapist
 - Occupational Therapist
 - Recreation Therapist
 - Rehabilitation Therapist
- Health Club Administration & Personnel
 - Exercise Program Director
 - Exercise Test Consultant/Technologist
 - Racquet Sport Instructor
 - Diet Counselor
- Health & Wellness Promotion
 - Health Food Stores/Sales
 - Vitamins and Nutritional Supplements
 - Health Inspector
 - Health Educator
 - Pharmaceutical Sales
- Recreation & Leisure
 - Camp Owner/Director
 - YMCA
 - Boy Scouts
 - Red Cross
 - Weight Loss
 - Sports
 - Cruise Director
 - Parks & Recreation Departments
- Sports
 - Agent/Sports Representative
 - Charity Sports Marketer
 - Coach
 - League Manager
 - Equipment Manager
 - Marketer
 - Public Relations & Sports Information Professional
 - Scout
 - Special Events Planner/Director of Promotions
 - Sports Administrator
 - Athletic Director
 - Sports Attorney
 - Sports Entrepreneur
 - Product Developer
 - Product Distributor
 - Sports Facility Administrator
 - Sports Journalist
 - Sports Officiator
 - Stadium Operator
 - Strength & Conditioning Specialist

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Career Planning Resources & Websites

The American Kinesiology Association Career Center is a resource for students pursuing a career in Kinesiology and professionals seeking new opportunities in their area of expertise. The AKA Career Center features information about career options for every specialty within the Kinesiology field. Find out more by exploring the [Careers in Kinesiology](#) listings and in-depth articles on [Featured Careers](#).

Graduate Students can find a program and institution that will enhance their educational experience at the [Graduate Programs](#). Professionals can browse listings of [Current Openings](#) from our member departments to find an opportunity for professional advancement

[AcademicInvestment.com](#) This Kinesiology careers guide contains detailed occupational information on career paths relevant to a Kinesiology degree. Included are job descriptions, expected salaries, educational requirements and other pertinent information related to these careers. We've also included Kinesiology-specific scholarships that you can apply for to help you pay for school!

[Study.com](#) This site looks at career options as well as basic salary information and job growth.

[Bureau of Labor Statistics](#) provides an in-depth look at various occupations including kinesiotherapists, massage therapists, coaches, scouts, fitness trainers and instructors. They break down work environment, training, pay, job outlook and more.

UMass Amherst Specific Job Search Resources

[UMass Handshake](#) UMass Amherst's database of jobs and internships.

[Five College Consortium; Program in Culture, Health and Science](#) Information on certificate and courses as well as Internship opportunities with CDC, Mass life Science Center and Global Health through Education, Training and Service

[Office of Undergraduate Research & Studies \(OURS\)](#) located in the Learning Resource Center in the Library 1020 will help find research opportunities

[School of Public Health and Health Sciences Career Opportunities](#)

[UMass Amherst Department of Kinesiology](#)

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List of organizations where UMass students have had observations/volunteer/internships in the past. (This is in no way an all-inclusive listing, it is provided to give you some ideas only)

- Aegis Chiropractic and Physical Therapy, Hadley, MA
- Amherst Regional Public School, Amherst, MA
- Amherst Town, Amherst, MA
- Department of Veterans Affairs Medical Center, Northampton, MA
- EMA Dental, Northampton, MA
- EMS UMass Amherst, Amherst, MA
- Franklin Medical Center, Greenfield, MA
- Hawthorne Medical, North Dartmouth, MA
- Health Solutions Group, Norwell, MA
- Johnson & Johnson, Raritan, NY
- Mass in Motion, Springfield, MA
- Orthopedic Physical Therapy, Greenfield, MA
- Pioneer Valley Chinese Immersion Charter School, Hadley, MA
- Pro Rehab Inc., Lowell, MA
- Quality Rehab Services, Wellesley Hills, MA
- Tufts Medical Center, Boston, MA
- Totman Gym UMass, Amherst, MA
- UMass Athletic Department, Amherst, MA
- Walt Disney World, Orlando, FL
- WCS Gattone Sports Performance, Buffalo Grove, IL
- Wellness Center, Northampton Athletic Club, Northampton, MA

Kinesiology Relevant Websites

Exercise Jobs This site a variety of positions in the fitness managers, instructor, coaching fields.

OnlineSports.com This site posts positions that have to do with sports and recreation, marketing, media, sales, health and fitness and administration/management positions.

SportsMedicineJobs.com Under Jobs click the first hyperlink "Find Jobs by Location" which posts both Internships and Jobs in the areas of PT assistant, athletic trainer, EMT, etc.

Health Promotion Career Network

MHA Hospital Jobs in MA

NACCHO National Association of County & City Health Officials

Tufts Medical Center

General Internship / Job Search Links

AHRC New York City internships

U.S. Department of Health & Human Services

Mass Department of Health and Human Services (HHS)

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[Federal Jobs Network](#)

[Idealist](#)

[Indeed](#)

[Island Dolphin Care Internships](#)

[LinkedIn](#)

[National Institute for Occupational Safety and Health \(NIOSH\)](#)

[National Institutes of Health \(NIH\)](#)

[Occupational Safety and Health Administration \(OSHA\)](#)

[Peace Corps](#)

[RIT Summer Research Opportunities](#)

[Rusk Rehabilitation HCOP Summer Internship Opportunities](#)

[USA Jobs](#)

[50 Fortune 1000 Companies](#) Offering Healthcare Internships

Professional Associations

[American Kinesiology Association](#)

[American Society of Exercise Science](#)

[Association for Applied Sport Psychology](#)

[American Academy of Orthopedic Surgeons](#)

[American Academy of Podiatric Sports Medicine](#)

[American College of Sports Medicine](#)

[American Council on Exercise](#)

[American Medical Society for Sports Medicine](#)

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Careers

[American Physical Therapy Association](#)

[American Physiological Society](#)

[American Psychological Association](#)

[American Sports Medicine Institute](#)

[International Federation of Sports Medicine](#)

[National Academy of Kinesiology](#)

[National Athletic Trainers' Association](#)

[National Coalition for Promoting Physical Activity](#)

[National Collegiate Athletic Association](#)

[National Commission for Health Education Credentialing, Inc.](#)

[National Strength and Conditioning Association](#)

[Nicholas Institute of Sports Medicine and Athletic Trauma](#)

[Society of Health and Physical Educators](#)

[Women's Sports foundation](#)

Other University Websites With Helpful Resources


[Southeastern Louisiana University](#) Comprehensive page on Employers of Kinesiology Majors, Related Occupations and how to Prep for a job.

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What Do Employers Look For? (NACE 2015 Job Outlook for Students)

WHAT DO RECRUITERS LOOK FOR ON YOUR RESUME?



65% of employers want a high GPA (3.0 or above)

Leadership, ability to work in a team, communication skills, problem-solving skills, a strong work ethic, analytical/quantitative skills, technical skills, plan, organize, and prioritize work, and obtain and process information.

EXPERIENCE IS EXPECTED!



Internship/Co-op **60%**
Any work experience **40%**

Competency*	Definition
Critical Thinking/Problem Solving	Exercise sound reasoning and analytical thinking; obtain, interpret, and use knowledge, facts, and data to analyze situations, make decisions, and solve workplace problems; and demonstrate originality and inventiveness in work.
Oral/Written Communications	Articulate thoughts, ideas clearly and effectively with persons inside and outside of organization; demonstrate public speaking skills; and communicate new ideas to others; write/edit memos, letters, and complex technical reports clearly and effectively.
Teamwork/Collaboration	Build collaborative relationships with colleagues and customers representing diverse cultures, races, ages, genders, religions, lifestyles, and viewpoints; be able to work within team structure; and be able to negotiate and manage conflicts.
Information Technology Application	Select and use appropriate technology to accomplish a given task and apply computing skills to problem solving.
Leadership	Leverage the strengths of others to achieve common goals; use interpersonal skills to coach and develop others; demonstrate ability to assess and manage one's own emotions and those of others, using empathetic skills to guide and motivate; and prioritize and delegate work.
Professionalism/Work Ethic	Demonstrate personal accountability, effective work habits, e.g. punctuality, working productively with others, and workload management, and understand impact of non-verbal communication on professional work image; demonstrate integrity and ethical behavior; act responsibly with the interests of the larger community in mind; and be able to learn from one's mistakes.
Career Management	Identify and articulate one's skills, strengths, knowledge, and experience relevant to position desired and career goals; identify areas necessary for professional growth; be able to navigate and explore job options and how to take the steps necessary for pursuing opportunities; and understand how to self-advocate for opportunities in the workplace.

*Content adapted from *Are They Really Ready to Work*, with permission from authors Linda Barrington, Jill Casner-Lotto, and Mary Wright; in collaboration with *Partnership for 21st Century Skills*, *Corporate Voices for Working Families*, the *Society for Human Resource Management*, and *The Conference Board, Inc.*, 2006.

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