



JEREMY

MOVEMENT & EXERCISE SCIENCE

ABOUT MY MAJOR

I'm a Movement & Exercise Science major. Basically it's the broad term for Kinesiology, which also includes areas like Athletic Training and Physical Therapy. I chose the Sport Psychology track, which isn't an official track, but lets me focus on a couple of different classes within the major to help me discover that's what I want to do.

CHOOSING MY MAJOR

I started as an Exploratory major and bounced around a couple of times. I never disliked any of the majors I was in, but I never loved them, and I knew that's what I was looking for. I worked out and I played sports my entire life, so I was always aware of the Movement & Exercise Science field, but I never knew anything about it. I emailed Dr. Fabio Fontana, the Department Head, on a whim to learn about the major and he got me in that day. I toured the facilities and even ended up meeting a professor who became my advisor and at this point, is a lifelong friend.

MINORS

There's a bunch of different minors in the department. Strength and Conditioning is a really popular option. Coaching is also really popular. I picked up a Psychology minor because it made sense for me, and I thought it would help put me above anyone who just had a Movement & Exercise or Kinesiology major. Plus, it's giving me some experience before going to graduate school.

STUDENT ORGANIZATIONS

There are a bunch of student organizations that are located in the major because there are so many tracks. There's the Athletic Training (AT) Club, Physical Therapy (PT) Club, and the Movement & Exercise Science Club, which was just founded. These are the most popular organizations within the major.

I'm also involved with the Sport Exercise Psychology Club. We've had former students who are currently in graduate programs come back to speak and talk about their experiences they've had, and professors come in and talk to us. We also had the Paralympians from UNI recently come in and talk about their experience.

UNDERGRADUATE RESEARCH

Instead of completing an internship, I decided to do research. My advisor focuses on Sport Psychology, so about three semesters ago I got involved with his research. Because of this experience, I'm hopefully going to be the first author in a full-fledged research paper, which is a big accomplishment!

GRADUATE SCHOOL

I'm interested in Sport Psychology, so I'm applying to graduate school. I'm planning on getting my master's degree in Sport and Exercise Psychology and my long-term goal is to earn my doctorate (Ph.D.) and to teach. I want to follow Dr. Weiss and Dr. Mack and do what they do, which is to teach and do research at the university level.

There are so many different directions you can go with this major. For example, I've taken Biomechanics, so there's a Physiology route. There are a bunch of different master's degree programs focused on Physiology specifically. I've had two different nutrition classes, so there's the Nutrition route. There's also Physical Therapy and Athletic Training, and Physical Education too!