

KINESIOLOGY & EXERCISE SCIENCE

University of Northern Iowa College of Social and Behavioral Sciences

<https://csbs.uni.edu/kinesiology-athletic-training/majors-minors-certificates/kinesiology-exercise-science-major>

About The Major

Kinesiology and exercise science major prepares students for careers in diverse areas of the fitness industry. As a student in one of the strongest pre-health majors at UNI, you'll study how physical activity, lifestyle, and overall health and wellness impact function and performance.

Sample Course Work

Prevention and care of Athletic Injuries
Physical Activity and Nutrition
Motor Learning and Development
Biomechanics
Sports Nutrition
Adapted Physical Education

Possible Careers

*Some titles may require further education

Fitness Trainer	Occupational Therapist	Coach
Personal Trainer	Athletic Trainer	Chiropractor
Fitness Coach	Corporate Wellness	Massage Therapist
Physical Therapist	Dietitian	Recreational Therapist

UNI Graduates: Where Are They Now?

- AdvoCare
- Cedar Valley SportsPlex
- Movement Revolution
- Des Moines University
- Select Medical
- Keystone AEA
- Lifetime Athletic
- Houstonian Hotel Health Club
- Anytime Fitness
- Care Initiatives
- Iowa Home Care
- Western Home Communities
- Iowa Hospitals and Clinics
- Rock Valley Physical Therapy
- Another Day Inc.

Skills Needed

- Communication skills
- Active Listening
- Critical Thinking
- Decision-making
- Instructing
- Customer Service
- Motivation
- Discipline
- Time Management
- Assessment
- Teamwork