

MOVEMENT AND EXERCISE SCIENCE

University of Northern Iowa College of Education

<https://coe.uni.edu/kinesiology>

ABOUT THE MAJOR

The movement and exercise science major prepares students for careers in diverse areas of the fitness industry. Exercise science focuses on the study of the bodily movements that contribute to human fitness, holistic wellness, and longevity. The goal of exercise science is to facilitate an understanding of the links between fitness, exercise, diet, and health.

SAMPLE COURSEWORK

Anatomy and Physiology of Human Movement	Intro to Motor Behavior
Physical Activity and Nutrition for Health and Fitness	Physiology of Exercise
Prevention and Care of Athletic Injuries	Fitness Assessment and Programming
	Sports Nutrition

POSSIBLE CAREERS *some titles may require further education

Fitness Trainer	Physical Education Teacher	Corporate Wellness	Recreational Therapist
Personal Trainer	Strength and Conditioning Coach	Dietitian	Physician
Fitness Coach	Physical Therapist	Chiropractor	Youth Coach
Medical Scribe	Occupational Therapist	Massage Therapist	Nurse

UNI GRADUATES: WHERE ARE THEY NOW?

- AdvoCare
- Cedar Valley SportsPlex
- Movement Revolution
- Des Moines University
- Select Medical
- Waterloo Schools
- 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
- Active Listening
- Critical Thinking
- Decision-making
- Instructing
- Customer Service
- Motivation
- Discipline
- Time Management
- Assessment
- Teamwork

HOLLAND CODES

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