

I HAVE AN INTEREST IN

SPORTS & FITNESS

HEALTH PROMOTION

Students will aspire to educate communities in the skills needed to maintain personal health. Students who take on health education as a career become familiar with the intricacies of physical health and the challenges of motivating a community or society toward awareness of health issues.

MOVEMENT & EXERCISE SCIENCE

Students will learn how to teach others to improve their overall health and well-being through physical exercise. An exercise science degree program can include the study of kinesiology, exercise physiology and biomechanics.

LEISURE, YOUTH, & HUMAN SERVICES

Leisure, Youth, & Human Services (LYHS) focuses on preparing individuals with the skills, knowledge, and values required to effectively assume professional leadership/managerial positions in the areas of leisure, recreation, parks, therapeutic recreation, tourism, youth, and human service settings.

PHYSICAL EDUCATION TEACHING

Students will work with multiple students, teaching them the principles of health, fitness, and well-being, which may entail nutrition, exercise, and relaxation techniques. Students will also be responsible for planning activities and for instructing students in physical activity.

ATHLETIC TRAINING

Students will learn how to recognize, prevent, and assist with physical rehabilitation when there is physical injury caused by physical activity.

ELECTRONIC MEDIA

Students will study how to use electronically mediated communication and the implications of doing so. It is a broad-based program that provides students with a strong foundation in media production and management, and an understanding of the uses, processes and effects of mediated communication.

WHAT ARE THE RELATED CAREERS?

Alumni Titles:

Health Promotion Manager	Director of Sports Medicine
Health Educator	Recovery Specialist
Wellness Coordinator	Clinical Assistant
Clinical Research Associate	Athletic Recruiter
Community Health Coordinator	Client Relations
Health and Wellness Coach	Sports Journalist
Personal Trainer	Stadium Operations
Physical Therapist	Athletic Trainer
Strength and Conditioning Coach	Sports Programming Specialist
Athletic Event Management	Play by Play Broadcaster
Massage Therapist	Coord. of Intercollegiate Athletics

Alumni Employers:

Covenant Medical Center	National Youth Sports
Black Hawk County Health	Waterloo Bucks
Allen Occupational Health	Various K-12 Schools
Unity Point Health	Cedar Valley Medical Specialists
YWCA	Aspen Athletic Club
Health Solutions, LLC	Athletico
Next Level Extreme Fitness	Around the Corner Productions
Agape Therapy	Learfield Sports
Various Colleges and Universities	Cedar Rapids Kernels
Camp Adventure	Woodward Communications
YMCA	Waterloo Courier
Camp Fire	BSN Sports
Special Olympics Iowa	Scheels
Parks & Recreation Departments	Iowa Sports Foundation
Boys & Girls Clubs	

NEXT STEPS:

Arrange job shadow opportunities related to majors of interest.

Seek out volunteer opportunities that allow you to learn more about yourself, explore areas of interest, and connect with professionals and community members.

Browse the UNI website for information on majors of interest, including the courses you will take in those majors:

<https://uni.edu/majors/majors-and-minors-department>

Once you are at UNI, schedule an appointment with your academic advisor to discuss your interests and potential majors.

WHERE ARE UNI ALUMNI WORKING?

