

Careers in Kinesiology: A Career Guide to HT Majors in Kinesiology

Overview

The Department of Kinesiology at Huston-Tillotson University is one of seven academic units within the College of Arts and Sciences. The Department of Kinesiology at Huston-Tillotson University offers programs of study designed to prepare a diverse population of students for careers and graduate study in kinesiology with the necessary knowledge, skills and dispositions to exhibit, educate others and promote physical activity and healthy living.

Degrees Offered @HT

The Bachelor of Arts degree is offered with concentrations in:

- **Physical Education** (Leading to Teacher Certification). This option prepares students for careers in teaching school physical education. Students pursuing this degree option must refer to the Educator Preparation Section of the University Bulletin for admission requirements for teacher certification in physical education.
- **Exercise Science**. Students completing this degree option typically pursue graduate studies in fields related to exercise science, such as exercise physiology or biomechanics or in fields related to allied health, such as athletic training, occupational therapy or physical therapy. In addition, this concentration prepares students for employment in the health and fitness industry.
- **Human Performance**. This degree option allows students the flexibility to choose 24 hours of elective credit hours to support a kinesiology-related area of study. Students completing this concentration typically pursue careers in fields such as coaching, recreation and personal training.

What is Kinesiology?

The American Kinesiology Association defines kinesiology as “an academic discipline which involves the study of physical activity and its impact on health, society, and quality of life. It includes, but is not limited to, such areas of study as exercise science, sports management, athletic training and sports medicine, socio-cultural analyses of sports, sport and exercise psychology, fitness leadership, physical education teacher education, and pre-professional training for physical therapy, occupational therapy, medicine and other health related fields.” At Huston-Tillotson University similar to other universities across the country, kinesiology has emerged as the undergraduate degree of choice for many students seeking careers in a variety of allied health/medical fields, as well as in more traditional areas such as personal fitness training, physical education, sport coaching and recreation.

Characteristics of Successful Students

Integrity, Diversity, Excellence, Accountability and Leadership (I.D.E.A.L) are the foundational traits expected for all kinesiology students at Huston-Tillotson University. A successful student in this field must also exhibit the ability to work well with others, and a passion for physical activity as an integral part of a person’s life.

Careers in Kinesiology

Kinesiology is the study of physical activity and its impact on health, people and quality of life. Therefore, there are many exciting career opportunities associated with a degree in kinesiology. This is a list of job titles of entry-level positions for which graduates with a B.A. or B.S. in kinesiology might be hired:

Direct Career Opportunities:

- Adapted physical activity specialist
- Adapted physical education teacher
- Aquatics director
- Athletic administration in school or college
- Athletic trainer
- College coach
- Corporate wellness manager
- Director of youth camps/sport programs
- Fitness instructor
- Fitness technology consultant
- Intramural sports director
- Performance trainer
- Personal trainer
- Physical education teacher
- Professional athlete
- Professional dancer
- Professional assistant coach
- Professional head coach

- Program director at commercial fitness center
- Recreation specialist
- Recreational therapist
- School coach
- Sport information director
- Sport journalist
- Sport management
- Sports marketing
- Sports officiating
- Strength and conditioning coach
- Physical activity consultant

Less direct career options in kinesiology include:

- Adventure trainer
- Activities director
- Sports agent
- Fitness club administrator
- Fitness club service manager
- Nutritionist
- Outdoor recreation instructor
- Park administrator
- Sports massage therapist
- Sportscaster
- Sportswriter

Career options requiring graduate or further post-secondary school in kinesiology include:

- College professor
- Biomechanist
- Cardiac rehabilitation specialist
- Cardiovascular fitness instructor
- Chiropractic physician
- Dance movement therapist
- Physical activity epidemiologist
- Exercise physiologist
- Massage therapist
- Medical doctor and related medical professions
- Occupational therapist
- Physical therapist
- Physician's assistant
- Professor of kinesiology
- Registered nurse
- Respiration therapist
- Sports historian
- Sports medicine
- Sport psychologist
- Sports researcher
- Sports physician
- Sports and fitness equipment designer
- Sports facilities architect

Professional Organizations in Kinesiology

Professional organizations or scholarly societies in kinesiology are entities seeking to further advance, develop, advocate or strengthen the interests of individuals engaged in the field of kinesiology, the recognition of the profession and the public interest. There are a number of professional organizations in kinesiology, including but not limited to:

Society of Health and Physical Educators of American (SHAPE)

1900 Association Drive, Reston, VA
20191-1598
Phone: (703) 476-3400/(800) 213-7193
Website: <http://www.shapeamerica.org/>

International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER-SD)

1900 Association Drive, Reston, VA
20191-1598
Phone: (703) 476-3462
Website: <http://www.ichpersd.org>

American College of Sports Medicine (ACSM)

401 West Michigan Street, Indianapolis, IN
46202-3233
Phone: (317) 637-9200
Website: www.acsm.org

National Strength and Conditioning Association (NSCA)

1885 Bob Johnson Drive, Colorado Springs, CO 80906
Phone: (800) 815-6826/(719) 632-6722
Website: <https://www.nasca.com/>

Texas Association for Health, Physical Education, Recreation and Dance (TAHPERD)

7910 Cameron Road, Austin, Texas 78754
Phone: (512) 459-1299
Website: www.tahperd.org

National Athletic Trainers Association (NATA)

1620 Valwood Parkway, Suite 115, Carrollton, TX 75006
Phone: (214) 637-6282
Website: <https://www.nata.org/>

Internships and Experiential Opportunities

Consistent with the university's career paths initiative, all concentrations in kinesiology at Huston-Tillotson University expose students to hands-on experiential learning opportunities, practicums and internship experiences designed to provide students with a seamless path from college to career. Students should consult with their faculty adviser regarding these opportunities for more information.

Career and Graduate Development Center

The Career and Graduate Development Center at Huston-Tillotson University is committed to supporting the educational mission of the university by providing comprehensive lifelong holistic career development assistance to present and former students in all majors in the areas of self-assessment, career exploration and decision-making, leading to personal success in work-study, part-time jobs, internships, higher education and/or full-time career employment. The Career and Graduate Development Center provides the following services and resources:

Employment

Part-time and full-time jobs
On-campus and work-study employment
Internships
Career employment

Resources

Career and graduate school library
Career and job search media
Employer profiles
Internet career guide
Salary surveys

Assessment for career exploration

Career and graduate advising
Career and graduate fairs
Interviewing preparedness
Graduate and professional school essay, letter of interest and personal statement writing
Job posting
Job search workshops
On-campus interviews
Resume and cover letter writing
Resume referrals
Salary negotiation

The Career and Graduate Development Center at Huston-Tillotson University can be reached at (512) 505-3041 or email at cgd@htu.edu

Occupational Outlook Handbook

To learn more about a specific career, occupation or professional field's potential in terms of employment opportunities and salaries, students are recommended to visit the United States Department of Labor Bureau of Labor Statistics' Occupational Outlook Handbook at <https://www.bls.gov/ooh/>. The OOH can help students find career information on knowledge, needed skills and responsibilities, education and training, pay, and job outlook for a wide range of occupations.