

ABOUT THE MAJOR

Kinesiology is the study of human movement. If you are interested in and passionate about improving the function, health, and wellness of people of all ages and lifestyles, a Health and Kinesiology degree with a Kinesiology emphasis at the U is a great fit for you! In this major, you will study human movement and develop the tools you need to help prevent injury and chronic disease. The Kinesiology emphasis at the U allows you to customize your education to best suit your interests, passions, and future goals. This program provides a foundational understanding of kinesiology, exercise psychology, and exercise physiology designed to prepare you for professional graduate programs. If you pursue a fitness and wellness specialist focus, you will learn how to optimize fitness and wellness experiences for children and adults, administer safe and effective fitness programs, and modify physical activity for individuals with special needs. Regardless of the focus you choose, you will have opportunities to gain first-hand experience practicing your skills through community-engaged learning, internships, and/or research projects.




LEARNING OUTCOMES

- Understand the physiological, biomechanical, and psychological responses to physical activity.
- Demonstrate an understanding and appreciation for the sociological, cultural, and historical foundations of sport and physical activity.
- Develop skills in composition, theoretical perception, critical thinking, and the qualitative assessment of design.
- Critically evaluate research related to physical activity and its impact on physical and mental health as well as chronic disease.
- Use reflection, critical thinking, and ethical decision making to engage diverse individuals in the practice of physical activity.
- Design and implement physical activity programs for apparently healthy individuals and individuals with controlled chronic diseases and/or disabilities.

PLAN & PREPARE

At the U, we plan for our students to have an Exceptional Educational Experience identified by four broad categories we call the Learning Framework: Community, Knowledge and Skills, Transformation, and Impact. This major map will help you envision, explore, design, and plan your personalized Exceptional Educational Experience with the Learning Framework at the core. In addition to assisting you in planning your coursework and navigating the requirements of your major, this map will help you incorporate other kinds of experiences to expand your knowledge, support your development, and prepare you for the future you want.

GET STARTED TODAY

-  Schedule an appointment with an advisor: advising.utah.edu
-  Visit ugs.utah.edu
-  Learn more about the Learning Framework: ugs.utah.edu/learning-framework



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THE UNIVERSITY OF UTAH
**EXCEPTIONAL
EDUCATIONAL
EXPERIENCE**
The Office of Undergraduate Studies

H EDU

HEALTH & KINESIOLOGY
kinesiology

COLLEGE OF HEALTH



Community



Knowledge & Skills



Transformation



Impact

"Kinesiology is one of the best degrees on campus! It equipped me with the knowledge to understand the role of physical activity in disease prevention. Every day, I now implement that knowledge to help improve the well-being of those in my community."

*>> Alexis Lee
Programs Manager, Wellness & Integrative Health*

KINESIOLOGY

Use this map to explore, envision, design, and plan your Exceptional Educational Experience.

GETTING STARTED

MAKING PROGRESS

FINISHING UP

WHERE CAN I GO AFTER GRADUATION?

COURSES

- Begin Gen Ed courses
- Learn about the field with KINES 2500 - Exploration of the Movement Sciences
- Complete MATH 1050 - College Algebra, BIOL 1610/1615 - Fundamental Principles of Biology, & WRTG 2010 - Intermediate Writing

- Begin prerequisite courses needed for pre-professional programs
- Complete BIOL 2325 - Human Anatomy, KINES 3092 - Kinesiology, KINES 3091 - Exercise Physiology, KINES 3093 - Biomechanics, & KINES 3350 - Exercise Psychology

- Continue Gen Ed courses like:
 - NUIP 1020 - Scientific Foundations of Nutrition
 - H EDU 5300 - Diversity & Health
 - NUIP 3620 - Cultural Aspects of Food
 - ESSF¹ courses & a Statistics course

- Complete required 4000-level KINES courses
- Finish Gen Ed requirements
- Complete prerequisite courses for graduate school if needed
- Complete an internship or capstone during final year

- Medical Doctor
- Physical Therapist
- Physician Assistant
- Dentist
- Fitness Instructor
- Physical Education Teacher

COMMUNITY

- Volunteer for programs like U-Fit
- Intern alongside community partners
- Participate in research programs like UROP²
- Join student-led organizations

- Customize & tailor your Kinesiology experience towards your specific personal, academic, & professional goals
- Take classes like KINES 4920 & ED PS³ 3861 to get internship and teacher's aide experience

- Complete academic credit while gaining practical skills & experience in the community through research & internship opportunities; learn more at our.utah.edu

- Apply your knowledge by taking on more influential roles:
 - Coordinate a group service project
 - Volunteer your time with the Bennion Center

- Strength & Conditioning Coach
- Wellness Coach
- Fitness Instructor
- Occupational Therapist
- Exercise Physiologist

KNOWLEDGE AND SKILLS

- Visit with your advisor to create an academic plan
- Connect with support resources on campus such as the Writing Center and Math Lab
- Meet & get to know other students in the major

- Organize a study group
- Attend office hours
- Touch base with your advisor to stay on track
- Explore & register for electives that support your learning goals

- Develop your knowledge base through an independent study
- Seek out applied experience through job shadowing, community service, leadership opportunities, & direct patient & client exposure with organizations like Connect2Health & Primary Children's Medical Center

- Practice what you learned & share your knowledge in a real world setting such as an internship or a collaboration with a Kinesiology community partner

- Biomechanist
- Personal Trainer
- Athletic Administrator
- Athletic Trainer
- Cardiac Rehabilitation Specialist
- Chiropractic Physician

TRANSFORMATION

- Meet with an advisor to begin exploring what you want to do after you graduate & learn how to customize your undergraduate experience to meet your goals

- Take courses with the community engaged learning designation or a supervised internship
- Connect with campus entities on campus like ASUU⁴ & the Student Success Advocates

- Try extracurricular activities outside the major through the Bennion Center, the Natural History Museum, or the Huntsman Cancer Institute

- Complete the capstone course & put theory into practice by working with underserved populations in the community
- If you've done research, consider presenting at the Undergraduate Research Symposium

- School or College Athletics Coach
- Corporate Fitness Specialist
- Director of Youth Camps/ Sport Programs
- Educational Facilities Designer

IMPACT

- Join student groups & clubs on campus such as Connect 2 Health, MUSE⁵ Scholars, Fraternities & Sororities, Intramural Sports, Crimson Crew, or the Health & Human Rights Interest group

- Apply for leadership positions in clubs such as the Pre-Med Honor Society, Pre-SOMA⁶, Pre-PT⁷ Club, or Pre-PASO⁸ Club
- Visit your Career Coach & look into summer jobs in health professions

- Volunteer with an organization like U-Fit, Utah Reads, Science in the Parks, Connect2Health, or Friends for Sight
- Get valuable experience with an internship through PEAK⁹ Fitness, L.S. Skaggs Patient Wellness Center, or the Hinckley Institute

- Visit with your Career Coach or a Pre-Professional Advisor to discover opportunities to gain additional skills & experience through volunteering, job shadowing, clubs, or internships

- Entrepreneur
- Epidemiologist
- Massage Therapist
- Respiration Therapist
- Sports Coach
- Sport Manager
- Aquatics Director
- Sport & Exercise Psychologist

CAREER

- Take Focus2 or the StrengthsFinder assessments through the Career & Professional Development Center to get to know yourself better
- Use O*Net & Who Hires U of U Grads to research career options
- Meet with a Career Coach for guidance

- Seek out new experiences by completing informational interviews, shadowing, volunteering, or working
- Use career events (Career Fairs/Meet & Eats) & resources (Handshake/ AlumniFire) to get connected

- Develop back-up plans for your primary career goal
- Get your resume/LinkedIn reviewed and build references and also contacts for the job search
- Attend the Career Conference to get all of these at once

- Meet with a Career Coach to refine your job or graduate school application materials
- Practice interviewing
- Practice salary negotiation

- Sports Official

**Note – some of the careers above require an advanced degree*