Careers in Kinesiology

Kinesiology is an academic discipline which involves the study of physical activity and its impact on health, society, and quality of life. Upon graduating from our program, students may pursue a wide variety of careers such as those listed below (some careers require advanced degrees).

Aerobics Instructor  Athletic Director
Fitness Specialist  Sports Administration
Fitness Instructor  Sports Psychologist
Corporate Fitness Instructor  Fund Raiser, pro sports
Group Exercise Instructor  Conditioning & Strength Coach
Pilates Instructor  Exercise Testing Technician
Exercise Physiologist  Clinical Exercise Specialist
Corporate Wellness Manager  Recreation and Fitness Worker
Personal Trainer  Performance Enhancement Specialist
Yoga Instructor  Nutritionist
Weight Training Instructor  Intramural Sports Director
Sports Massage Therapist  Athletic Product Development:
Exercise Program Director  ♦ Sporting Attire Manufacturers Consultant
Healthcare Professions:
♦ Chiropractor  ♦ Running Shoes Consultant
♦ Occupational Therapist  ♦ Sporting Equipment Consultant
♦ Physical Therapist  ♦ Ergonomic Researcher/Designer
♦ Physician Assistant  ♦ Designer of Sports & Fitness Equipment
♦ Respiratory Therapist  Pharmaceutical Sales
♦ Exercise Physiologist Nurse  Sales Representative—Publishing Co.
♦ Physician  Camp Owner/Director
♦ Certified Orthotist  Outward Bound Instructor
♦ Certified Prosthetist  Health Educator
♦ Recreation Therapist  Physical Education Teacher
♦ Rehabilitation Therapist  Researcher
♦ Athletic Trainer  Professor
♦ Cardiac Rehabilitation Therapist  Academic Counselor
Coach/Scout  Dance/Movement Therapist
Umpire/Referee

Please visit the Kinesiology Advising website at http://www.kch.illinois.edu/kines-undergrad-advising for more information.
Where Can I Work?

Kinesiology graduates are employed in a variety of work settings. Here are some examples!

- Sports Teams
- Corporate Fitness
- Rehabilitation Clinics
- Health & Fitness Clubs
- Hospitals & Clinics
- Sports Arenas
- Campus Recreation Departments
- Senior Living Centers
- Colleges & Universities
- US Olympic Training Center
- Health Departments
- Veterans Affairs
- Peace Corps
- Non-Profit Organizations
- Hotels & Resorts
- Government
- Country Clubs
- K-12 Schools
- Sports Museums
- Health Food Stores
- National Institute of Health

Please visit the Kinesiology Advising website at http://www.kch.illinois.edu/kines-undergrad-advising for more information.