Kinesiology is the study of human movement and its manifestations. Through a required set of core courses and related emphasis areas, the department seeks to foster an understanding of human movement and an appreciation for the scientific principles of the field of kinesiology. University of Wisconsin–Eau Claire offers a comprehensive kinesiology major with emphases in the following areas: physical education teaching (provides licensure for grades K-12), human performance, sports pedagogy, athletic training, and movement studies. Graduates of the athletic training emphasis will be eligible to take the Board Certification for Athletic Training certification examination. UW–Eau Claire’s Department of Kinesiology also offers minors in adaptive physical education, liberal arts kinesiology, and the science of coaching.

**Typical interests and values of kinesiology majors:**
- Healthy lifestyle
- Sports/fitness
- Teaching/education
- Exercise
- Working with a variety of individuals

**Knowledge and skills gained from studying kinesiology:**

**Knowledge:**
A kinesiology major’s knowledge draws from many areas including biomechanical kinesiology, exercise physiology, management concepts, as well as motor learning and development. In addition, by participating in a variety of kinesiology courses, students will obtain general knowledge about the field of kinesiology. Many students also receive training in CPR and First Aid.

**Skills:**
- Leadership
- Effective instruction techniques
- Safety
- Ability to demonstrate techniques and rules of sports and games
- Control and discipline
- Providing support for others
- Motivating and encouraging
- Imagining alternatives
- Identifying needs and resources
- Ability to work independently as well as part of a team

**Related student and professional organizations:**

**Student:**
- Student Athletic Advisory Committee
- Student Athletic Trainers Association

**Professional:**
- Intramural Sports
- Kinesiology Club
- American Cancer Society Colleges Against Cancer
- Future Teachers’ Club K-12

**Potential Employers:**
Kinesiology graduates can use their education in a variety of fields. In many cases, their positions closely relate to their personal career interests, work values, and transferable skills. Employers of kinesiology graduates include public and private school districts, hospitals and clinics, and, with continued education, secondary institutions including universities.

**Potential Job Titles:**

<table>
<thead>
<tr>
<th>Administrator</th>
<th>Occupational Therapist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletic Trainer</td>
<td>Rehabilitation Counselor</td>
</tr>
<tr>
<td>Educational Coordinator</td>
<td>Athletic Coach</td>
</tr>
<tr>
<td>Fitness Consultant</td>
<td>Personal Trainer</td>
</tr>
<tr>
<td>Physical Therapy Aide</td>
<td>Athletic Director</td>
</tr>
<tr>
<td>Physical Education Teacher</td>
<td>Nutritionist</td>
</tr>
<tr>
<td>Geriatric Activities Director</td>
<td>Exercise Physiologist</td>
</tr>
<tr>
<td>Health &amp; Fitness Club Director</td>
<td>Summer Camp Director</td>
</tr>
<tr>
<td>Public Health Educator</td>
<td>Sports Physician</td>
</tr>
</tbody>
</table>

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Jobs You Might Also Consider...

- Respiratory Therapist
- Dietician
- Recreational Therapist
- Chiropractor
- Substance Abuse Counselor
- Youth Camp Director
- Family and Consumer Scientist
- Orthopedist
- Social and Community Service Manager

Sample entry level jobs held by UW-Eau Claire kinesiology graduates:

- Cardiac Rehab Exercise Specialist, Sacred Heart Hospital, Eau Claire, WI
- Chiropractic Assistant, Chiropractic Health & Wellness, Edina, MN
- Personal Trainer, Life Time Fitness, Lakeville, MN
- Physical Education Teacher, Swallow School District, Hartland, WI
- Fitness Consultant, Gold’s Gym, Eau Claire, WI
- Director of Health Promotion & Wellness, Northwestern University, Evanston, IL
- Senior Director of Events, ESPN, Waxhaw, NC

Learn more about kinesiology:

**Department**
- Contact UW-Eau Claire’s Department of Kinesiology, McPhee 219, 836-3840

**Getting started at Career Services:**

- Meet with a career counselor
- Take interest inventory and self-assessment tests
- Utilize Blugold Career Success Network, a database of UW–Eau Claire alumni & friends available for informational interviewing
- Utilize Blugold CareerLink, an online job search database specifically for UWEC students and alum

**Resources at Career Services:**

**Yellow Section**-
- Sigi 3 handouts:
  - Physical Education
  - Chiropractor
  - Physical Therapy
  - Occupational Therapist
  - Teacher, Physical Education
- Books sections:
  - Sports, Fitness & Recreation
  - Health Care

**Orange Section**-
- “The Internship Series: The Sports Internship Book”

**Internet**
- PE Central (www.pecentral.org)
- US Department of Education (www.ed.gov)
- Special Olympics (www.specialolympics.gov)

- American Heart Association (www.americanheart.org)

**Blue Section**-
- Multiple resources to help you build a resume and cover letter for a career in kinesiology

**Opportunities to enhance skills in kinesiology:**

**Internship**
Internships are a way to gain hands-on experience in a position that you may be considering as a potential career. To find an internship in kinesiology, visit Career Services (Schofield 230) and speak with a career associate. Contact your adviser or the Department of Kinesiology chair about enrolling in KINS 498 to obtain academic credit for your internship.

**Directed Studies or Independent Study Class**
By participating in a directed studies or independent study class, students will be able to research an area that they find particularly interesting. Contact your adviser about enrolling in KINS 495 or 499.

**Experiential Learning Opportunities**
Students can volunteer to coach a children’s team or volunteer for the Special Olympics program.

**Apprenticeships**
Apprenticeships can be helpful for gaining “real-world” experience. Apprenticeships will help majors get hands-on experience which enhances the breadth of knowledge learned in classes. Qualified students can do an apprenticeship for credit with KINS 346 (Athletic Training), 347 (Coaching), 348 (Human Performance), or 350 (Teaching). These students are selected and supervised by faculty members to facilitate teaching and learning in a specific course.

**What you can do now:**

- Job shadow a professional in your area of interest or conduct informational interviews.
- Join or lead intramural teams.
- Get a job as a sports counselor or activities director at a summer camp.
- Become a teacher assistant for a professor within the Kinesiology department.