What You Can Do With a Major in… Kinesiology - Health and Fitness

Description
The Department of Kinesiology offers programs of study designed to provide students with the educational background necessary for the pursuit of careers with a focus in personal training and fitness leadership. The Bachelor of Science degree is offered with a major in Health and Fitness. The Health and Fitness option provides students with the educational foundation required for the pursuit of fitness-related careers. Students will gain an understanding of the exercise assessment and programming for general and athletic populations. In addition, students will learn the planning, organization, and administration of fitness and athletic conditioning programs and facilities.

The department emphasizes learning experiences beyond the classroom environment. Students are required and/or encouraged to participate in research, internships, and special projects, which are arranged through academic advisors. The purpose of the internship is to give students a chance to experience what their intended profession is actually like and to gain hands-on experience outside the classroom. A 150 internship is required as part of the Health and Fitness major to prepare for career opportunities in personal training and fitness leadership in a variety of settings.

Department Contact
TCU Department of Kinesiology
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Skills
Patience
Concentration
Crisis management skills
Understanding of people and situations
Ability to motivate
Oral and written communication
Leadership skills
Ability to work in a team
Research
Time Management
Data Analysis
Interpersonal skills
Planning
Attention to Detail
Critical Thinking
Organizing

Career Opportunities
Exercise Program Director
Researcher
Lab Technician
Sports Facility Manager
Personal Trainer
Recreation Leader
Environmental Health Specialist
Trainer
Possible Employment Settings
Corporate Wellness Centers  Fitness Centers
Community Health Centers  Nonprofit Organizations
Resorts  Rehabilitation Centers
Professional Sports Teams  Private Practice
Sports Associations  Sports Market Place
Sporting Goods Manufacturers

Career Services’ Books
Careers for Health Nuts and Others Who Like to Stay Fit
Career Opportunities in Health Care
Career Opportunities in the Sports Industry
Opportunities in Sports and Fitness Careers
Sports Market Place

Internet Sites
Exercise Careers
American Alliance for Health, Physical Education, Recreation and Dance
Texas Association for Health, Physical Education, Recreation and Dance
Health and Wellness Jobs
Aerobic and Fitness Association of America
Wellness Connection
Cooper’s Institute (Personal Trainer Certifications)

www.exercise-careers.com
www.aahperd.org
www.tahperd.org
www.healthandwellnessjobs.com
www.afaa.com
www.wellnessconnection.com
www.cooperinstitute.org