

Kinesiology is the study of human movement, encompassing the biological, psychological, and physiological mechanisms behind physical activity and exercise. It applies this knowledge to improve health, performance, and overall well-being through various interventions.

COMMON JOB TITLES * additional education or certification required post graduation

ENTRY & MID LEVEL POSITIONS

Athletic Trainer* Exercise Physiologist Physical Therapist* Strength & Conditioning Coach Program Manager Teacher/Professor* **Recreational Therapist** Laboratory Technician

Personal Trainer* Rehabilitation Aide Health & Wellness Coach Sports Nutritionist* Health Fitness Specialist Occupational Therapist* Athletic/Sports Administrator Biomechanist

AREAS OF EMPLOYMENT: WHERE DO KINESIOLOGY MAJORS TYPICALLY WORK?

Rehabilitation Centers: Madonna, Select PT, Alegant Health (Immanuel)

Hospitals: Methodist, Children's Hospital, Nebraska Medicine

Research Institutions: UNMC, Boys Town

Government: NE State Athletic Commission, NE DHHS, NE Dept of VA **Sports Teams**: Omaha Mavericks, Creighton Bluejays, Husker Football

Athletic Depts: OPS Athletics, UNO Athletics, UNL Athletics

Fitness Centers & Gyms: Lifetime Fitness, Genesis Health Clubs, YMCA Self Employed

Nonprofit Organizations: Live Well Omaha, Boys & Girls Club, Special Olympics

Corporate Wellness Companies: Big O Fitness, Expert Nutrition, NE Wellness

Schools & Universities: UNO, UNL, Omaha Public Schools

Public Health Organizations: Community Alliance, Charles Drew Health

IMPORTANT QUALITIES:

Transferable Skills Gained:

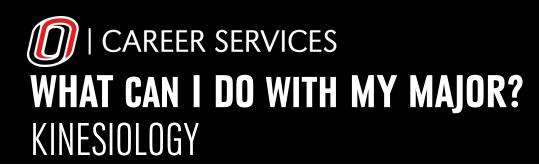
Communication Skills **Problem Solving** Interpersonal Skills **Active Listening** Analytical Skills

Concrete Skills Gained:

Microsoft Applications SPSS Fitness Techniques & Tools Google Suite MyFitnessPal

HOW TO DEVELOP YOUR SKILLS:

Join a **UNO Kinesiology Student Organization** to connect with other students and explore your interests Get involved in a **H&K Research Lab** to gain new knowledge and collaborate with faculty & experts Attend events at the **UNO H&K Building** to enhance your understanding of specific disciplines



MAJOR + MINOR SPECIALIZATION: HOW CAN I SPECIALIZE IN SOMETHING BEFORE I GRADUATE?

* additional education or certification required post graduation

Kinesiology + Sports Medicine minor = Strength & Conditioning Coach/Rehabilitation Aide

<u>Kinesiology</u> + <u>Public Health minor</u> = <u>Program Manager/Administrator</u>

<u>Kinesiology</u> + <u>Human Performance minor</u> = <u>Exercise Physiologist</u>

OCCUPATIONAL OUTLOOK:

Athletic Trainers
Physical Therapists
Exercise Physiologists
Nutritionists & Dietitians
Fitness Instructors & Trainers

EMPLOYMENT OPPORTUNITIES:

Check out daily job postings on **Handshake** related to accounting jobs, internships, and opportunities to boost your student experience

ADDITIONAL EDUCATION:

A **Masters degree** or **Doctoral degree** may be beneficial or required after graduation depending on your desired career path. Advanced degrees offer opportunities for specialized study, research, and development

More information:

<u>UNO H&K Graduate Programs</u> UNL Nutrition & Health Sciences Graduate Programs

OTHER RESOURCES:

UNO Department of Health & Kinesiology Career Exploration in Career Services

U.S. Bureau of Labor Statistics: Occupational Outlook Handbook

NEED SOME EXTRA HELP?

Book an appointment with <u>Career Services</u> Book an appointment with your <u>Advisor</u>

Career Services



6001 Dodge Street, Omaha, NE 68182

