

WHAT CAN I DO WITH MY MAJOR?

KINESIOLOGY

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 Center

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

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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

Kinesiology + Public Health minor = Program Manager/Administrator

Kinesiology + Human Performance minor = Exercise Physiologist

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:

UNO H&K Graduate Programs

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 Career Services

Book an appointment with your Advisor

Career Services

 EAB 113

 6001 Dodge Street, Omaha, NE 68182

 402.554.3672

 careers.unomaha.edu

 careers@unomaha.edu

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