Kinesiology and Health, Athletic Training
Academic programs in exercise science, health promotion, athletic training, and physical education can provide you with a career in the rapidly growing field of human movement sciences. A kinesiology degree also may prepare you for advanced study in physical therapy, human medicine, or other medical disciplines—and build a strong foundation in preventive medicine. Through subdisciplines of biomechanics, exercise physiology, motor control, and exercise psychology, you will study human movement and function, learning scientific principles underlying physical activity and its relationship to health.

Major in kinesiology and health
Choose from four academic options to prepare for your adventure.

Community and Public Health
If you enjoy helping people live healthier lives, the community and public health option may be your niche. Your role may be to educate others about lifestyle choices and to organize and promote programs to improve the health of your community. Graduates work in employee wellness programs and the public sector in organizations such as the American Heart Association, YMCA/YWCA, American Cancer Society, and Blue Zones well-being improvement initiative. There are opportunities to work with local, state, and federal government programs related to health and healthy living. You also might work in hospital settings, providing patient education and community outreach programs.

Exercise Science
If you are interested in exercise and the role physical activity plays in wellness, the exercise science option may be for you. You will learn how the body responds and adapts to various types of exercise. You’ll be able to help people lead healthier lives through exercise programs and group fitness. Upon graduation, you can work in private health clubs, employee wellness programs, with athletes to enhance sport performance, in clinics or hospitals as cardiac fitness leaders, or in return-to-work programs.

Pre-Health Professions
In the pre-health professions option, you will complete coursework in the sciences required for advanced study in physical therapy, human medicine; or other medical disciplines—and build a strong foundation in preventive medicine. Through subdisciplines of biomechanics, exercise physiology, motor control, and exercise psychology, you will study human movement and function, learning scientific principles underlying physical activity and its relationship to health.

Physical Education Teacher
The physical education licensure option within the School of Education will prepare you to teach physical education in public or private schools at elementary, middle school, and high school levels. Endorsements in health education and coaching are also available.

Minors (15–18 credits)
Minors are also available to students seeking an additional area of study. The kinesiology program offers minors in six areas:

- Athletic coaching
- Dance
- Exercise science
- Health promotion
- Kinesiology
- Sport and recreation

The experiences are endless
Students in both kinesiology and health and athletic training gain real-world experience through semester-long internships, practicums, and volunteer activities. Opportunities include work with ISU student-athletes and area high school athletic programs, practicum experiences in hospitals and clinical settings, community health agencies, corporate fitness centers and private clubs, and department laboratories, as well as student-teaching and coaching around Iowa, the United States, and abroad.

Is a degree from the Department of Kinesiology right for you?
A degree from the Department of Kinesiology may be your ticket to a satisfying career in health and physical activity promotion. Start your adventure today by enrolling in one of our career choices and get ready for meaningful work improving the lives of others.