Kinesiology

Each year, new research contributes to the known benefits of exercise in promoting health and limiting illness and disease. This information is constantly evaluated and incorporated into UWM’s state-of-the-art Kinesiology program.

In broad terms, our Kinesiology graduates work with clients in both preventative and rehabilitation settings. The undergraduate program blends academic coursework and applied fieldwork designed to develop highly informed and skilled professionals in exercise and the health and wellness industry.

Graduates may pursue advanced degrees in the human movement sciences (biomechanics, exercise physiology, motor behavior, psychology of physical activity and sociology of physical activity) and in such health professions as cardiac rehabilitation, chiropractic medicine, medicine and physical therapy.

The health and fitness industry has been projected to be a growing industry in the country for the next decade.
Kinesiology PROGRAM

WHAT IS KINESIOLOGY?
“Kinesiology is an academic discipline which involves the study of physical activity and its impact on health, society, and quality of life.” — American Kinesiology Association

Kinesiology isn't merely “exercise”, “sports”, “wellness”, or “fitness” but rather the SCIENCE that informs all aspects of exercise, sports and preventative health and wellness.

KINESIOLOGY AT UWM
The Kinesiology undergraduate program offers a broad selection of professional training, preparing you for a career as a service provider in the health and fitness industry. In addition, the program has the flexibility for you to create an educational path tailored to your career goals. An example would be combining a major in Kinesiology with a minor in Business Administration thus giving you the tools to enter the administrative sector of the health and fitness industry.

If pursuing a field that requires graduate school is in your future, you can work with an advisor to choose an educational focus for that achievement. One such example is preparing for Physical Therapy education. Students with this goal use their elective and capstone credits to take courses necessary to meet the requirements for application to most graduate physical therapy programs in the country. Other examples include preparing for application to programs in traditional medicine, chiropractic medicine, cardiac rehabilitation, strength and conditioning, exercise physiology, biomechanics or sports psychology.

In the Kinesiology Master of Science program you may choose one of four areas of emphasis including exercise physiology, neuromechanics, psycho-social aspects of health behavior or sport psychology.

WHAT YOU CAN BE
Health Club Manager
Fitness/Wellness Program Director
Aquatics Director
Strength and Conditioning Coach
Fitness/Wellness Specialist
Fitness/Youth Sports Coordinator
Fitness/Medical Sales
Personal Trainer

WHERE YOU CAN WORK
Commercial Health Clubs
Corporate Fitness Centers
Community Fitness/Wellness Centers
Campus Fitness Facilities
Sports Teams of various levels
Cardio/pulmonary rehab (MS preferred)
Physical Therapy clinic (DPT required)

JOB OUTLOOK
Employment in the fitness industry is expected to grow as more people seek physical activity to maintain health and prevent illness. In Wisconsin, percent growth through 2016 expected for Fitness Trainers and Aerobics Instructors is 14.99% and 25.12% for Physical Therapists. The average wage in Wisconsin for Fitness Trainers and Aerobics Instructors in 2008 was $23,127 and $72,592 for Physical Therapists.

YOU SHOULD ENJOY...
Human Anatomy and Physiology, Physics, Mathematics, Exercise Physiology, Psychology, Sociology, Nutrition, Complementary and Alternative Medicine, Injury Prevention and Diagnosis

YEARS OF COLLEGE REQUIRED
Minimally 4 years for entry level largely contingent upon incoming proficiency in mathematics; Physical Therapy requires an additional 3 year clinical doctorate; other advanced or professional degree requirements vary by subspecialty, but typically involve at least 2-3 years.

Where science enriches lives