

So You Want to Major in...

CORE COURSES:

- BIO 270 Hum Phys & Anatomy I
- BIO 271 Hum Phys & Anatomy II
- KIN 160 Introduction to Kinesiology
- KIN 162 Nutrition and Performance
- KIN 270 Women and Sport
- KIN 300 Critical Inquiry in Kinesiology
- KIN 301 Applied Musculoskeletal Anatomy
- KIN 302 Social Justice in Kinesiology
- KIN 303 Biomechanics
- KIN 304 Motor Development
- KIN 305 Critical Issues of the Body
- KIN 306 Exercise Physiology
- KIN 307 Motor Skill Acquisition and Training
- KIN 308 Psychology of Physical Activity and Performance
- KIN 498 Internship

Kinesiology is an academic discipline which involves the study of physical activity and its impact on health, society, and quality of life.

Kinesiology is a diverse major with courses spanning the humanities, behavioral sciences and the life sciences. The range of courses includes topics on the history of sport, sport and society, motor learning, sport and exercise psychology, exercise physiology and biomechanics.

The Kinesiology degree has a strong science base. Students interested in pursuing a degree in Kinesiology should have a strong High School background in the Sciences as reflected in grades in Science classes (C or better) and having taken more than the minimal high school science requirements to graduate.

Completion of BIOL 270 and BIOL 271 before attaining junior standing with a grade of C or better is required to be able to enroll in the Upper Division Core Classes.

Kinesiology

ELECTIVE COURSES:

15 UNITS FROM A VARIETY OF COURSE OPTIONS.

SELECT COURSES BEST SUITED FOR YOUR PROFESSIONAL GOALS AND INTERESTS.

SOME COURSES INCLUDE:

- KIN 420 EXERCISE PRESCRIPTION
- KIN 447 MOTOR SKILL EXPERTISE
- KIN 470 SPORT IN THE LOCAL COMMUNITY
- KIN 489 SPORT, RACISM, AND ETHNICITY
- KIN 340 ERGONOMICS

ADDITIONAL OPPORTUNITIES:

KINESIOLOGY RESEARCH GROUP (KRG)

GET FIT! STAY FIT! PROGRAM

CENTER FOR SPORT & SOCIAL JUSTICE

Professional Opportunities

- Physical Education Teacher
- Health and Wellness Specialist
- Graduate School for Health Professions
 - Physical Therapist
 - Physician Assistant
 - Occupational Therapist
 - Respiratory Therapist
 - Registered Nurse
 - Athletic Trainer
- Fitness Professional
 - Community Based
 - Corporate
- Community Education
- Cardiac Rehabilitation Specialist
- Director of Youth Camps/Sport Programs
- Exercise Physiologist
- Sport Management
- Strength & Conditioning Coach
- Sport Psychologist for Performance Enhancement

So You Want to be a...

WHAT DOES AN ATHLETIC TRAINER DO?

Athletic Trainers are health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

WHAT DEGREE DO I NEED TO BECOME AN ATHLETIC TRAINER?

A graduate degree will be required for a career as an Athletic Trainer in the next few years (2022). Students must complete an accredited Athletic Training program and pass the Board of Certification (BOC) exam. Graduate programs all have specific prerequisite courses that must be completed with a C or better grade before applying. The following programs in California are entry level master's programs that lead to certification, University of Laverne, University of the Pacific, Azusa Pacific, California Baptist University and 2 universities are moving to the master's level this year Cal State Fullerton, and Point Loma, SDSU and SJSU (in progress) (Chapman's program is closing). Most programs require observation hours with a certified athletic trainer. The following schools still only offer bachelors programs with no indication of moving to the master's level CSU Long Beach, Northridge, Sacramento. CSU Fresno and Concordia are on probation.

Athletic Trainer

Salary: Median Annual
Wage (2018) \$47,510
California: \$58,060

WHAT IS THE JOB OUTLOOK FOR AN ATHLETIC TRAINER?

Employment of Athletic Trainers is projected to grow 23 percent from 2016 to 2026, much faster than the average for all occupations. Athletic Trainers work in educational settings, such as colleges, universities, elementary and high schools. Others work in hospitals, fitness centers of physicians or PT offices or for professional sports teams.

DO I NEED ANY CERTIFICATIONS OR LICENSURE?

Upon completion of a Commission of Accreditation of Athletic Training Education (CAATE-<https://caate.net/>) accredited athletic training education program, students become eligible for national certification by successfully completing the Board of Certification, Inc. (BOC) examination <http://www.bocetc.org/athletic-trainers>.

Common Pre-requisite courses for Master of Athletic Training Programs:

- Anatomy and Physiology I and II
- Biomechanics, or equivalent
- Physiology of Exercise
- General, Abnormal, or Developmental Psychology
- Introductory or General Statistics
- Introductory or General Nutrition
- Basic Health & Wellness
- Foundations of Athletic Training with a lab
- Introductory or General Chemistry
- Introductory or General Physics

So You Want to be a...

WHAT DOES AN EXERCISE & WELLNESS PROFESSIONAL DO?

Fitness and exercise professionals lead, instruct, and motivate individuals or groups in exercise activities including cardiovascular exercises, strength training, flexibility, and balance. They work with people of all ages and skill levels in a range of settings such as corporate fitness, community fitness, and commercial fitness.

They devise and implement training programs, monitor progress, explain how to perform exercises to minimize injury and improve fitness. They provide resources to help individuals maintain a healthy lifestyle. Individuals can also establish their own business as personal trainers or fitness coaches.

WHAT DEGREE DO I NEED TO BECOME AN EXERCISE & WELLNESS PROFESSIONAL?

Increasingly employers are looking for individuals with a formal education at the bachelor's level in an exercise and fitness specific degree program, such as Kinesiology. As the industry has expanded, the need for highly qualified and trained individuals in the science of physical activity has grown and continues to grow. In addition, employers look for certifications, such as American College of Sports Medicine (ACSM) certifications that require a bachelor's degree <https://www.acsm.org/get-stay-certified/get-certified/specialization>

Training and expertise in designing and delivering appropriate training programs is critical. An understanding of physiology, anatomy, biomechanics, and nutrition is essential. Being able to motivate individuals to initiate and maintain a fitness program is required as is being able to work in individual and group settings. The capacity to work with people of all ages, abilities, and different cultural and ethnic groups is required. Effective communication and listening skills as well as customer-service skills and problem-solving skills are also looked for by employers.

Exercise & Wellness Professional

WHAT ARE THE EMPLOYMENT OPPORTUNITIES?

The Bureau of Labor Statistics reports that the median annual salary for fitness professionals is \$39,210. Employment growth is projected to grow 10% from 2016 to 2026 reflecting a growing awareness of the benefits of health and fitness to employee satisfaction and job performance. Employment prospects are expected to be better for those with higher levels of formal education.

Insurance: It is highly recommended that exercise and fitness professionals secure professional liability insurance. This can often be obtained through a professional organization or through one of the certification agencies.

DO I NEED ANY CERTIFICATIONS OR LICENSURE?

Increasingly certifications are being required by employers. Any certification should be certified by the National Commission for Certifying Agencies (NCCA) an independent non-governmental agency that accredits professional certifications in many professions including exercise and fitness.

<http://www.credentialingexcellence.org/nccadirectory>

For more information about careers in exercise and wellness visit the websites of the following organizations:

American College of Sports Medicine (ACSM)

<https://www.acsm.org/>

American Council on Exercise

<https://www.acefitness.org/>

US Registry of Exercise Professionals

<http://www.usreps.org/Pages/default.aspx>

National Council on Strength and Fitness

<https://www.ncsf.org/>

National Strength and Conditioning Association

<https://www.nsca.com/>

So You Want to be a...

WHAT DOES AN ORTHOTIST & PROSTHETIST DO?

Orthotics and Prosthetics (O&P) is the evaluation, fabrication and custom fitting of artificial limbs and orthopedic braces. O&P is an allied health profession with a variety of exciting employment opportunities available.

Prosthetists provide patients with prostheses (artificial limbs).

Orthotists provide patients with orthoses (braces) that restore function, or stabilize the part of the body.

WHAT DEGREE DO I NEED TO BECOME AN ORTHOTIST & PROSTHETIST?

To become an O & P practitioner you must obtain

- ✓ A master's degree from an O&P graduate program.
- ✓ Complete a residency in Orthotics and/or Prosthetics.
- ✓ Pass the certification exam for Orthotics and/or Prosthetics

Pre-requisites:

- GPA 3.0
- 40 Hours - Volunteer
- Biology
- Anatomy & Physiology
- Chemistry
- Physics

Orthotist and Prosthetist

**Salary: Average \$88,460
per year (2017 Median Pay)**

WHAT IS THE JOB OUTLOOK FOR AN ORTHOTIST & PROSTHETIST?

Employment of orthotists and prosthetists is projected to grow 22 percent from 2016 to 2026, much faster than average for all occupations.

Work place includes manufacturing, health and personal care stores, doctors' offices and hospitals.

DO I NEED ANY CERTIFICATIONS OR LICENSURE?

You must pass certification exams in orthotics, prosthetics, or both from the American Board for Certification in Orthotics, Prosthetics and Pedorthics (ABC), the Board of Certification/Accreditation, International (BOC), or both

WHERE CAN I FIND MORE INFORMATION?

<https://www.abcop.org>

<https://www.bocusa.org/>

<http://www.opcareers.org/>

For Accredited Programs:

http://www.opcareers.org/education/practitioner_programs/

There is a program at California State University Dominguez Hills: <https://www.csudh.edu/health-sciences/oandp/>

So You Want to be a...

WHAT DOES A PHYSICAL THERAPIST DO?

Physical therapists are key to recovery for patients who are recuperating from injuries, illnesses and surgery. They work with patients to help them regain movement and manage pain either in a hospital or clinical setting

WHAT DEGREE DO I NEED TO BECOME A PHYSICAL THERAPIST?

A graduate degree is required for a career as a Physical Therapist. The current entry level degree is a **Doctor of Physical Therapy (DPT)**, which takes approximately 3 years to complete. *Master degree and bachelor degree programs are no longer offered.* Most programs require applicants to: have a 3.0 GPA minimum (3.5 is the average GPA for admitted students), take the general GRE, obtain 2 or more reference letters (usually from a PT and a professor) and all require a certain number of clinical experience hours. Graduate programs all have specific prerequisite courses that must be completed with a C or better grade before applying. Most programs prefer prerequisite coursework (especially classes with lab components) be completed at a 4 year

Physical Therapist

Salary: Median Annual Wage (2016) \$85,400

WHAT IS THE JOB OUTLOOK FOR A PHYSICAL THERAPIST?

Employment of physical therapists is projected to grow 34 percent from 2014 to 2024, much faster than the average for all occupations. Demand for physical therapy services will come from the aging baby boomers, who are staying active later in life. In addition, physical therapists will be needed to treat people with mobility issues stemming from chronic conditions, such as diabetes or obesity.

DO I NEED ANY CERTIFICATIONS OR LICENSURE?

The Doctor of Physical Therapy (DPT) degree prepares students for licensure as physical therapists. The program requires three academic years and three summers to complete. Full-time enrollment is necessary, including the summers. All students must maintain a GPA of 3.0 or higher throughout the program. To be eligible for licensure, both the didactic and clinical components of the DPT degree must be successfully completed. The Doctor of Physical Therapy program is accredited by the Commission on Accreditation in Physical Therapy Education.

WHERE CAN I FIND MORE INFORMATION?

Your first step should be to familiarize yourself with the profession of Physical Therapy and the application process Physical Therapy Centralized Application Service (PTCAS). Visit the following websites.

American Physical Therapy Association (APTA): <http://www.apta.org/AboutUs/>

California Physical Therapy Association (CPTA): <http://www.ccapta.org/>

PTCAS: Be aware of the Calendar, apply EARLY <http://www.ptcas.org/Calendar/>

GRE Exam Information: http://www.ets.org/gre/revised_general/about/

So You Want to be a...

WHAT DOES A STRENGTH & CONDITIONING COACH Do?

The strength and conditioning profession involves the combined competencies of sport and exercise science, administration, management, teaching, and coaching. Its practitioners must also comply with various laws and regulations while responding to instances of potential injuries, claims, and lawsuits. This creates remarkable challenges and requires substantial experience, expertise, and other resources, especially in multi-sport (e.g., collegiate and scholastic) settings.

WHAT DEGREE DO I NEED TO BECOME A STRENGTH & CONDITIONING COACH?

An undergraduate degree in Kinesiology is recommended. Courses in Anatomy, Exercise Physiology, Biomechanics and Sports Psychology are recommended for the best preparation for the certification exam.

Within the United States - To be eligible to take the CSCS® examination, candidates must meet the following requirements:

- ✓ Hold at least a bachelor's degree from an accredited institution **OR** Currently be enrolled as a college senior at an accredited institution
- ✓ Hold a current CPR and AED certification

Strength & Conditioning Coach

Salary: Average \$40,025 per year

WHAT IS THE JOB OUTLOOK FOR A STRENGTH & CONDITIONING COACH?

Employment of coaches and scouts is projected to grow 6 percent from 2014 to 2024, about as fast as the average for all occupations.

Increasing participation in high school and college sports will boost demand for coaches and scouts.

DO I NEED ANY CERTIFICATIONS OR LICENSURE?

Certified Strength and Conditioning Specialists® (CSCS®) are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. Learn more about becoming a strength and conditioning coach with the NSCA certification! Visit [NSCA.com](https://www.nasca.com/) for more information on strength and conditioning jobs, strength and conditioning internships, continuing education and CEUs.

WHERE CAN I FIND MORE INFORMATION?

Visit the National Strength and Conditioning Association website:
<https://www.nasca.com/>