

What can I do with this major: Kinesiology

Kinesiology is the academic discipline which involves the art and science of human movement and its impact on health and the quality of life. Exercise, activity, and athletics are important components in the development of well-rounded individuals. The Kinesiology degree offers students a fundamental knowledge of human movement and physical activity. Students will enhance their own understanding of lifetime patterns of physical activity and enhance problem solving and critical thinking by studying concepts and techniques to apply and impart them to the diversity of backgrounds, body types and physical needs. The Yoga Instructor certificate prepares individuals to safely and effectively teach yoga to individuals and in group settings.

Degrees and Certificates offered at AVC

- ❖ [Kinesiology - AAT](#) (transferable)
- ❖ [Yoga Instructor - Certificate](#) (non-transferable)

Work Industries and Employers

- | | |
|---------------------------------------------|--------------------------------------------------------|
| ❖ Hospitals or Health Clinics | ❖ Community Centers |
| ❖ Home Healthcare Agencies | ❖ Rehabilitation Centers |
| ❖ Nursing homes/Residential care facilities | ❖ Healthcare Programs: Clinical, Industrial, Corporate |
| ❖ Sports Medicine Facilities | ❖ Doctors' Offices, Particularly Orthopedic |
| ❖ Fitness Centers | ❖ Public Health Service |
| ❖ Sports Facilities | |

Possible Job/Career Titles

- | | |
|-------------------------------------|---------------------------------|
| <i>Yoga Instructor Certificate:</i> | ❖ K-12 Teacher |
| ❖ Yoga Instructor | ❖ Health and Safety Director |
| <i>Associate Degree:</i> | ❖ Recreation Facilities Manager |
| ❖ Lifeguard | ❖ Recreation Specialist |
| ❖ Playground Director | ❖ Referee |
| ❖ Recreation Leader | ❖ Resort Sports Coordinator |
| ❖ Water Safety Instructor | |
| ❖ Camp Counselor | |
| ❖ Personal Trainer | |
| <i>Bachelor Degree:</i> | <i>Advanced Degree:</i> |
| ❖ Athletic Administrator | ❖ Physical Therapist |
| ❖ Coach | ❖ Athletic Trainer |

The information reflected is intended to act as a tool for exploration. Please visit the [Career Center](#) for more specific information on majors and careers



Next Steps...

Connect with Professional Associations

Associations are a group of people who come together for a common purpose. You can find helpful information about jobs and careers.

- ❖ [The Kinesiology Network](#)
- ❖ [American Physical Therapy Association](#)
- ❖ [American Physiological Society \(APS\)](#)
- ❖ [Association of Schools of Allied Health Professions](#)
- ❖ [National Athletic Trainers Association \(NATA\)](#)
- ❖ [National Board for Certification of Orthopaedic Technologists \(NBCOT\)](#)
- ❖ [The American College of Sports Medicine](#)

Develop your Skills and Experience

- ❖ Jobs and Internships ([College Central Network](#))
- ❖ [American Physiology Society \(APS\) Student Awards & Events](#)
- ❖ [MentorNet](#)
- ❖ [The Kinesiology Network Websites & Resources](#)
- ❖ [American Physiology Society \(APS\) Student Career Resources](#)

Find CSU/UC Major Preparation (BA/BS)

- ❖ [CSU Northridge: Kinesiology B.S. with Physical Education Option](#)
- ❖ [CSU Northridge: Kinesiology B.S. with Exercise Science Option](#)
- ❖ [CSU Fullerton: Kinesiology, Fitness and Health Promotion Concentration, B.S.](#)
- ❖ [Cal Poly San Luis Obispo: Kinesiology B.S. Concentration in Health Science](#)
- ❖ ... and more! - <https://www.transferbound.com/>

View Additional Information

- ❖ [Occupational Outlook Handbook](#)
- ❖ [Candid Career Videos](#)
- ❖ [Assist](#): Student Transfer Information System
- ❖ [ONET](#) OnLine: Job and Career Exploration
- ❖ [Linkedin Alumni Tool](#)
- ❖ [Transfer Schools](#)