



What Can I Do with This Major?

Kinesiology and Athletics

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. Kinesiology classes enroll students from high school age to active senior citizens. Kinesiology and athletics have three primary goals: To provide a program of professional preparation courses; To provide a service program designed to accommodate all; and to provide concepts and techniques that create a foundation for lifelong patterns of physical activity and impart its value to the student's health and well-being.

AVC Certificates & Degrees

- Kinesiology Associate Degree for Transfer
- Yoga Instructor certificate

Examples of Work Industries & Employers

Hospitals or Health Clinics
Home Healthcare Agencies
Nursing homes/Residential care facilities
Sports Medicine Facilities

Community Centers
Rehabilitation Centers
Fitness Centers
Sports Facilities

Healthcare Programs
Doctors' Offices, Particularly Orthopedic
Public Health Service
Schools and Universities

Possible Job Titles *may require a bachelor's degree or higher*

Yoga Instructor
Lifeguard
Playground Director
Recreation Leader
Water Safety Instructor
Personal Trainer

Athletic Administrator
Coach
K-12 Teacher
Health and Safety Director
Recreation Facilities Manager

Physical Therapist
Athletic Trainer
Recreation Specialist
Referee
Sports Coordinator