KINESIOLOGY MAJORS

The Kinesiology (KNES) program is designed to provide a well-rounded, scholarly understanding of human movement and physical activity. Instruction within the Department of Kinesiology addresses the historical, cultural, developmental and biophysical bases for quality participation in movement activities, with application to sport, physical activities, and wellness for people of all ages. Students are expected to develop an understanding of how human movement occurs, the factors that directly or indirectly influence movement, and the benefits of a movement-oriented lifestyle.

Alumni of the kinesiology major have been very successful in their endeavors post-graduation. In this guide, you will find information on the following.

TOPICS/QUICK LINKS:

- Job titles of recent Kinesiology undergraduates
- Employers of Kinesiology undergraduates
- Ways Kinesiology majors gain experience
- Skills developed throughout the Kinesiology curriculum
- Career paths
- Careers & graduate school
- Advanced degrees that Kinesiology graduates are pursuing

Created by the University Career Center @ SPH.
Data was collected from the UMD Graduation Survey (January 2018)

For the online version with clickable links, visit: go.umd.edu/explorecareerssph
SPORTS & FITNESS
Swim Instructor
Ticketing & Fan Services Rep.
Personal Trainer
Studio Owner
Membership Consultant
Group Exercise Instructor
Clubhouse Assistant
Lead Trainer
Coordinator, Fitness Staff

RESEARCH
Healthcare Analyst
Research Program Coordinator
Program Assistant
IRTA Fellow
Counterterrorism Team Lead
ORISE Research Fellow

HUMAN RESOURCES
Recruiting Coordinator
Healthcare Recruiter
Talent Representative

HUMAN SERVICES
Behavior Therapist
Client Manager
Membership Coordinator
Peace Corps Volunteer

HEALTH CARE
Physical Therapy Technician
Orthopedic Technologist
Medical Assistant
Patient Care Technician
Office Assistant
Medical Scribe
Rehabilitation Aide
Emergency Medical Technician
Administrative Assistant
Chiropractic Assistant
Dialysis Patient Care Technician
Surgical Administrator
Wellness Manager
Physical Therapy Aide
Rehabilitation Technician
Cardiac Rehabilitation Specialist
Exercise Physiologist
Clinic Assistant
Scribe
Movement Aide
Adaptive Physical Activity Aide
Functional Aging Specialist

BUSINESS
Management Trainee
Sales Associate
Client Engagement Specialist
Sales Representative
Charity Fundraising Coordinator
Brand Ambassador
Small Business Consultant
Ticket Sales Account Executive
Neurological Sales Representative
Executive Team Leader Logistics
Business Development Associate
Senior Fitness Sales Counselor
Sales & Marketing Associate
Inside Sales Consultant

OTHER
Biology Teacher
Lieutenant
PE Teacher
Playroom Attendant
Licensed Massage Therapist
Teaching Assistant
Retail Store Manager
Information Technology Technician
Recreation Specialist
EMPLOYERS OF KNES UNDERGRADUATES

Aerotek
Alyssa’s Aquatics
Amwell Orthopaedic Physical Therapy
Anne Arundel Health Care Enterprises
Anne Arundel Medical Center
ATI Physical Therapy
Baltimore Orioles
Bayside Physical Therapy, Inc.
Booz Allen Hamilton
Children’s National Medical Center
CrossFit
DaVita Healthcare
Doctors Community Hospital
Equinox
Family Medicine Shady Grove
Foot and Ankle Specialists of Mid-Atlantic
Forever Fit Physical Therapy and Wellness
Fort Washington Medical Center
George Mason University
George Washington University
Gold’s Gym
Greenbelt Physical Therapy and Sports Medicine
Healthcare Recovery Solutions
Johns Hopkins Medicine
Johns Hopkins University
Kforce
Kids Enjoying Exercise Now (KEEN)
LA Fitness
Life Time Fitness
MAD Fitness
Massage Envy
Maxim Healthcare Services
MedStar Health
Meridian Medical Technologies
Metro Orthopedics and Sports Medicine
Montgomery Orthopaedics
Monumental Sports & Entertainment
National Institutes of Health
Physiotherapy Associates
Pivot Physical Therapy
Poolesville Physical Therapy
Potomac Valley Orthopaedic Associates
Premier Orthopaedic and Sports Medicine
Prince George’s County Government
Progressive Physical Therapy
Real Life Prosthetics
RehabCare
San Jose Sharks
ScribeAmerica
Soccer Shots
SPEAR Physical Therapy
Specialty Care
Sport&Health Clubs LLC
Steiner Sports
Striar Hebrew Academy
Supernus Pharmaceuticals
U.S. Social Security Administration
Under Armour
University of Maryland St. Joseph Medical Center
University of Maryland, Baltimore
University of Maryland, College Park
Teach for America
The Advisory Board Company
Trauma Center
Washington D.C. Dermatology
Washington Nationals
Washington Orthopedics and Sports Medicine
Washington Sports Club
WAYS KNES MAJORS GAIN EXPERIENCE

INTERNSHIPS & JOBS
- **KNES Internship Database**: list of past internship host sites of KNES students
- **Teamwork Online**: Lists sports jobs and internships
- **UMD Careers4Terps**: UMD’s job and internship database for on and off-campus positions for students
- **Indeed**: Lists jobs nationwide (tip: think carefully about what keywords you search)
- **Idealist**: Lists jobs, internships, and volunteer opportunities nationwide in the non-profit sector

VOLUNTEER OPPORTUNITIES
- **Services 24/7**: A virtual resource center that connects you to local nonprofit organizations

RESEARCH
- **SPH-affiliated research opportunities**: check out SPH’s Centers and “find an expert” studying something that interests you
- **Maryland Center for Undergraduate Research**: Promotes and facilitates on- and off-campus research experiences for undergraduates; provides mentoring.
- **Cognitive Motor Neuroscience Laboratory**
- **Exercise Physiology Laboratory**
- **Physical Cultural Studies (PCS)**

CONNECT WITH ALUMNI
- **Linkedin**: visit the UMD page and click “See Alumni” to have access to 250,000+ alumni professionals. Also join the **SPH LinkedIn group**
- **Terrapins Connect**: A platform that allows you virtual access to UMD alumni who have volunteered to conduct industry specific resume reviews, mock interviews, and to share the scoop on how they broke into their field
Skills lead to jobs. What skills have you developed from your classroom and extracurricular experiences? Review the Skills Inventory List to examine soft skills to highlight on your resume and within interviews. “Must Have” Career Readiness Competencies, according to employers - NACE Finding.

Here are just a few of the skills the Kinesiology major helps students to develop:

1. Critical analysis
2. Applied scientific reasoning skills
3. Oral and written communication
4. Team management and leadership
5. Thriving in a collaborative environment

Using the following resources, you can begin to explore career paths:

- American Kinesiology Association
- Occupational Outlook Handbook
- O*NET Online
- Candid Career: Informational career videos
- https://explorehealthcareers.org/
- http://www.publichealth.org/careers/
- https://www.teamworkonline.com/
- Vault Guides: Get company rankings and reviews, find jobs, school rankings and reviews, internship rankings and reviews, salary data, and more.
  - Coaching & Fitness
  - Healthcare Provider
  - Sports
The following career paths require an advanced degree. Start researching to determine eligibility requirements.

- Medical doctor
- Physical therapist
- Physician assistant
- Occupational therapist
- Professor
- Athletic trainer
- Scout

**GRADUATE SCHOOL INFORMATION**

- Things to consider about graduate school
- Grad School Rankings: US News & World Report
- Researching programs: Peterson’s
- Accredited Public Health Degrees (MPH): SOPHAS
- Accredited Physical Therapy Schools: CAPTE
- Accredited Occupational Therapy Schools: AOTA
- UMD Reed-Yorke Health Professions Advising
## ADVANCED DEGREES THAT KNES GRADUATES ARE PURSUING

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<td>Ball State University</td>
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<td>Boston University</td>
<td>Public Health, Physical Therapy</td>
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<td>Drexel University</td>
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<td>Chiropractic</td>
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<td>New York University</td>
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<td>Trinity Washington University</td>
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<td>University of Baltimore</td>
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<td>University of Maryland, Baltimore</td>
<td>Pharmacy, Physical Therapy, Nursing</td>
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<tr>
<td>University of Maryland, College Park</td>
<td>Curriculum &amp; Instruction, Public Health, Kinesiology, Special Education, Neuroscience and Cognitive Sciences</td>
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<td>University of Maryland, University College</td>
<td>Health Care Administration, Business Administration</td>
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<tr>
<td>University of Washington</td>
<td>Prosthetics &amp; Orthotics</td>
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<td>Vrije Universiteit</td>
<td>Human Movement Science</td>
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