As a Kinesiology major, you’ll study the complex role of physical activity in human health and performance across the lifespan.

The Bachelor of Science in kinesiology addresses the historical, cultural, developmental, biomechanical, neuromotor and physiological bases for participation in movement activities.

You’ll learn how those theoretical foundations shape physical activity, exercise, sport and wellness for people of all ages while honing your own interests within this diverse field. Prepare for a career in sports- or fitness-related fields, medical professions, research and other professional arenas.

The kinesiology program provides a multi-disciplinary approach to the study of human movement. Our major core of seven courses will ground you in the essential sub-disciplines of human movement, setting the stage for more advanced coursework.

You’ll participate in a capstone course during your final semester, and have the option of pursuing a specialization to prepare for a specific career.

Internships, faculty-student research opportunities, and our kinesiology honors program all offer opportunities for invaluable learning and career prep.

Some of our courses include:
- Sport in American Society
- Neural Bases of Human Movement
- Psychology of Exercise and Health
- Sport Globalization
- Exercise and Body Composition
- Biomechanics of Sport

**MORE INFORMATION**

sph.umd.edu/knes

LINDSEY WINTER
Academic Advisor
301-405-2450
lmrodkey@umd.edu

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Aaron Norris ’16
Surgical Neurophysiologist
SpecialtyCare

“The kinesiology major provided me with the educational foundation I needed to begin a career in health care and to pursue my passion of patient care. The relationships formed with my peers and professors have been indispensable in my professional development and continue to open doors to new opportunities all over the country. Go Terps!”

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ABOUT THE UNIVERSITY OF MARYLAND

RANKED
8
Best Value College
Kiplinger’s Personal Finance magazine

RANKED
15
Most Innovative School
U.S. News & World Report

RANKED
22
Public Research Institution
U.S. News & World Report
WHAT WILL YOU DO WITH YOUR KINESIOLOGY DEGREE?

**GRADUATE EDUCATION**

Our alumni are continuing education in graduate and professional fields such as:
- Physical Therapy
- Athletic Training
- Sports Management
- Medicine
- Occupational Therapy
- Nursing
- Physician Assistant Programs
- Public Health - Physical Activity
- Physical Education
- Orthotics and Prosthetics

**WHERE KINESIOLOGY GRADS ARE WORKING**

(Selected list of employers)

**HOW OUR MAJORS ARE GAINING EXPERIENCE OUTSIDE THE CLASSROOM**

- Internships
- Student Organizations
- Service Learning
- Part-Time Jobs
- Research Projects
- Minors
- Undergraduate Teaching Assistant
- Study Abroad
- Honors Programs

**POSSIBLE CAREER OPPORTUNITIES**

assistant athletic director, personal/group trainer, fitness instructor, chiropractic assistant, health educator, physical therapy technician, rehabilitation specialist, physical education teacher, coach and more!

93% of recent undergraduates reported having plans after graduation

49% are going on to full-time employment

33% are continuing their education in graduate and professional fields such as physical therapy, sports management, medicine, occupational therapy, nursing, physician assistant programs, public health and more!

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