

WHY MAJOR IN KINESIOLOGY?

:: the science of human movement and physical activity

BROOKS LEITNER, B.S.
KINESIOLOGY '15

Research Fellow,
National Institute of Diabetes and Digestive
and Kidney Diseases

“I got a broad background in public health, human anatomy and physiology. I worked with a fantastic mentor on his research on exercise and brain health, and developed my own skills and curiosity as a researcher. This was essential in my pursuit of a career in science and medicine at the NIH.”



MORE INFORMATION

sph.umd.edu/knes

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UNIVERSITY OF MARYLAND
School of Public Health
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College Park, MD 20742

ABOUT THE UMD SCHOOL OF PUBLIC HEALTH

- Accredited by the Council on Education for Public Health
- 25 degrees and academic programs
- More than 2500 undergraduate students and 300 graduate students
- Most culturally and racially diverse student body at UMD
- Ranked #22 among all Schools of Public Health by US News and World Report
- Unique strengths in family science and kinesiology
- Less than 8 miles from unique research & professional opportunities in Washington, D.C.

OUR PROGRAM

The Kinesiology program provides a hierarchical 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 advanced, more specific 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**

IN OUR DEPARTMENT OF KINESIOLOGY, you'll study the complex role of physical activity in human health 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, all 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.

WHAT WILL YOU DO

with your **KINESIOLOGY DEGREE?**

The **Kinesiology** major is flexible, allowing development of many different career tracks. Here's what recent grads say about their Kinesiology degree from the UMD School of Public Health!



84%
of recent undergraduates reported having plans after graduation

45%
going on to full-time employment

30%
continuing their education in graduate & professional fields such as **physical therapy, sports management, medical school, occupational therapy, nursing school, physician assistant programs, public health - physical activity**, and more!

Real Entry-Level Jobs

- Personal/Group Trainer
- Fitness Instructor
- Chiropractic Assistant
- Physical Therapy Technician
- Rehabilitation Specialist
- Nonprofit Sport Coordinator
- Research Data Associate
- Coach
- Physical Education Teacher

Where Kinesiology Grads Are Working



How our majors are gaining experience outside the classroom

Internships	73%
Student groups	56%
Part-time jobs	49%
Community service	46%
Research projects	14%



17% of students found jobs through previous positions & internships



24% found jobs through family & friends



33% found jobs online

All data based on the UMD Graduation Survey for the SPH class of 2014-2015.