



LA Mission College Career Center

KINESIOLOGY

MAJOR SHEETS

SKILLS

(things you will learn or use)

- Computer literacy
- Interpersonal skills
- Physical stamina
- Communication
- Problem solving
- Teaching
- Motor skills
- Knowledge of human anatomy

INTEREST

- Exercise and physical activity
- Sports-watching and participating
- Working outdoors
- Maintaining a healthy lifestyle
- Studying biology
- Studying human anatomy
- Helping others

WHAT IS KINESIOLOGY?

Kinesiology is the study of how the human body moves and how those movements can have an impact on overall health. As it is concerned with movement and health, kinesiology is also grounded in knowledge of anatomy and how organs function at the cellular level. Within kinesiology, there are several disciplines such as exercise science, sports management, sports psychology and physical education. Programs in Physical Education are designed to prepare people for jobs in teaching, coaching, fitness management, officiating, or a combination of these areas.

LAMC DEGREES & CERTIFICATES OFFERED

- **Associates of Arts of Transfer (AS-T) in Kinesiology**
- **Associates of Science Degree in Physical Science**

TRANSFER RELATED MAJORS

- **CSU Dominguez Hills:** Physical Education - Athletic Training Education, Physical Education - Fitness Director
- **CSU Fullerton:** Kinesiology - Gerokinesiology, Kinesiology
- **CSU Los Angeles:** Kinesiology - Exercise Science, Kinesiology - Movement Science, Kinesiology - Rehabilitation and Therapeutic Exercise
- **CSU Northridge:** Kinesiology - Physical Education, Kinesiology - Applied Fitness and Active Lifestyle Development, Sport Studies
- **Cal Poly Pomona:** Kinesiology



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WORK ENVIRONMENT

- Indoors, in locker rooms, offices, training rooms, or gymnasiums
- Outdoors, on athletic fields or in swimming pools
- May work long hours during playing sessions. Some evening and weekend work may be necessary
- Travel for out-of-town competition may be required for those working with professionals or with school teams

WEBSITE RESOURCES

- www.lamission.edu/careercenter
- <http://www.lamission.edu/Kinesiology/AS-T-in-Kinesiology.aspx>
- www.assist.org
- www.salary.com
- <https://uncw.edu/career/whatcanidowithamajorin.html>
- www.cacareerzone.org
- <http://degrees.calstate.edu/>
- https://admission.universityofcalifornia.edu/counselors/files/undergraduate_majors_list.pdf

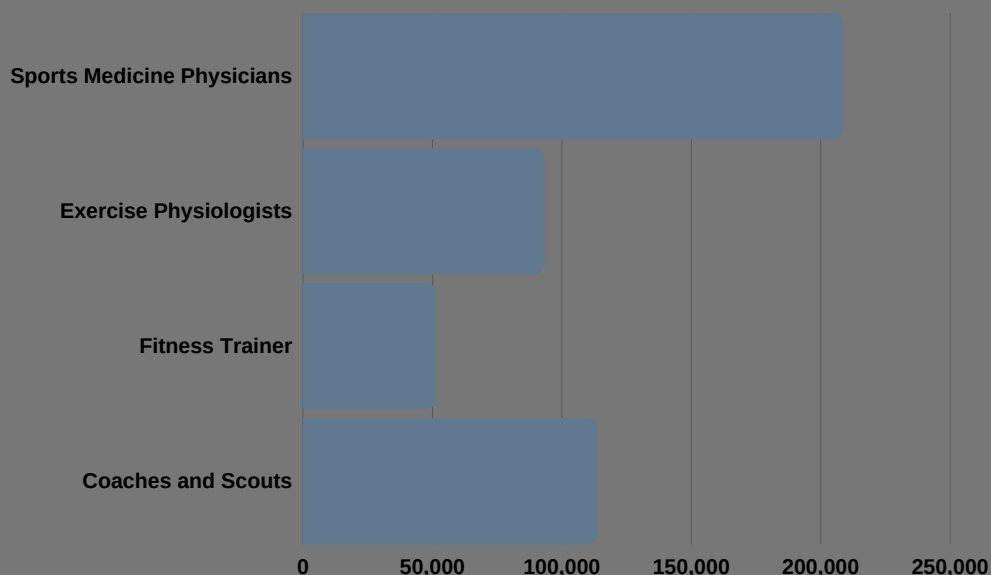
POTENTIAL JOB TITLES

- Sports Coach
- Physical therapist
- Personal Trainer
- Occupational Therapist
- Kinesiology Professor
- Massage Therapist
- Sports Medicine
- Respiration Therapist
- Athletics Administrator
- Health Educator
- Exercise Physiologist

POTENTIAL EMPLOYERS

- Gyms
- Rehabilitation facilities
- Hospitals
- Outpatient clinics
- Nursing homes
- Health agencies
- Professional sports leagues
- Elementary schools
- Colleges/universities
- Recreation Centers

*EARNINGS



*Earning can vary by occupation and experience. The following are average annual wages as of 2019 in California based on California Career Zone <https://www.cacareerzone.org/>

This general information is provided by the LA Mission College Career Center. For specific information about majors and careers please email us to make an appointment at careercenter@lamission.edu