KINESIOLOGY

Department

Exercise and movement-related fields are more popular than ever, thanks to society's love of sports and growing interest in health, fitness, and better living. Kinesiology, the study of human movement, provides a foundation for careers in these growing professions.

Occupations

Kinesiology graduates will be prepared for further study or careers in teaching, coaching, athletic training, adapted physical education, allied health fields, health and fitness industries, sports industries, or exercise and movement science. Kinesiology's well-rounded study of the human body – from anatomy to nutrition – can also form a strong foundation for careers in physical therapy and medicine.

- Exercise trainers and coaches
- Fitness club managers
- Wellness coordinators
- Recreational sports coaches
- Physical therapists

Contact Information

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Degrees and Courses

Degrees
- Kinesiology (AA-T) (https://catalog.napavalley.edu/areas-of-study/kinesiology/kinesiology-aa-t/)

Courses
- Kinesiology (KINE) (https://catalog.napavalley.edu/courses/kine/)