

Kinesiology Exercise Planning Guide 2019-2020

Program Overview

A degree in Exercise Science/Kinesiology can prepare someone to work as a personal fitness trainer, athletic trainer, exercise physiologist, recreational therapist, aquatic therapist, cardiac rehabilitation, physical education/health teacher, coach. Some graduates go on to apply to Physical Therapy programs (this typically requires additional science prerequisites).

Kinesiotherapists and Exercise Scientists often work under the supervision of a physician. Using exercise, they help patients who suffer from health problems such as chronic disease, spinal injuries, or even just the effects of aging. Programs in exercise science prepare people to teach others how to exercise.

Sample Career Options Include:

[Exercise Physiologists](#)

[Recreation & Fitness Studies Teachers, Postsecondary](#)

[Athletic Trainer](#)

[Elementary Physical Education Teacher](#)

Transfer

If you are considering a major in Kinesiology and transferring to a four-year college or university in Washington state, our Transfer Program Planning Guide is designed to provide you with recommended courses to complete your [Associate of Arts Direct Transfer Agreement, AA-DTA](#) degree. Of course, educational plans may vary, based on which quarter you begin, how many credits are taken, placement into Math and English, and your preferred transfer institution. To keep you on the best pathway, we encourage you to consult with an Academic Advisor for scheduling options.

Degree Map

Degree Maps are an integral part of our Planning Guide. Each Degree Map includes a suggested quarterly sequence of courses so you could earn your degree within two years of full-time study. Your Degree Map is also designed to help you create an individualized, customized Educational Plan, which is required of all SVC students. To start creating your Educational Plan, please consult with an Academic Advisor.

[Degree Map-Kinesiology](#)
