

# Next Steps

## Freshman Highlights



- Fall Classes: BIO 111/111L; KIN 250  
Spring Classes: BIO 271/271L; KIN 220
- Schedule time to meet with an academic advisor in the Students First Office to develop a 4-year plan
- Apply to participate in special interest housing
- Sign up early for tutoring and Supplemental Instruction through Student Success Center
- Log into SpartanCareers to view jobs and start your career
- Check out undergraduate research opportunities
- Review the ExploreIt! Shadow Program

## Sophomore Highlights



- Register for appropriate CHE courses
- Enroll in pre-requisite courses for KIN
- Meet with your faculty advisor to ensure you are on track in completing your GEC requirements
- Visit Students First Office to estimate your GPA and re-view your degree evaluation
- Pursuing a concentration? Complete the application
- Visit Career Services Center to talk with a Peer Career Ambassador - time to get your major confirmed and resume started
- Attend Career Services Theme Weeks
- Begin to develop your professional network

## Junior Highlights



- Register for the KIN co-requisite courses required
- Discover leadership opportunities through clubs and organizations
- Check out opportunities—Office of Leadership & Service Learning
- Visit Career Services Center to complete your resume, practice interviewing, learn about graduate school, and/or prepare your internship search action plan
- Attend Career Fairs and Employer Information Sessions
- Continue to build your professional network by speaking with faculty, employers, and alumni
- Complete a Course Overload Form in Student First Office if you need to register for more than 18 hours

## Senior Year Highlights



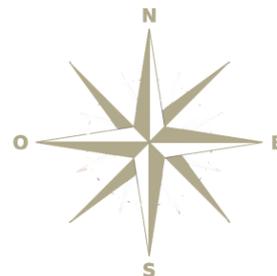
- Meet with your faculty advisor to finalize your plans
- Apply for graduation via University Registrar - watch out for **deadlines**
- Take the “Senior Check Up” to see what skills or experiences you should make use of at Career Services
- Start applying to jobs and graduate programs
- Attend Career Fairs
- Network, network, network

## Department of Kinesiology

<http://www.uncg.edu/kin>

### Career Services Center

#1 Elliott University Center  
336.334.5454  
[career\\_services@uncg.edu](mailto:career_services@uncg.edu)  
[csc.dept.uncg.edu](http://csc.dept.uncg.edu)



### Students First

061 McIver Building  
336.334.5730  
[students@uncg.edu](mailto:students@uncg.edu)  
[studentsfirst.uncg.edu](http://studentsfirst.uncg.edu)

# B.S. in Kinesiology



# MAP IT!

## Chart your course



THE UNIVERSITY *of* NORTH CAROLINA  
**GREENSBORO**

# Kinesiology

Concentrations: Fitness Leadership, Sports Medicine, Physical Education, and Health Teacher Education

## WHERE IT CAN TAKE YOU

### Sample Work Functions

Those who study Kinesiology generally direct their skills, experience, and knowledge towards the following career functional areas:

- Physical Fitness
- Athletic Training
- Physical Therapy
- Occupational Therapy
- Health & Safety
- Physician
- Education
- Business
- Sports Medicine

### Sample Work Settings

Here is a sample of work settings (or work environments) that might interest someone with this educational background.

- Health Clinics
- Sports Organizations
- Resorts & Cruise Lines
- Universities & Colleges
- Home Healthcare Agencies
- Retirement & Nursing Centers
- Clinical, Industrial, and
- Corporate Healthcare Programs
- Fitness Centers
- Hospitals & Clinics
- Community Youth Programs
- Federal & State Government
- K-12 Education
- Pharmaceutical Companies

### Sample Salary Information

Salary information below represents median trends for sample job functions below and may not account for variables including geography, candidate background, or other factors involved in salary negotiation. For more complete information, check out the O\*Net and the Occupational Outlook Handbook in addition to conducting informational interviews with professionals in the field.

- Athletic Trainers: \$41,600
- Physical Therapists: \$76,310\*
- Occupational Therapists: \$72,320\*
- Recreation and Fitness Studies Teachers: \$57,840
- Physician Assistant: \$88,660\*
- Health Educator: \$47,940

\*additional education may be required

### Organizations Where Our Alumni Have Gone

- Stryker Instruments
- IGNITE 360
- Town Sports International
- Grey Healthcare Group
- High Point Regional Health System
- UCLA

## HOW TO GET THERE

### Try on this major

In addition to the Biology (BIO) and Chemistry (CHE) courses required for Kinesiology, there are several courses within the department that any UNCG student can take as a way to “try on” the major and determine if it’s a good fit for you. Talk with your advisor about taking one or both of these courses during your first year:

KIN 250: Introduction to Kinesiology

KIN 220: Physical Fitness for Life

### When to take coursework

Students pursuing a Kinesiology degree are required to take several different Biology courses during their freshman and sophomore years. To ensure that you stay on track to graduate, talk with your advisor about registering for the following courses:

BIO 111/111L—fall semester freshman year

BIO 271/271L—spring semester freshman year

BIO 277/277L —fall semester sophomore year

CHE 103/110 or CHE 111/112 —fall semester sophomore year

### Campus Organizations & Clubs and Professional Associations

- American Council on Exercise
- Aerobics and Fitness Association of America
- The American College of Sports Medicine

### Special Interest Housing

Special interest housing communities are residential-based programs designed to enhance the overall undergraduate student experience by fostering one-on-one relationships between faculty, staff, and students in a close knit residence hall environment. Students are encouraged to explore intellectual, cultural, and social interests through experiential activities often linked to the academic curriculum. Students learn with friends, while gaining real-world experience all where they live. Special interest housing options include:

- Lloyd International Honors College
- Living-Learning Communities
- Residential Colleges
- Themed Communities

### Past Internship Sites

Note: this is a partial listing of where students have interned in the past. Internships are not guaranteed; work with your academic program and the Career Services Center to strategize your plans for an internship to compliment your studies.

- RAM Fitness
- Rex Wellness Center
- Roushfenway Racing
- The Club— Oak Branch and
- Lendew
- Randolph Hospital
- High Point Regional Health
- Greensboro Aquatic Center

### Sample Graduate Programs

Students graduating from this undergraduate program also look at continuing their education in these sample programs:

- Physical Therapy
- Occupational Therapy
- Physician Assistant Programs
- Medical School
- Clinical Psychology
- Athletic Training

### GPA & Other Requirements

Once you declare a Kinesiology major and select your academic concentration, you want to be sure you are aware of the various GPA and program requirements. Knowing these in advance will help you stay on track each semester and in planning out your long-term goals.

Concentration	GPA & Program Requirements	Application Procedures
Fitness Leadership	<ul style="list-style-type: none"> <li>• 2.5 Cumulative GPA</li> <li>• Earn a grade of C or higher in KIN 220</li> <li>• Completion of BIO and CHE pre-requisites before applying for admission</li> </ul>	Students may apply to the Fitness Leadership concentration after successful completion of the program requirements. Admission forms for the Fitness Leadership concentration can be picked up in 237 HHP Building
Physical Education & Health Teacher Education	<ul style="list-style-type: none"> <li>• 2.5 Cumulative GPA</li> <li>• Earn a grade of C or higher in all KIN courses</li> </ul>	Students pursuing a PEHTE have a dual admission process: <ul style="list-style-type: none"> <li>• Spring Semester, Freshman Year—apply to the PEHTE program</li> <li>• Spring Semester, Sophomore Year—apply for admission to the Teacher’s Academy</li> </ul>
Sports Medicine	<ul style="list-style-type: none"> <li>• 3.0 Cumulative GPA after earning 60+ semester hours</li> <li>• Earn a C or higher in all KIN courses</li> </ul>	There are no additional admission or application forms for the Sports Medicine concentration

### Sample Minors/Double-Majors

Often, UNCG students may be interested in pursuing a second major or a minor to complement their major. If this is of interest to you, be sure to discuss it with your advisor early on. Some possible minors or majors to consider include:

- Sociology
- Psychology
- Public Health
- Sports Coaching Minor