Help people work toward wellness and live healthier lives. Kinesiology - the study of physical activity and human movement - prepares you for a variety of careers in health science, fitness, sport, and wellness.

Kinesiology coursework includes human anatomy and physiology, movement science, sociology, and sport and exercise physiology. This major is also excellent preparation for professional programs in areas such as allied health, athletic training, nursing, physical therapy and occupational therapy or master’s and Ph.D. programs in kinesiology and sport and exercise science.

Student Experiences

Student Group Spotlight: Exploring Physiology Through Education and Collaborative Training (ExPECT)

Study Abroad Options

Learn about study abroad options for Kinesiology majors.

Meet Our Alumni
Azizah Jor’dan, B.S., M.A., Ph.D., Kinesiology, CEHD

Azizah Jor’dan is passionate about improving the quality of life for older adults. Her research explores the connections between neuroscience, age and movement science. She has been recognized by her field’s flagship professional organizations such as the National Institute on Aging, the Gerontological Society of America, and the North American Society for Psychology of Sport and Physical Activity. Azizah is currently continuing her work through the Harvard Medical School Postdoctoral Fellowship in Transitional Aging Research program. Learn more in a Q&A with Azizah.

You might also explore

- Biology
- Biology Society and Environment
- Sport Management
- Youth Studies

Associated Careers

Corporate Wellness Instructors, Fitness Center Directors, Health Coaches, Occupational Therapists, Physical Therapists, Podiatrists, Recreational Therapists, Strength and Conditioning Coaches