



# KINESIOLOGY

Personal Trainer Track

Ila Faye Miller School of Nursing & Health Professions

## Program Overview

The program of study leading to the Bachelor of Science in Kinesiology degree prepares students to work as a personal trainer in a variety of different health and fitness environments. Personal trainers have the knowledge, skills and abilities necessary to design safe and effective fitness programs for clients. They instruct and assist individuals in reaching personal health and fitness goals.

## Professional School Opportunities

Graduate options include a Master's Degree in Kinesiology or related areas.

## Career Opportunities

Personal Trainer track graduates use their degrees to work in a variety of private sector environments that include:

- YMCA/YWCA
- Community Recreation
- Boys and Girls Club
- Sports Facilities
- Fitness and Health Clubs

## Contact Person

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