

A photograph of two female runners in motion on an indoor track. The runner in the foreground is wearing a red t-shirt and dark shorts, running towards the right. The runner behind her is wearing a black sports top and dark shorts. The background is blurred, showing the wooden floor of the track and overhead lights, creating a sense of speed and movement.

SOUTHERN ILLINOIS UNIVERSITY CARBONDALE

KINESIOLOGY

COLLEGE OF
EDUCATION AND HUMAN SERVICES

OPPORTUNITIES AWAIT

Kinesiology, the study of human movement, is quickly emerging as one of the fastest growing fields in the United States, according to the American Kinesiology Association. The study of kinesiology is the pathway to a variety of opportunities and fulfilling careers in research, allied health and professional fields related to physical activity.

WE OFFER MINORS IN COACHING AND DANCE. THERE IS A SUBSTANTIAL NEED FOR PROFESSIONALS TO FILL THESE ROLES.

KIN.SIU.EDU

HELPING YOU SUCCEED

Your success is important to us. Our department features a noteworthy "dedicated" loan/scholarship program for the exclusive use of our students, in addition to the many university and college scholarships available.

Our faculty and staff are energetic, engaging and caring. They teach, mentor and afford you many opportunities to grown and learn. With a low student-to-faculty ratio of 25-to-1, you will benefit from close interaction with instructors and rewarding learning opportunities.

SIU is home to more than 450 registered student organizations, including many of interest to education and human services students. It's a great way to get involved, expand your network and get valuable experience.

INTERESTED IN GRADUATE STUDY?

We have two graduate programs in kinesiology. Our Exercise Science program incorporates advanced, in-depth study in the specializations of exercise physiology, biomechanics and motor behavior.

Our Sport Studies program features the study of advanced psychological, sociological and administrative/management aspects of sport and physical activity. Specializations include social psychology of sport and sport management.

WANT TO LEARN MORE?

We would love to tell you more about our kinesiology program and how you can join this growing field.

Visit us online at kin.siu.edu or call us at 618/536-2431 for more information.





CHOOSE FROM THREE DIFFERENT MAJORS:

Exercise Science – prepares you to conduct and manage physical activity, health-related fitness and wellness programs in corporate, community, academic and clinical settings. It also lays the groundwork for graduate study in physiology, biomechanics and motor behavior, and is becoming the major of choice for those pursuing allied health professional careers including medicine, occupational and physical therapy, chiropractic service and ergonomics. About one-third of our exercise science students continue on to allied health careers.

Physical Education Teacher Education – enables you to become a state-certified physical education teacher, promoting physical activity and health with youth. Coaching opportunities typically go hand in hand with physical education teaching careers. Graduate study in Sport Studies and/or Exercise Science can also lead to career advancement.

Sport Administration – readies you for a variety of administrative roles in the fast-growing sports industry. You will learn about the financial, legal, ethical, business, sociological, psychological and management aspects of sports and find employment options in sport marketing, facility and event management, coaching, sports media, business operations, corporate sponsorship, athletic management and more.

THE MAJOR OF CHOICE

Kinesiology is among the fastest growing academic units at SIU. Within the last few years, our exercise science enrollment has tripled and our sport administration enrollment has more than quadrupled. This growth is evidence of the importance of kinesiology and the excellence of our programs.

HANDS-ON EXPERIENCE

We don't just talk about hands-on learning. Our students live it every day. We pride ourselves on having programs that benefit the community as they prepare graduates for career success.

Students in our Physical Education Teacher Education program don't wait until their student-teaching semester to go into schools. They are there early and often, gaining valuable field experience.

Our Sport Administration students perform internships with SIU athletics, professional sport teams, community sporting organizations and sport agencies in various roles including marketing, promotions and facilities/event management.

Our Exercise Science students often intern with Strong Survivors, an experience-based recovery program that has helped hundreds of community members return to normalcy after a cancer diagnosis. There are also internship opportunities in fitness and wellness classes and training, cardiac rehabilitation, personal training and strength and conditioning programs within programs at the Student Recreation Center, commercial fitness centers, hospitals and clinics and other venues.

Experience is quite an exceptional teacher and exceptional instruction is what SIU is all about.

RESEARCH THAT MATTERS

We give you the opportunity to work alongside our faculty conducting valuable, groundbreaking research. You will have access to several fully equipped laboratories where you can put classroom learning into practice.

Research opportunities abound in these labs:

- Biomechanics and Integrative Movement
- Cardiovascular Control
- Exercise Physiology
- Motor Behavior
- Sport Psychology
- Cancer Rehabilitation

Research, internships, hands-on experience and world-class instruction – this is the winning combination that makes a Department of Kinesiology education at SIU like none other.



SIU Southern Illinois University
CARBONDALE

WE PUT EXCELLENCE IN MOTION

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