



Careers in Kinesiology

A degree in Kinesiology opens the door to a wide range of careers focused on movement, health, performance, and wellness. Whether you're passionate about sports, fitness, healthcare, or helping others live healthier lives, kinesiology provides the foundation to get you there and the flexibility to grow in multiple directions.

Explore Your Pathway

Fitness & Human Performance

Build the skills to help individuals improve strength, performance, and overall fitness. This pathway focuses on training techniques, exercise programming, and performance optimization.

Career options include:

- Personal Trainer
- Strength & Conditioning Specialist
- Fitness Instructor
- Wellness Coach
- Sports Facility Administration
- Group Fitness Instructor
- Special Populations Trainer
- Assisted Living Fitness Director

Coaching & Athletics

Prepare to lead, teach, and inspire through sports. This pathway focuses on leadership, sport development, and coaching strategies at all levels.

Career options include:

- Coach (youth, high school, collegiate)
- Physical Education Teacher
- Athletic Director
- Sports Administrator
- Scout or Recruiter
- Sport Officiating
- Equipment Manager

Health & Wellness

Focus on improving the health of individuals and communities through education, prevention, and wellness initiatives.

Career options include:

- Health Educator
- Wellness Specialist
- Community Health Coordinator
- Nutrition & Lifestyle Coach
- Health & Wellness Promotion
- Health Inspector
- Corporate Wellness Coordinator

General Kinesiology

Not sure which path is right for you? This option allows you to explore a variety of kinesiology courses and discover your interests while building a strong foundation in human movement and health.

Career areas you can explore include:

- Recreation & Leisure (parks and recreation, YMCA, camp director, community programs)
- Sport & Event Management (event planning, facility management, promotions)
- Health & Fitness Industry (health clubs, equipment, supplement industry)
- Coaching, Fitness, or Wellness pathways
- Consulting and business-related roles

This option is perfect for students who want flexibility while exploring multiple interests.

Additional Career Opportunities

Kinesiology graduates can also pursue careers in a variety of specialized areas:

Healthcare & Rehabilitation

- Athletic Trainer
- Physical or Occupational Therapist
- Exercise Physiologist
- Rehabilitation Specialist
- Recreation Therapist
- Dance/Movement Therapist
- Ergonomic Specialist
- Sports Medicine Doctor

Sport & Recreation

- Sports Marketing & Promotions
- Facility & Event Management
- Parks & Recreation
- Youth & Community Programs
- Public Relations & Sports Information Professional
- Sport Journalism or Broadcasting

Business & Industry

- Fitness Facility Management
- Corporate Wellness Programs
- Health & Fitness Sales
- Consulting & Event Planning
- Sport Law

Why Choose Kinesiology at KC?

Kinesiology is a versatile, hands-on field that prepares you for careers in fitness, healthcare, sports, and wellness. At Kilgore College, you'll gain real-world experience, explore multiple career paths, and build the skills needed to succeed—whether you enter the workforce or continue your education.