

TEXAS LUTHERAN UNIVERSITY

Bachelor of Science in

KINESIOLOGY



ki·ne·si·ol·o·gy

The scientific study of human body movement that addresses physiological, biomechanical, and psychological mechanisms of movement.

Why Study

KINESIOLOGY?

- To improve the physical performance in athletes
- To promote and enhance wellness for optimal health and disease prevention



COMMON APPLICATIONS OF KINESIOLOGY include biomechanics and orthopedics; strength and conditioning; sport psychology; methods of rehabilitation, such as physical and occupational therapy; and sport and exercise.



"While at TLU, I found my vocation as a physical therapist thanks to wonderful professors and mentors. The knowledge and skills I acquired at TLU have given me the privilege to use my vocation as a vehicle to serve others."

– Mac Nwosu 2011

PT, DPT, MBA, FAAOMPT, CSCS, Genesis Physio and Wellness,
Physical Therapist and Founder

Four Specializations for Kinesiology Majors

- Rehabilitation Science (B.S.)
- Exercise Science (B.S.)
- Teaching/Coaching All-Level Certification (B.S.)
- Sport & Fitness Management (B.S.)

WHAT CLASSES WOULD I TAKE MY FIRST YEAR?

- BIO 246L & 247L (Human Anatomy & Physiology)
- COMP 132
- PRWB 130
- MATH 133 (or MATH 130)
- THEO 133
- 1 foreign language
- CHEM 147 (except PT students)
- Co-curricular modules (4)

CHOICES

- 2 Humanities courses
- 2 Visual Art, Music, Dramatic Media courses
- 2 Social Sciences courses
- Intro class in a minor

KINESIOLOGY

- KIN 135
- KIN 234 (Motor Learning)

"Texas Lutheran University's small and intimate classes enhanced my public speaking abilities by providing ample opportunities to participate in discussions and project presentations. Classes become a community where we learn to connect closely with peers, teachers can provide feedback, and learning is enhanced."

– Joseph

Mendoza 2010
Houston Dynamo
Director of Facility
Operations



What Can You Do with a DEGREE IN KINESIOLOGY?

Therapeutic Exercise

- Athletic trainer
- Occupational therapist
- Physical therapist
- Cardiac rehabilitation specialist
- Exercise therapist/physiologist at orthopedic clinic

Sport & Fitness Management

- Program director of corporate fitness center
- Owner of exercise/health facility
- Director of youth sport programs
- Sports/recreation director at resort
- Director of youth camps
- Athletic administrator in high school or college
- Front-office administration in professional or semi-pro sports
- Sports marketing

- Sports promotion, information, media
 - Sports officiating
 - Aquatics director
 - Sports facility supervisor



"The small community and intimate atmosphere at Texas Lutheran University made a huge impact on my personal and professional growth today. The relationships and memories that were created will last a lifetime."

– Cedric Whitaker 2015
Baylor University, Defensive Graduate Assistant Coach

Instruction

- Physical education teacher – high school or college
- Varsity coach – high school or college
- Adapted physical education teacher
- Strength and conditioning coach
- Professional sport instructor – private practice
- Sport psychologist for performance enhancement
- Sports/recreation director at resort

Scholarly Study/College-Level Teaching

- **Professor of:** Exercise Physiology, Biomechanics, Motor Learning, Motor Development, Sport & Exercise Psychology, Sport History, Sport Sociology, Sport Administration, Coaching Theory, Wellness
- Research scientist



"Over my four years at TLU, I was presented with incredible opportunities to learn and grow as a student and as a person. The greatest impression the school left on me was the tangible sense of community that you find there. This genuine and welcoming feeling radiates through the campus and was generated by my peers, professors, coaches, and all the staff members. As I continue my education in physical therapy school, I am incredibly grateful for the personalized education I received at TLU and how prepared it has made me to accomplish my goals and become the person I desire to be."

– **Amanda Lochte** 2017
Physical Therapy Student,
University of Texas Medical Branch (UTMB)

Hands-on Learning

We offer hands-on learning opportunities through our work with disabled adults and preschoolers. Students use TLU's motion analysis equipment in the Keiffer Kinesiology Lab for exercise testing, writing exercise prescriptions, and creating personal fitness regimens for faculty, staff, and students. Students may also work alongside faculty as lab assistants on major research projects, seek internships with kinesiology professionals in the community, or draft their own independent research projects for presentation at regional conferences.

Kinesiology Club

TLU's student-led Kinesiology Club takes advantage of the many outdoor

recreational opportunities in the Texas Hill Country area that include climbing Enchanted Rock in Fredericksburg, Texas, hiking at Pedernales Falls State Park outside of Austin, or kayaking and standup paddle boarding along the Guadalupe River. Kinesiology Club students also give back to the community by hosting a field day service project for students with disabilities.

Each year, TLU Kinesiology professors take students to the Texas American College of Sports Medicine (TACSM) conference to present poster projects and network with professionals in the field.

EXPAND YOUR OPPORTUNITIES WITH A BACHELOR OF SCIENCE IN KINESIOLOGY

For more information about the program: tlu.edu/kinesiology

To schedule a personalized campus visit: tlu.edu/visit

To contact a professor directly:

Jim Newberry, Professor and Department Chair, jnewberry@tlu.edu

Casi Helbig, Professor, chelbig@tlu.edu | Erika Deike, Assistant Professor, edeike@tlu.edu

