Quick Facts For

Health & Kinesiology

Bachelor of Science Programs

www.purdue.edu/hhs/hk/undergraduate/majors

Athletic Training - For those interested in prevention, evaluation, treatment and rehabilitation of athletic injuries. The goals of the program are to prepare students as entry-level athletic trainers through an extensive curriculum of didactic and clinical experiences and to prepare students to sit for and pass the Board of Certification (BOC) exam.

Coursework includes: 4 years of clinical education experiences, anatomy & physiology, prevention & treatment of athletic injuries, therapeutic exercise, injury assessment, administration of athletic training programs, applied anatomy & kinesiology, athletic training modalities, exercise physiology, and pathophysiology for allied health professions.

Points of Interest -

- The reputation of Purdue's accredited athletic training education program reaches nationwide. The legacy of Athletic Training (AT) at Purdue belongs to William E. Pinky Newell, universally recognized as a founding father of modern athletic training. Mr. Newell served as head athletic trainer at Purdue from 1949 through 1976.
- Students are exposed to athletic training facilities starting the 2\textsuperscript{nd} week in the program which include: Mackey Arena training room, Physical Therapy clinic in PUSH, and at the Recreational Sports Center. They will spend 200+ hours their first year at these different sites.
- Students can only start this program in the fall semester and requires 4 years to complete.
- The program is highly selective, with only 12-15 students advancing to the 3 year professional program.
- There are 60-70 students in Pre-Athletic Training and approximately 40 students in the 3 year professional program of Athletic Training.
- AT students will work with football, other Purdue athletic teams, and experience clinical rotations at a local high school, a smaller college in the area, and a rotation with team physicians.
- Students may opt to study abroad during the summer. Every other year, the AT staff takes a group to China - Beijing Sport University - to study the eastern approach to treating athletic injuries.
- Many AT students choose to pursue graduate or professional school in Physical Therapy, Physician Assistant, or Second Degree Nursing programs.

Graduates are working as certified athletic trainers at...

- High Schools
- Colleges & Universities across the country
- Professional sports teams
- Nascar and IRL circuit
- Professional Dance Companies & Performing Arts
- Professional Rodeo
- Out-patient rehabilitation clinics
**Applied Exercise & Health** - For those interested in becoming leading professionals in the fitness industry. The Applied Exercise & Health major is a comprehensive and structured curriculum that supplies students with the knowledge and practical experience to become leading professionals in the field of health and fitness. It is a cooperative educational program housed in the Department of Health & Kinesiology with support from the Division of Recreational Sports and surrounding community organizations dedicated to promoting health and physical activity in all populations including children, adults, and seniors. The goals of the program are to prepare students as entry-level Health Exercise Specialists and to prepare students to sit for and pass either the American College of Sports Medicine Health Fitness Specialist Exam or the National Strength and Conditioning Association Certified Strength and Conditioning Specialist Exam.

Coursework includes: 4 years of clinical education experiences, anatomy & physiology, exercise physiology, basic health studies, human development, biomechanics, applied anatomy, foundations of exercise techniques, principles of safety during exercise, health screenings, fitness evaluation and prescription, fitness program management, and techniques of leading educational training sessions.

**Points of Interest** -
- This program is selective, with approximately 30-35 students advancing to their second year in the major.
- Students will receive personal instruction and training from educated and certified professionals in the field of health and fitness acquiring a minimum of 750 hours of supervised hands-on experience in the field prior to graduation.
- A 250 hour internship required. Some students will take advantage of the study abroad internship program to fulfill this requirement.
- Students are eligible to sit for and pass either the American College of Sports Medicine (ACSM) Health Fitness Specialist Exam or the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist Exam.
- There are 45-50 students in Pre-Applied Exercise & Health and approximately 100 students in Applied Exercise & Health.

**Graduates may find careers at...**
- Hospital wellness centers
- Privately owned fitness centers
- Public fitness centers
- Personal training centers
- Corporate fitness centers
- Fitness equipment sales
- Senior living centers
- YMCA/YWCA
- High Schools and Universities as strength coaches
**Movement & Sport Sciences** - For those interested in studying human movement and sport from the point of view of the sub-disciplines in kinesiology. After a student completes basic and advanced courses in the sub-disciplines of kinesiology, he/she works with a professor to conduct research in one of these areas. This major is an ideal preparation for graduate study (exercise physiology, sport psychology, etc.) or professional school (physical therapy, occupational therapy, medicine, etc.).

Coursework includes: anatomy & physiology, chemistry, physics, exercise physiology, biomechanics, motor control, motor development, motor learning, sport and exercise psychology, sport history, sport sociology and a research experience.

**Points of Interest** -
- This major emphasizes levels of analysis of movement from the cellular to cultural.
- Students select three advanced courses in the sub-disciplines.
- Students have the opportunity to conduct research with a faculty member in one of the sub-disciplines.
- Since many students desire to pursue a career in an allied health profession, students in this major should be compassionate, patient, dependable, responsible, hold high ethical values and possess excellent communication skills.
- There are approximately 310 students in this program.

**Prepares high-achieving students for graduate or professional school to pursue careers in fields such as...**
- Biomechanics
- Exercise Physiology
- Motor Development / Motor Learning
- Sport Psychology / Sport Sociology
- Sport History
- Intercollegiate Athletic Administration
- Product Research and Development
- University Faculty
- Physical Therapy
- Occupational Therapy
- Medicine
- Dentistry
- Chiropractic
- Law

**Additional information on Pre-Physical Therapy & Pre-Occupational Therapy can be found at:**

http://www.purdue.edu/hhs/hk/undergraduate/advising/Pre-PT.pdf

http://www.purdue.edu/hhs/hk/undergraduate/advising/Pre-OT.pdf
Public Health - For those interested in careers that involve planning, implementing, and evaluating public health programs for individuals, groups, and populations in a variety of settings that include worksites, hospitals, schools, and communities. As healthcare costs continue to rise in the United States, training a highly skilled public health workforce that can design and implement effective prevention programs and policies is becoming a much greater priority. Courses in this major introduce students to the 5 core public health competency areas (Behavioral Social Sciences, Biostatistics, Environmental Health, Epidemiology, and Health Policy and Management).

Coursework includes: anatomy & physiology, chemistry, basic public health studies, population health, health behavior & health promotion, epidemiology, human diseases & disorders, methods of health promotion & education, and five additional courses in a chosen public health concentration.

Points of Interest -
- A 500 hour internship is required in a worksite, clinical, community, or government public health setting as part of the curriculum. Some students will take advantage of the study abroad internship program to fulfill this requirement.
- Most visible current employment opportunities are worksite/business settings and clinical settings such as hospitals, health maintenance organizations, and sports medicine centers.
- Prepares students to take the Certified Health Education Specialist (CHES) examination.
- Some students will pursue a Master’s in Public Health (MPH) or other professional education programs.
- There are approximately 110 students in this program.

Graduates may find careers as...
- Public Health Promotion/Health Education Specialist in Voluntary Health Agencies
- Public Health Promotion/Health Education Specialist in Official Health Agencies
- Public Health Promotion Specialist in Worksite Settings
- Worksite Wellness Director
- Patient Educator in Clinical/Hospital Settings
- Corporate Wellness Director
- Public Health Promotion Specialist in Community Settings
- Community Wellness Director
- University Professor