

Kinesiology

nwciowa.edu/kinesiology

Exercise Science
Physical Education
Sport Management
Strength + Conditioning

- Study options**
- Exercise Science
 - Health
 - Physical Education (K-12)/Coaching
 - Sport Management (3 tracks: business, leadership, media/marketing)
 - Pre-professional tracks: Athletic Training, Occupational Therapy, Physical Therapy, Physician Assistant
 - Career concentrations: Fitness Management, Sport Management, Strength and Conditioning

Faith focus A Christian perspective is integrated with everything at Northwestern. It's what sets us apart from other colleges and universities where faith is either on the margins or missing altogether. It's among the reasons our grads—with their Christian ethics and values—are in high demand by employers.

- State-of-the-art labs + equipment**
- **Human performance lab** with BodPod body composition tracking system, metabolic carts for measuring maximal oxygen uptake and resting metabolism measures, Velotron and Monarch cycle ergometers, 2-camera Dartfish system, and an Exertech underwater weighing tank
 - **Athletic performance center** with Sorinex weight equipment; an area for dynamic stretching, speed work and resistance training; reinforced throw wall and weighted medicine balls; and digital technology for kinesiology and athlete education
 - **Athletic training clinic and equipment**, including taping tables, electric stimulation and ultrasound machines, whirlpools, hydrocollators, and a paraffin bath

- Expert profs**
- 6 full-time professors with experience as research scientists, teachers and coaches, and healthcare providers who help patients maintain or retain mobility, flexibility, strength and health
 - Personal attention and opportunities to collaborate on research, data collection and patient care
 - Full-time professional science tutor and 70+ student tutors

Elite internships Well-established connections to area health and fitness service providers offer impressive hands-on experience. Students have also interned far from campus, including at Iowa Fellowship of Christian Athletes in Des Moines, Ultimate Fighting Championship Performance Institute in Las Vegas, and Fitness Professionals in London.

Winning athletic program If, in addition to receiving an excellent education, you also want to play intercollegiate sports, we offer 9 varsity sports for women and 10 for men. The Red Raiders have won 9 team championships since 2001. Learn more at nwcraiders.com.

**PA master's
AT master's** Starting in May 2020, Northwestern expects to offer a Master of Science in Athletic Training and a Master of Science in Physician Assistant Studies. NWC graduates will be given preference in the admission process for both programs.

Unlimited career opportunities Our grads are working and learning at: Athletes in Action ▪ Duke University Health and Fitness Center ▪ Fortitude Performance ▪ Front Range Orthopedics & Spine ▪ Lytle Medical Technologies ▪ Mayo Clinic, physical therapy doctoral student ▪ Sanford Wellness Center ▪ Sidney High School, physical education teacher ▪ University of Texas, strength and conditioning coach ▪ YMCA of the Rockies



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