



Kinesiology

You love movement. You enjoy physical activity, sports and competition. Studying movement—or kinesiology—at Northwestern starts with acknowledging that human beings are made in God’s image and that our bodies are the Holy Spirit’s temple.

Study options

- Athletic training major
- Exercise science major
- Physical education major/minor (grades K-12)
- Sport management major
- Health minor
- Coaching endorsement
- Pre-professional: occupational and physical therapy
- Career concentrations: fitness management, sport management, and strength and conditioning

The diverse curriculum of Northwestern’s kinesiology department not only teaches you principles for healthy living, it also gives you opportunities to apply what you’re learning to help others improve their health and lifestyle. And a healthy lifestyle is a strong foundation for building healthy relationships with others—both professionally and personally.

Faculty

The education and experience of Northwestern’s kinesiology faculty includes conducting exercise science research, collecting patient outcomes, teaching K-12 physical education, sport management, and studying sport cultures in other countries.

Physical activity takes brain power

The sounds and smells of exertion mean you’re surrounded by others who prize fitness as much as you do. Strengthen your mind in our classrooms and clinical labs; then test your body in our gymnasiums, weight rooms and other workout areas. In addition to classrooms and locker rooms, Northwestern’s kinesiology facilities include:

- State-of-the-art human performance lab, including a BodPod body composition tracking system, metabolic carts, Velotron and Monarch cycle ergometers, 2-camera Dartfish system, and an Exertech underwater weighing tank (new in 2014)
- Athletic training clinic and equipment, including taping tables, electric stimulation and ultrasound machines, whirlpools, hydrocollators, and a paraffin bath
- Campus and community fitness center (new in 2013)
- 6,700-square-foot indoor athletic performance center (new in 2015)

High impact

Northwestern kinesiology graduates are working as certified athletic trainers, strength and conditioning coaches, physical therapists, physical education and health teachers, recreation directors, sports management professionals and more. From the winning teachers and coaches to the professional athletes to the sports managers and specialists, they’re all about action.

To learn more about our professors and students, and see what graduates are doing:

nwciowa.edu/kinesiology

Office of Admissions

Zwemer Hall, 2nd floor • 101 7th Street SW • Orange City, Iowa 51041
800-747-4757 • 712-707-7130 • admissions@nwciowa.edu • www.nwciowa.edu