

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, UFC 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. Learn more at nwcraiders.com.

PA master's AT master's

Northwestern now offers a Master of Science in Athletic Training and a Master of Science in Physician Assistant Studies. NWC graduates are given preference in the admission process for both programs.

Unlimited career opportunities

Our grads are working and learning at: Duke University Health and Fitness Center ▪ East Tennessee State University, director of basketball and sport performance ▪ Fortitude Performance ▪ Front Range Orthopedics & Spine ▪ Lytle Medical Technologies ▪ Mayo Clinic, physical therapy doctoral student ▪ San Diego Padres ▪ Sanford Wellness Center ▪ Sidney High School, physical education teacher ▪ YMCA of the Rockies