

KINESIOLOGY

Bachelor of Arts in Health and Fitness Promotion

1ST YEAR

2ND YEAR

3RD YEAR

4TH OR FINAL YEAR

WHERE COULD I GO AFTER GRADUATION?

COURSES TO TAKE

- Introduce yourself to your advisor
- KN 248
- KN 250
- BI 100/101
- Create 4-year Plan

- BI 250/275
- KN 257
- KN 342
- KN 266
- KN 321

- BI 255
- KN 326
- KN electives
- KN activity courses
- 2 correlated requirements
- Foreign Language requirements

- KN 410
- KN 498
- Complete a Scholarly WTE
- 2 correlated requirements
- HL 377

RELEVANT EXPERIENCE

- Get a part-time job
- Explore Leadership Institute and Honors program
- Join Residence Hall groups
- Attend KN Club Events
- Volunteer for a health or activity related event/org

- Consider applying - FYE Peer Educator
- Apply for Dept Scholarships
- Discuss research opportunities with faculty
- Consider Study Abroad
- Attend KN Club Events

- Work at SRWC or other fitness facility
- Volunteer in WU Moves or related organization
- Become personal trainer or FMS certified
- Apply for Dept Scholarships/Major of Year
- Attend KN Club Events

- Set up and complete internship
- Volunteer in WU Moves or related organization
- Contact References for letters
- Attend KN Club Events

BUILD YOUR NETWORK

- Volunteer on Campus with service organizations
- Attend sporting events
- Join BOD Squad
- Search for organizations related to interests

- Join campus clubs (i.e. Student govt, Greek life)
- Consider joining ACSM, NSCA, or other professional organization
- Attend Apeiron

- Attend regional professional conference
- Volunteer with professional organization
- Complete WTE related to profession
- Attend Apeiron

- Present Scholarly WTE at Apeiron in April
- Attend national professional conference

LIFE AFTER GRADUATION

- Meet with advisor for current path
- Explore job opportunities after college

- Sign up for Handshake through Career Services
- Meet with Career Services for resume building
- Attend fall/spring job fairs

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- Finalize resume
- Get CPR/First Aid certified
- Prepare for GRE if grad school bound

- Mock Interview with Career Services
- Apply to Grad School or employment
- Contact references
- Join WU Alumni Assoc.

- Corporate Wellness or Employee Wellness Director
- Personal Trainer
- Life/Health Coach
- Fitness Facility Owner
- Group Fitness Class Instructor
- Strength and Conditioning Coach
- Health Educator
- Community Health Worker
- Graduate school for exercise science or public health related programs

VISIT
www.washburn.edu
FOR MORE INFORMATION