

KINESIOLOGY

Bachelor of Science in Exercise & Rehabilitation Science

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 and NU 102
- BI 100/101
- MA 116
- WU 101
- Create 4-year Plan

- BI 255 and BI 275
- KN 266 and KN 291
- CH 121 or CH 151
- MA 117 if you will be taking PS 261
- CH 152 (if needed)

- Register for classes early
- PS 131/132 OR PS 261
- KN 321, KN 326, and KN 327
- KN 342, KN 357, and KN 330
- PS 262 (if needed)

- Register for classes early
- KN 410
- KN 411
- KN 403
- KN 491
- BI electives

RELEVANT EXPERIENCE

- Get a part-time job
- Explore Leadership Institute and Honors program
- Join Residence Hall groups
- Join KN and Exercise & Rehab Science Clubs
- Consider taking a foreign language

- Apply for Dept Scholarships
- Discuss research opportunities with faculty
- Consider Study Abroad
- Attend WU theatre and music performances
- Attend ERS & 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
- Become a club officer for ERS or KN Club

- Set up and complete internship (KN 491)
- Volunteer in WU Moves or related organization
- Contact References for graduate school letters
- Become a club officer for ERS or KN Club

BUILD YOUR NETWORK

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

- 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
- Get observation hours

- Present your WTE at Apeiron in April
- Attend national professional conference
- Volunteer with professional organization
- Find a mentor in the field

LIFE AFTER GRADUATION

- Meet with advisor for current path
- Explore job opportunities after college
- Research prerequisites for professional schools
- Exercise regularly

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

- Attend fall/spring career fairs
- Get CPR/First Aid certified
- Take GRE
- Identify application deadlines for grad school and plan accordingly
- Get enough sleep

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

The Bachelor of Science in Exercise and Rehabilitation Science is a pre-professional program so you can begin one of these careers after graduate school:

- Physical Therapist
- Athletic Trainer
- Occupational Therapist
- Clinical Exercise Psychologist
- Nutritionist or Dietician
- Physician Assistant
- Chiropractor

Other career options

- Strength & Conditioning Coach
- Exercise Physiologist
- Corporate Wellness Coordinator
- Personal Trainer
- Life/Health Coach
- Group Fitness Class Instructor

VISIT
www.washburn.edu
FOR MORE INFORMATION