Be part of the movement to promote health and fitness.

Health and fitness are critical concerns as rates of obesity, diabetes and other preventable medical problems continue to rise. With a bachelor’s degree in kinesiology from the University of North Dakota, you’ll be prepared to teach physical education, coach athletics or work in the growing fields of exercise, fitness and sports performance.

Program Snapshot

Program type: Major
Format: On-campus
Est. time to complete: 4 years
Credit hours: 120

Why Study Kinesiology at UND?

Exercise and physical activity positively affect human life physiologically, psychologically and socially. In this industry-relevant degree you will develop a holistic understanding of these impacts.

You can align your degree with your career aspirations. This degree offers secondary study streams in teacher education (to teach physical education in grades K–12), kinesiology applications (to work in health and fitness or to pursue advanced degrees), allied health (to pursue an advanced degree in physical therapy, occupational therapy or chiropractic) and related areas.

As a Kinesiology student you can complete a 10-credit internship and gain direct practical experience to study human movement from cell to society.

You can challenge yourself by earning both bachelor's and master's degrees in kinesiology with just one extra year of study. With the health, fitness and wellness industries continuing to grow, employment prospects are promising.

Accreditation

Council for Accreditation of Educator Preparation (CAEP) accredited teacher education program.

State-of-the-art Research

Undergrad students play a key role in research projects from the classroom directly into the lab through UND's Biomechanics and Pedagogical Lab. The BiPed Lab allows students to collect 3D Kinematic data through our Vicon motion analysis system. This system gathers infrared light which is reflected off of the unique suits both Erika and Emily are wearing. Specialized cameras collect the reflected infrared data that is converted into a three dimensional representation of the observed activities.

Application Deadlines

FALL:
FRESHMEN: FEB. 1* | AUG. 1
TRANSFERS: APRIL 15* | AUG. 1
*ACADEMIC SCHOLARSHIP PRIORITY DEADLINE
SPRING: DEC. 15
SUMMER: MAY 1

Program Highlights

- Kinesiology is an excellent choice for students interested in health, fitness and physical activity. Our on-campus facilities, such as our specialized exercise physiology and biomechanics laboratories, are a great way to develop practical skills and experience the hands-on nature of this growing industry.
- You will learn from world-class researchers (all of our faculty have PhDs), including some of the nation's leading scientists and high performance coaches. Our faculty offers a practical approach to learning, which means you will work on real-world projects and gain direct practical experience.
- We are nationally connected. We have industry and professional relationships that support student internships, research and community engagement and open opportunities for future employment.
- Our students have had placements and internships with organizations including U.S. Department of Agriculture, YMCA and Choice Health and Fitness, Ralph Englestad Arena and UND Sport teams.

Outcomes

13K  Job growth outlook for exercise physiologists.*
10%  Projected job growth for fitness trainers and instructors through 2026**

**U.S. Bureau of Labor Statistics: Fitness Trainers and Instructors

You may find work in the sport, fitness and rehabilitation, health, education or recreation industries.

- **Exercise scientist:** Uses biomechanics, physiology, psychology and performance analysis to assess and improve an individual's fitness, sporting performance and general health.
- **Strength and conditioning coach:** Prepares athletes for high performance, affording them the greatest advantage in competition.
- **Personal trainer:** Advises clients on exercise, health, and wellness; develops and delivers individual training programs.
- **Sports coach:** Provides expert training advice to athletes and analyzes their performance.
- **Community and allied health worker:** Supports the work of allied health professionals such as physical therapists, occupational therapists and chiropractors (used as a pre-major for these professions).
- **Physical educator:** Develops health and exercise lesson plans in line with curriculum objectives and facilitates classroom learning.
- **Sport development officer:** Coordinates club and athlete participation in sports programs and improves the performance of individuals and teams.
- **Health promotion officer:** Plans and coordinates health promotion programs for community groups.
- **Outdoor education and recreation instructor:** Plans and coordinates outdoor group activities.