

# KINESIOLOGY

## DEPARTMENT







## MAJORS

**COACHING**

**EXERCISE SCIENCE**

**SPORT STUDIES**

**STRENGTH AND CONDITIONING**

## CAREER POTENTIAL

### *Areas of opportunity:*

- Athletic training
- Biomechanics
- Cardiac or pulmonary rehabilitation
- Chiropractic medicine
- Fitness management
- Physical therapy or occupational therapy
- Nutrition
- Sport-related research

→ *SUNY Cortland also offers graduate programs in athletic training and exercise science.*

## PROGRAM HIGHLIGHTS

The Kinesiology Department prepares students to excel in professions related to physical activity and sport. With dedicated professors, modern facilities and funded research possibilities, hardworking students are prepared to enter graduate school in areas such as physical therapy, occupational therapy, athletic training, exercise physiology, biomechanics or motor behavior.

### **HANDS-ON OUTLETS**

Cortland's annual Sports Medicine Symposium brings in keynote speakers from various healthcare professions, including team doctors, strength and conditioning coaches and other clinician-related areas. Active groups include FIT Club and Dartfish Club. The latter provides opportunities for certifications in sport video analysis.

### **REWARDS OF RESEARCH**

The Professional Studies Building includes designated research labs for biomechanics, exercise physiology and motor behavior. Students have explored topics ranging from an Alter G treadmill's effects on running efficiency to the benefits of short-term exercise in treating Parkinson's disease.

### *By the numbers*

**\$4K**

**stipend awarded to student summer research fellows, plus housing**  
→ *through the Undergraduate Research Council*

## LEARN MORE

**Kinesiology Department**  
Professional Studies Building, Room 1164  
607-753-4300

**[cortland.edu/kinesiology](http://cortland.edu/kinesiology)**