

STUDY THE SCIENCE OF HUMAN BODY MOVEMENT AT TLU

Our Kinesiology program is designed to help you develop:

CAPABILITIES for success in professional employment and graduate studies

COMPASSION for helping others live productive, healthy, and meaningful lives

CONNECTIONS with employers, graduate schools, and internship sites

TLU's Bachelor of Science in Kinesiology degree offers **four areas of specialization:**

- Sport Fitness Management (BS)
- Rehabilitation Science (BS)
- Exercise Science (BS)
- Teaching/Coaching (BS)



HANDS-ON LEARNING

TLU's Kinesiology students use our **motion analysis equipment in the Kieffer Kinesiology Lab** for exercise testing, writing exercise prescriptions, and creating personal fitness regimens for faculty, staff, and students. Students also work with professors as lab assistants on major research projects and then present their research at regional conferences such as the Texas American College of Sports Medicine conference.



WHAT CAN YOU DO WITH A KINESIOLOGY DEGREE?

Exercise Therapy

- Athletic Trainer
- Chiropractor
- Occupational therapist
- Physical therapist
- Exercise therapist
- Cardiac rehabilitation specialist

Instruction & College-Level Teaching

- Physical education teacher – high school or college
- Varsity coach – high school or college
- Sport psychologist
- Strength & conditioning coach
- College professor of Kinesiology
- Personal Trainer

Sport & Fitness Management

- Program director of fitness center
- Director of sport programs or camps
- Sports/recreation director
- Athletic director/administrator in high school or college
- Sports officiating
- Owner of exercise/health facility

TLU Alumni – Where They Are Now



Amanda Lochte
2017 TLU graduate and Physical
Therapist, DPT, NCS

I continue to be grateful to TLU for being the catalyst of my higher education journey. At TLU, I developed a strong dedication to lifelong learning, a desire for excellence, and a passion for helping others. The knowledgeable faculty, welcoming community, abundance of resources, and multitude of opportunities found at TLU helped me reach my career goals and become the person I am today.



Joseph Mendoza
2010 TLU graduate and Houston
Dynamo Director of Facility

Texas Lutheran University's small and intimate classes enhanced my public speaking abilities by providing ample opportunities to participate in discussions and project presentations. Classes become a community where we learn to connect closely with peers, teachers can provide feedback, and learning is enhanced.

EXPAND YOUR OPPORTUNITIES WITH A BACHELOR OF SCIENCE IN KINESIOLOGY FROM TLU



Demonstrating Knowledge & Leadership

As a senior Kinesiology student, you'll begin your final semester with a capstone course, KINS 434, which serves as a culmination of your experience at TLU. This course is designed for you to apply the knowledge you've gained throughout your studies, while also reflecting on your leadership and service experiences. It's your opportunity to showcase your proficiency in written and oral communication, ethical reasoning, and research presentation skills—all essential for your graduation.

Kinesiology Club

TLU's student-led Kinesiology Club takes advantage of the many outdoor recreational opportunities in the Texas Hill Country including:

- Climbing Enchanted Rock in Fredericksburg
- Hiking at Pedernales Falls State Park
- Kayaking or paddle boarding the Guadalupe River in Seguin

Each year, TLU's Kinesiology Club attends the Texas American of College Sports Medicine Conference. Kinesiology Club students also give back to the community by hosting a field day service project for students with disabilities.

