**Kinesiology / Public Health option**

**Marketable Skills**
- Select and implement training, instructional methods and procedures that are appropriate for the situation when learning or teaching new ideas and tasks.
- Identifying measures or indicators of system performance and the actions needed to improve or correct performance, relative to the goals of the system.
- Determining how a system should work and how changes in conditions, operations and the environment will affect outcomes.
- Speaking to others to convey information effectively.
- Using logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions or approaches to problems.
- Monitoring and assessing performance of yourself, other individuals or organizations to make improvements to take corrective action.
- Identifying complex problems and reviewing related information to develop and evaluate options and implement solutions.
- Communicating effectively in writing as appropriate for the needs of the audience.
- Considering the relative costs of actions and choosing the most appropriate.

**Program Outcomes**
- Demonstrate an applied understanding of the form and function of the human body.
- Identify and describe the factors that influence health, rehabilitation, and human movement.
- Evaluate programs and interventions related to health promotion, physical activity and the treatment of diseases.

**Transfer Path/Requirements**
For Texas A&M Commerce
- A student completing the Paris Junior College curriculum is considered Core complete at Texas A&M Commerce.
- No more than 60-66 SCH from PJC will be applied to a bachelor degree at TAMU-Commerce. Another 60 or more must be completed at TAMU-Commerce.
- For the kinesiology major, students might transfer either to the Sport and Recreation Management B.S. or the Kinesiology and Sports Studies B.A./B.S. - All-Level Teacher Certification. The student should check the specific requirements of the degree they are seeking.

**High School Endorsements**
Public Service

**Expected Salary**
*Texas wage data:* workers on average earn $64,100; 10% of workers earn $18,320 or less; 10% of workers earn $106,270 or more. *US wage data:* workers on average earn $66,290; 10% of workers earn $33,140 or less; 10% of workers earn $130,580 or more.

**Career Opportunities**
*AS Minimum:* Exercise Trainers and Group Fitness Instructors; Respiration Therapist; Physical Therapist Aide. *BS Minimum:* Athletic Administrator; Athletic Trainer; Athletics Coach; Sports Officials; Exercise Physiologist; Fitness and Wellness Coordinators. *MS Minimum:* Physical Therapist; Recreational Therapist; Sports Management; College Coaching; Recreation and Fitness Studies Teachers (Postsecondary).