

Kinesiology

“Practical experiences in professional settings are frequently incorporated in our courses. Students in Exercise and Disease visited a local cancer center to meet with the director and work with patients during a treatment session.”

Steve DeVries, Kinesiology Professor

The department of kinesiology offers a range of courses that reflect the interdisciplinary nature of the study of human movement. Cornell offers two specific degree programs in the department of kinesiology: exercise science and physical education teaching, as well as courses that lead to Iowa Department of Education coaching endorsements and authorizations.

The exercise science major is designed to provide students with a solid academic foundation in the psychological and physiological principles of human physical performance. This science-based curriculum offers students the flexibility to prepare for careers in the health and fitness professions or for graduate studies in health fields including physical therapy, athletic training, exercise science, sport and exercise psychology, occupational therapy, biomechanics, cardiac rehabilitation, and chiropractic medicine.

Those majoring in physical education may apply for teaching certification at the elementary and secondary levels. Physical education students complete courses in methodology, motor learning, anatomy, adapted physical education, and field experiences prior to student teaching. Coursework is available leading to State of Iowa coaching authorization or endorsement (for those who major in education).

BENEFITS OF ONE COURSE AT A TIME

One Course At A Time provides flexibility in class scheduling and diversity in student experiences. Kinesiology courses combine lecture and discussion sessions with lab

activities, provide opportunities for students to engage in practical applications, and offer a variety of off-campus experiences. Because students enroll in a single course each block, entire courses can visit facilities and professionals at work in the field. Students also have the flexibility to engage in one- or two-block internships, or work with faculty members on advanced projects of scholarly interest.

CURRICULUM HIGHLIGHTS

The exercise science major offers the scientific rigor and flexibility necessary to support students' diverse post-graduate goals. Students go on to careers in the wellness and fitness industry or graduate study in exercise science fields. For students interested in postgraduate education in the health-related fields such as medicine and physical therapy, we partner with Cornell's Dimensions Program for Health Professions. Initial coursework includes human anatomy, physiology, and psychology. Advanced courses combine the investigation of theoretical and technical aspects of human physical performance within the context of physical fitness, athletic performance, or pathological states with hands-on training using advanced physiological and psychomotor data acquisition systems.

The physical education major emphasizes theory and application of physical education pedagogy, ethics, and administrative concepts associated with teaching at the elementary and secondary school levels. The Cornell kinesiology and education departments work closely together to ensure that students receive optimal preparation for teaching physical education. Students engage in practical, applied methods courses, observations of teaching professionals, practica experiences in schools, and supervised

Faculty Bios & Courses

STEVE DeVRIES

Professor of Kinesiology

Teaches a range of courses in kinesiology including Exercise Psychology, Motor Learning, Psychology of Sport, Sports in American Society, and Coaching Endorsement or Authorization. Ph.D., University of Iowa; M.A., Mankato State University; B.A., political science, University of Iowa.

JUSTUS HALLAM

Assistant Professor of Kinesiology

Teaches a range of courses in kinesiology including Systems Physiology, Exercise Physiology, Lifetime Fitness and Activity, Nutrition, Exercise Testing, and Prescription and Foundations in Kinesiology. Ph.D. in kinesiology and immunobiology, Iowa State University; B.S., health and performance, Iowa State University.

CHRISTI JOHNSON

Assistant Professor of Kinesiology

Teaches a range of courses in kinesiology including Psychology of Sport, Exercise Psychology, Sports in American Society, Foundations of Kinesiology, and Lifetime Fitness and Activity. Ph.D. in the psychology of sport and physical activity, University of Iowa; M.A. in cultural studies of sport and leisure: emphasis sport psychology, University of Iowa; B.S. in psychology and B.A. in Spanish, University of Iowa.



student teaching to qualify for physical education teaching certification.

The coaching education program develops students' knowledge for successful athletic coaching in secondary schools. Completion of two courses, Coaching Endorsement or Authorization and Care and Prevention of Athletic Injuries, satisfies requirements for the Iowa Department of Education coaching authorization and endorsement.

RESEARCH & INTERNSHIPS

Students have the opportunity to work closely with Kinesiology faculty to complete both independent and collaborative research projects. Students may apply for the Cornell Summer Research Institute or work with professors independently during the academic year. Recent students have taken advantage of our exercise physiology, biomechanics, and psychology labs to conduct research on various topics including the following:

- Physiological and psychological effects of sleep deprivation
- Physiological responses of wrestlers and non-wrestlers to high-temperature training environments
- Comparative movement analysis of a baseball pitcher's throw
- Success rates of allograft versus autograft anterior cruciate ligament repair in adolescents
- Mental imagery in athletic injury rehabilitation
- Health and physical activity narratives of older adults in rural Iowa

Students have held sports internships with the Cedar Rapids Kernels, University of Iowa Athletics, Iowa Sports Festival, and NBA clinics; fitness and wellness internships with Mercy Medical Center and St. Luke's Hospital, Rockwell Collins, physical therapy offices, and children's hospitals; and recreation and wellness internships with wilderness camps, personal fitness centers, and health clubs.

AFTER CORNELL

ALUMNI CAREERS

According to the U.S. Bureau of Labor Statistics, jobs for exercise physiologists (median pay: \$47,340) will grow faster than average over the next seven years, jobs for athletic trainers (median pay: \$45,630) will grow much faster than average, openings for fitness instructors (median pay: \$38,160) will grow about as fast as average, and jobs for physical therapists (median pay: \$85,400) will grow much faster than average.

Health and physical education teacher, Saudi Arabia (Class of 2016)

Personal trainer, Midwest Athletic Club, Cedar Rapids, Iowa (Class of 2016)

Owner and personal trainer, Latow Fitness, Orange City, Florida (Class of 2015)

Health Care recruiter, Addison Group, Denver, Colorado (Class of 2015)

Rehabilitation aide, Cora Rehabilitation Clinics, Pompano Beach, Florida (Class of 2015)

Personal trainer, XSport Fitness, Chicago, Illinois (Class of 2015)

Client sales and service associate, Seattle Mariners, Seattle, Washington (Class of 2014)

Fitness trainer and physical wellness coach, System of Strength, Columbus, Ohio (Class of 2014)

Trainer, Palumbo Performance, Pleasanton, California (Class of 2014)

Assistant soccer coach, North Shore Country Day School, Winnetka, Illinois (Class of 2013)

Assistant women's basketball coach, Nebraska Wesleyan University, Lincoln, Nebraska (Class of 2012)

Physician assistant, Twin Cities Orthopedics, Minneapolis-St. Paul, Minnesota (Class of 2012)

Research scientist, Eli Lilly and Company, Bloomington, Indiana (Class of 2010)

GRADUATE SCHOOLS ATTENDED

Doctor of Physical Therapy and master's in athletic training, Saint Louis University, St. Louis, Missouri (Class of 2016)

M.S., child life specialist, University of Charleston, Charleston, South Carolina (Class of 2016)

M.S., kinesiology, University of Northern Iowa, Cedar Falls, Iowa (Class of 2016)

M.S., child life, University of South Carolina, Charleston, South Carolina (Class of 2016)

Doctor of Physical Therapy, University of Colorado-Denver, Denver, Colorado (Class of 2015)

Master of Occupational Therapy, Florida Gulf Coast University, Fort Myers, Florida (Class of 2015)

M.S., exercise and nutrition science, University of Tampa, Tampa, Florida (Class of 2015)

Doctor of Physical Therapy, University of Minnesota, Minneapolis, Minnesota (Class of 2014)

Doctor of Physical Therapy, Thomas Jefferson University, Philadelphia, Pennsylvania (Class of 2014)

M.A., athletic training, Manchester University, North Manchester, Indiana (Class of 2014)

Faculty Bios & Courses

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KRISTI MEYER

Professor of Kinesiology

Teaches a range of courses in kinesiology including Systems Physiology, Exercise Physiology, Anatomy, Nutrition, Exercise Testing and Prescription, and Human Biomechanics. She is an American Physical Therapy Association certified specialist in sports physical therapy, and a certified athletic trainer. D.P.T., University of Minnesota; B.A., Cornell College.

ELLEN WHALE

Professor of Kinesiology

Teaches a range of courses in kinesiology including Foundations of Physical Education, Ancient Greek Athletics, and Women and Sports. She also teaches a variety of Lifetime Fitness and Wellness courses, as well as methods courses in physical education, team and dual sports, and individual sports and wellness activities. She is certified as an American College of Sports Medicine health and fitness instructor. M.S., Eastern Illinois University; B.S., Illinois State University.