

Kinesiologist

Use movement as treatment. Test how a body handles effort, then build the program that gets it working again.

TYPICAL PAY

\$59,460

a year, full time

PAY RANGE

\$43k to \$81k

starting to experienced

TIME TO QUALIFY

4 to 6 years

after high school

DEMAND

Very high

job outlook

LICENCE NEEDED

No

anyone can do it

WHERE YOU WORK

**Hospital rehab units, clinics,
university labs, sports teams, cor...**

How you get there

- 1 High school** Grades 11 and 12
Biology, chemistry, physics and math. Get a part-time job or a volunteer shift somewhere people are recovering from something.
- 2 Bachelor's degree** 4 years
Kinesiology, exercise science or exercise physiology. Expect anatomy, physiology, biomechanics, nutrition and a lot of lab work.
- 3 Internship and supervised hours** 1 to 2 semesters
Most good programs place you in a cardiac rehab unit, a sports medicine clinic or a research lab. This is what turns a degree into a job offer.
- 4 Certification** A few months
The Certified Exercise Physiologist credential from the American College of Sports Medicine needs a bachelor's degree plus current CPR. The clinical version needs either a master's plus 600 hours of hands-on clinical work, or a bachelor's plus 1,200 hours.
- 5 Master's degree, if you want the clinical jobs** 2 more years
Hospital cardiac and pulmonary rehab increasingly wants one. It is also the usual bridge into research or teaching.

Pros and cons

- + You watch people get measurably better week by week
- + Daytime hours, few nights or weekends in clinical work
- + Four years to a real job, not eight
- Pay is modest for a science degree
- The ceiling is low unless you add a master's or switch fields
- Many internships are unpaid

Good to know

It is one of the fastest growing health jobs

Federal projections put growth for exercise physiologists at 7 percent or more through 2034, faster than the average job. The catch is that the field is small: about 23,900 people work in it nationally, so 7 perc...

Half the field has a master's degree

When workers in this job were surveyed, roughly half said a bachelor's degree was required and about 42 percent said a master's was. That split tells you the clinical half of the field has already moved past the...

Optional boosts

Certified Clinical Exercise Physiologist. Certified Strength and Conditioning Specialist. Cancer or pulmonary exercise specialization. Ergonomics assessment training.

Where these numbers come from

My Next Move: Exercise Physiologists (29-1128.00)

O*NET OnLine: Exercise Physiologists

American College of Sports Medicine: Certified Exercise Physiologist

American College of Sports Medicine: Certified Clinical Exercise Physiologist

Numbers checked September 2026. Pay figures are typical full-time annual amounts in United States dollars, based on Bureau of Labor Statistics wage data and published pay scales. They vary by state, employer and experience. Tuition is for in-state students at public schools unless the card says otherwise. Sources, links and the click-through version: <https://career.help/us/careers/kinesiologist>



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