Iowa State University has more than 100 majors that provide virtually unlimited academic opportunities. In this brochure you’ll find information about your specific area of interest and a family of related majors that you may want to explore during your adventure here at Iowa State. Please use the contact information listed inside and let us help you discover your passions, unlock your potential, and enjoy the adventure.

Play hard
You name the sport, and we probably offer it. With 18 varsity teams, 35 intramural sports, and more than 50 club sports, Iowa State features one of the largest sports programs in the nation. If we don’t offer it as part of our varsity, intramural, club, or outdoor recreation program, we will help you get a team together or start your own club.

Play the field
What’s a great sports program without the facilities to support it? Iowa State features newly built and well-maintained sports centers which house indoor pools, racquetball, basketball, and volleyball courts, state-of-the-art fitness equipment, indoor and outdoor tracks, and indoor turf.

Olympic fever
We’re serious about sports. So serious that we train athletes of Olympic caliber to compete all over the world. Iowa State athletes have been setting Olympic records since the 1928 Olympics. Iowa State athletes have received gold, silver, and bronze medals competing in track, basketball, and wrestling.

Prepare for real
If you would like to take your interest in sports and make it a satisfying career, consider a major in kinesiology and health. Become a coach in public schools or in amateur or professional sports. Consider preparing as a physical education teacher or a youth sport specialist in numerous community-based programs. You could become an athletic trainer or a strength coach for athletes of all ages. These are just a few of the careers in sport and physical activity that are in store for you.

Prepared by the best
Learn from distinguished faculty and staff who have earned national and international reputations in teaching and research. Faculty include Big 12 Conference Athletic Training Staff of the Year, numerous fellows of both the American College of Sports Medicine and the American Academy of Kinesiology and Physical Education, and those who have worked at the U.S. Olympic Training Center. Kinesiology boasts a doctoral program ranked in the top 20 in the United States.
Division I Varsity Athletics

The Athletics Department provides opportunities, inspiration, and resources for student-athletes to strive to reach their academic and athletic potential. This is accomplished with emphasis on the physical, mental, and emotional well-being of the student-athletes in an environment that promotes integrity, sportsmanship, leadership, and amateurism. Ultimately, student-athletes develop the skills and character necessary to achieve their personal goals. Recent student-athletes have earned national and international recognition as Big 12 champions, NCAA champions, All-Americans, and Olympic medalists.

- **Athletics Academic Services** To ensure academic success, the athletics department provides academic, support, and service programs. These include the Master Tutor Program, Life Skills Program, Read/Write Pal Program, and Minority Athletes in Action.

Recreation Facilities

Accessible facility hours allow even the most tightly scheduled student an opportunity to work out or play a quick game in the gym or on the field. All students are eligible to use any of the well-equipped and well-maintained facilities listed here.

**Forker Building**
- Indoor pool
- Indoor golf*
- Outdoor golf*
- Archery ranges*
- 8 tennis courts
- 3 basketball courts
- 6 volleyball courts
- 8 badminton courts

**Beyer Hall**
- Indoor pool
- Weight training room
- Outdoor fitness course
- 3 indoor basketball courts
- 3 outdoor basketball courts
- 3 volleyball courts
- 2 squash courts
- 6 racquetball courts

**Lied Recreation Center**
- Weight room/fitness center
- Student lounge
- 2 indoor running tracks
- 20 basketball courts
- 16 volleyball courts
- 6 racquetball courts
- 50- x 60-yard artificial turf
- 20- x 60-foot climbing wall
- 2 foosball tables
- 4 table tennis tables

**State Gym**
- Indoor pool
- Weight room/fitness center
- 2 indoor running tracks
- 40-foot climbing wall
- 3 basketball/volleyball/badminton courts

- *Facilities reserved for academic classes only

Residence halls are adjacent to a variety of sport facilities: outdoor tennis courts, basketball and volleyball courts, soccer fields, football fields, and Frisbee fields. Still not done working out? Right across the street from the Wallace/Wilson Residence Halls, you'll find the **Ames/Iowa State University Ice Arena**.

**Richard O. Jacobson Building** Excellent facilities speak to our commitment to student athletics. The Jacobson Building features a comprehensive athletics health care center, an expanded strength and conditioning work area, a 140-seat auditorium for team meetings, locker rooms, a video production office, and Olympic sports, football, and administration offices.

**Jack Trice Stadium** The stadium seats 50,000 and features a natural grass field. It was recently remodeled to accommodate the growing number of media covering Big 12 football, including the addition of a three-story press tower.

**James H. Hilton Coliseum** The Hilton Coliseum seats more than 14,000 and hosts men’s and women’s basketball, wrestling, and gymnastics. The coliseum also features a weight and training room.

Fitness Programs

Promoting physical fitness and wellness, Recreation Services at Iowa State offers a variety of workout and training programs such as:

- BOSU classes
- Cardio dance
- Cycling
- Deep water aerobics
- Extreme abs
- Kickboxing
- Personal training
- Pilates
- Sculpting
- Shallow water aerobics
- Step aerobics
- TurboKick
- Yoga

Sports-related Employment Opportunities for Students

There are many student employment opportunities with the Iowa State Recreation Services and the Athletics Department. If you have experience or want to train as a sports counselor, coach, or referee, contact the Athletics Department at 515 294-3662. If you are interested in any of the programs below, contact Recreation Services at 515 294-4980.

- Intramural sports officials and supervisors
- Fitness instructors
- Facility supervisors and office assistants
- Outdoor recreation trip supervisors
- Outdoor recreation equipment technicians
- Lifeguards
- Personal training
One Major, Many Options

Iowa State's unique program in kinesiology offers a variety of career choices related to sports, sports medicine, exercise, and physical activity. You will have the opportunity to work in Iowa State's Athletics Department. You may work with intercollegiate and/or high school athletes as an intern with Iowa State's strength and conditioning program. If you are interested in teaching, you may work with elementary, middle, or high school students early in your academic program. You may choose to teach in Omaha, Nebraska, Aldine, Texas, or maybe even abroad. You may choose to be a health coach or to help people return to health through lifestyle education programs.

When you major in kinesiology and health at Iowa State, you will choose from one of five options:

- **Physical education teacher education** prepares you to teach in grades K–12. A health or athletic coaching endorsement can also be added.
- **Athletic training** prepares you for positions dealing with prevention, treatment, and rehabilitation of athletic injuries in sports medicine clinics or with a variety of athletes and sports.
- **Exercise science** prepares you for careers in physical fitness and exercise in health clubs, corporate employee fitness programs, and even as an exercise specialist within cardiac rehabilitation.
- **Community and public health** emphasizes health promotion and disease prevention and prepares students for work in government and public health agencies, volunteer health organizations, hospitals, and industry.
- **Pre-health professions** provides an academic foundation in the human movement sciences such as biomechanics, motor control, exercise physiology, exercise psychology, as well as health sciences. This is an excellent background to add to the basic sciences of chemistry, physics, and biology needed for entrance to medical school, physical therapy, and other areas of health care.

Minors Complement Studies

Many students choose to minor in an area related to their major to enhance their background and preparation. Kinesiology has several to choose from:

- **Athletic coaching minor** provides a strong scientific preparation to coach in high school, collegiate, and even professional sports levels.
- **Sport and recreation minor** includes coursework focused on youth sport and recreation programming.
- **Exercise science minor** develops a background in fitness assessment, prescription, and exercise leadership.
- **Health promotion minor** develops a background in fitness assessment, prescription, and exercise leadership.
- **Kinesiology minor** consists of coursework in the core disciplines kinesiology and is for non-kinesiology majors only.
- **Dance minor** provides opportunities to develop movement skills in, and an appreciation for, dance. An individualized program in dance is also available through the performing arts major in the College of Liberal Arts and Sciences.

Equipped for Success

To support your studies, you will have access to state-of-the-art labs, equipment, and technology that make Iowa State's programs first-rate.

Six Athletic Training Facilities

Featuring a rehab pool, fully equipped rehab room with Stairmasters, treadmills, elliptical rider, recumbent bikes, Biodex isokinetic machine and stability system, research library, and computer room.

Biomechanics Lab

Featuring a motion analysis system, electromyography, which monitors muscle activity, and impact testers that monitor footwear shock absorption.

Two Exercise Physiology Labs

Equipped with underwater weighing tank, treadmills and metabolic carts, muscle biochemistry lab, which utilizes muscle biopsy and blood/urine analysis techniques, and analysis equipment to test immune function during exercise.

Motor Learning and Control Lab

Featuring state-of-the-art labs, equipment, and technology that make Iowa State's programs first-rate.

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Teaching Lab

Offering digital and audio-visual equipment to allow you to participate in understanding how teachers teach, as well as how students learn.

Fitness Labs

Providing access to high-tech strength and endurance training equipment—Keiser pneumatic weight system, stair steppers, Versa climbers, Concept II rowers, treadmills, Lifecycles, and an aerobics floor.
Questions about admission
In addition to writing us at the address at left, we encourage you to visit our website, which features a course catalog, online application, and campus information.

Also, you can follow us on:

Preparing to do your best while in school
The best preparation continues to be a strong college preparatory program of study, which includes courses in English, mathematics, laboratory science, social studies, and foreign languages. If you intend to transfer credits from another institution, you may contact our Office of Admissions for assistance in selecting the best courses for your program of study.

Iowa State University