



CONCORDIA ST. PAUL

# Why a PhD in Kinesiology is a Smart Financial Investment

For those passionate about health, human movement, and the science of physical activity, a PhD in Kinesiology offers a compelling path. But beyond the intrinsic rewards of contributing to a healthier society, there can be a significant financial incentive.

Here we'll explore why pursuing a PhD in kinesiology is not just an academically enriching endeavor but also a smart financial investment. We will delve into the diverse career opportunities and long-term benefits that come with this advanced degree, providing a comprehensive analysis for prospective students.

---

# Choosing to Pursue a PhD in Kinesiology

Pursuing a PhD in Kinesiology is a long-term investment. Around [48%](#) of those who graduate with a research doctorate leave their academic institution with a PhD and debt. This debt can weigh heavily on some post-grads, especially those without clear direction and goals.

A PhD in Kinesiology is not for everyone. Students who thrive in these programs are those who:

- Are passionate about research in kinesiology
- Want to work in academia
- Have a specific career jump to make

A doctorate in kinesiology is not for students who are still figuring out their career plan or who are considering whether to stay in the kinesiology field or not. Are you driven? Are you passionate about pushing the current understanding of the human body and movement? If so, then becoming a Kinesiology PhD student may be the exact right move for you.

Employment of kinesiologists and exercise physiologists is **expected to grow by 10%** (national avg. for all other occupations sits at 5%) through 2032. This is in part due to the increase in preventative care for individuals and enhanced athletic performance for multiple age groups.

## Why Invest in a PhD in Kinesiology?

### HIGH ROI FROM TUITION COSTS

One of the most compelling reasons to pursue a PhD in Kinesiology is the potential for a high return on investment (ROI) from tuition costs. Many programs offer competitive costs per credit, allowing students to maximize their educational investment. For example, CSP Global earned a top-3 ranking among Minnesota colleges for the highest earnings for graduates from the Minneapolis/St. Paul Business Journal. This recognition underscores the value and financial viability of pursuing an advanced degree in kinesiology, where the costs can be offset by the lucrative career opportunities that follow.

### WORK AND STUDY

For many students, balancing work and study is crucial to successfully advancing their education and career without taking on excessive debt. The availability of 100% online PhD programs in kinesiology has revolutionized the way students can achieve this balance. These programs offer

unparalleled flexibility, making it feasible for students to continue working while pursuing their advanced degree.

This dual approach not only helps manage tuition costs but also allows students to continue to gain practical experience and apply their learning and research in real-time.

## **FLEXIBILITY AND ACCESSIBILITY**

One of the most significant advantages of online PhD programs is their flexibility. Students can access coursework, lectures, and assignments at their convenience, fitting their studies around their professional and personal commitments. This flexibility ensures that students do not have to sacrifice their current job roles or responsibilities to pursue higher education.

Moreover, online programs eliminate geographical constraints, allowing students to enroll in top-tier kinesiology programs regardless of their location. This accessibility opens up opportunities for students who might otherwise be unable to attend traditional on-campus programs due to distance, work schedules, or family obligations.

## **PRACTICAL EXPERIENCE AND REAL-TIME APPLICATION**

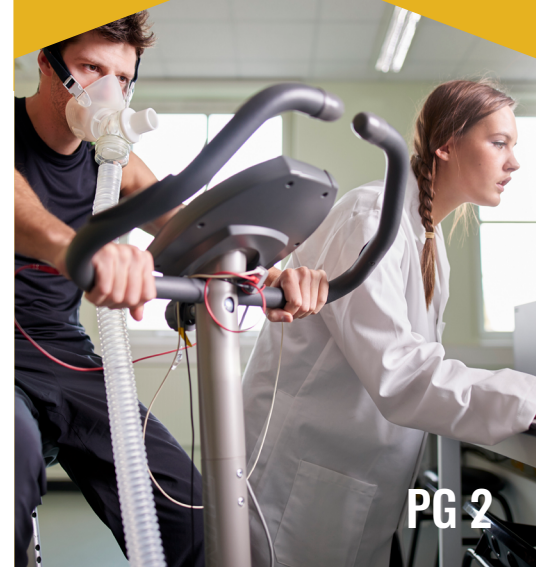
Online PhD programs in kinesiology enable students to apply theoretical knowledge directly to their professional practice. This immediate application of learning enhances the educational experience, as students can integrate new concepts and techniques into their current roles, leading to a deeper understanding and more effective implementation of advanced Kinesiology principles.

For example, a personal trainer pursuing an online PhD can apply the latest research on exercise physiology to their client programs, refining their techniques and achieving better outcomes. Similarly, a health educator can incorporate new insights from coursework into their community wellness initiatives, improving the impact and reach of their programs.

## **COST MANAGEMENT**

Balancing work and study through an online PhD program also helps manage the financial burden of tuition costs.

A PhD in kinesiology offers individuals diverse career paths to pursue or bridge between. Many positions requiring a PhD in kinesiology **pay salaries over \$100,000.**



Continuing to work while studying allows students to maintain a steady income, reducing the need for student loans and mitigating financial stress. Many employers also offer tuition assistance programs for employees pursuing advanced degrees related to their field, providing further financial support.

## CAREER ADVANCEMENT

Working professionals enrolled in online PhD programs can achieve academic and career advancements simultaneously. The skills and knowledge gained through the program can lead to immediate improvements in job performance and open up opportunities for promotions and new job roles.

For instance, a wellness coordinator with a PhD in Kinesiology may qualify for higher-level positions within their organization, such as wellness program director or health policy advisor. These advancements often come with increased responsibilities, higher salaries, and greater professional recognition.

Nearly **40% of U.S. adults** practice some form of holistic health. With natural and non-drug treatment options growing in popularity, **holders of a PhD in kinesiology stand to benefit as patients seek care and consultation** on how to better heal and optimize their health from a naturally occurring way.

## GUIDE THE NEXT GENERATION

While a PhD in Kinesiology is research-focused, there are parallels to the EdD, which is a professional degree geared towards practitioners in education seeking leadership roles, such as school administrators, policymakers, and consultants. EdD programs emphasize the practical application of existing research to address real-world educational challenges and growth possibilities.

Similarly, Kinesiology PhD graduates can guide the next generation by taking on leadership roles in academia, contributing to educational policy, or becoming consultants in their field, thus influencing future research and practices.

## CONDUCT NOVEL RESEARCH

At its core, a PhD in Kinesiology is research-centric, emphasizing the creation of new knowledge in a specialized field. This path typically leads to careers in academia and research, where PhD graduates are at the forefront of scientific discovery and innovation. Conducting novel research allows these professionals to contribute significantly to the body of knowledge in kinesiology, opening up opportunities to publish in esteemed journals, present at international conferences, and influence health and wellness practices globally.

This research focus not only enhances their professional credibility but also creates new avenues for funding and collaboration.

## Competitive Job Market

It would be remiss not to mention the plethora of opportunities available for kinesiology grads. Most prospective doctoral students have been through their bachelor's and master's while working in a variety of fields.

PhD candidates often start their careers as former personal trainers, health and nutrition coaches, former nurses, health researchers, educators, consultants, wellness coordinators, and more. **However**, like many fields, there is often a professional ceiling. Careers in higher positions of leadership, research fields, and positions in academia typically require a certain level of education.

Prospective doctoral students often speak of job rejections even after years of experience.

Even with years of experience, prospective doctoral students often speak of job rejections. A PhD in Kinesiology opens the door to these competitive positions. This advanced degree provides the necessary credentials and expertise to access a wide array of competitive job opportunities, ensuring that graduates are well-prepared to make meaningful contributions to the field of health and human performance.

## CSP's Doctorate Concentrations in Kinesiology

Students can choose to pursue a PhD or EdD in any of our Kinesiology doctorate concentrations. Each program is designed to develop specialized expertise and leadership skills, preparing graduates for a variety of impactful careers in the field of human movement.



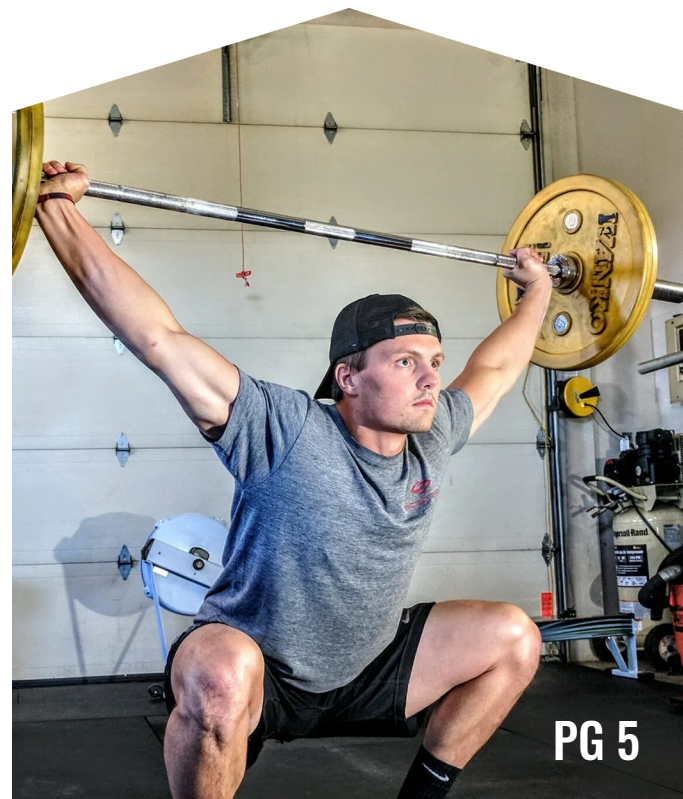
A PhD in Kinesiology provides deep educational study and developed expertise in several elements of human body function, such as, biomechanics, neuroscience, nutrition, and more. *The comprehensive nature of kinesiology gives individuals a unique set of skills to move through various areas of healthcare, athletic training, etc.*

## EXERCISE SCIENCE

Our doctoral program in Kinesiology, specializing in [Exercise Science](#), is a leading center for innovation and excellence in the study of human movement. This concentration focuses on advancing knowledge and developing leaders who promote healthier and more active lifestyles across diverse populations. Students will engage in both rigorous research and practical applications, aimed at improving public health and wellness.

## CAREER OPPORTUNITIES

- **Consultant:** Provide expert advice on exercise and wellness programs to organizations and individuals.
- **Program Coordinator:** Manage and develop exercise and wellness programs in various settings.
- **Athletic Trainer:** Enhance athletic performance through strategic exercise programming.
- **Dietitian or Nutritionist:** Advise on dietary practices and nutrition to enhance health and fitness.
- **Health Educator:** Teach individuals and communities about behaviors that promote wellness.
- **Exercise Physiologist:** Study the body's responses to physical activity to develop fitness plans.
- **Health, Research, or Sports Scientist:** Conduct research to improve health outcomes and athletic performance.
- **Post-secondary Biometrics:** Teach and conduct research in colleges and universities.
- **Exercise Science Teacher:** Educate students on exercise science principles and practices.
- **Nutrition Teacher:** Instruct on the importance of nutrition in maintaining health.
- **Public Health Professional:** Work to improve community health and wellness.
- **Professor:** Teach and mentor students at the collegiate level.
- **Researcher:** Conduct studies to advance the field of exercise science.



## SPORTS NUTRITION

Our PhD in Kinesiology with an emphasis in [Sports Nutrition](#) prepares students for academia and research, including publishing work and teaching nutritional sciences. The emphasis in Sports Nutrition allows students to focus on applying general exercise research and nutrition research to real-world problems, leading to roles in corporate wellness, higher education, professional sports, and teaching.

## CAREER OPPORTUNITIES

- **Consultant:** Provide expert advice in exercise and nutrition to improve client health and performance.
- **Wellness Coach:** Guide athletes and fitness enthusiasts in achieving their health and performance goals through nutrition and lifestyle coaching.
- **Dietician or Nutritionist:** Plan and implement dietary programs based on individual nutritional needs.
- **Health Educator:** Teach and promote health and wellness strategies to communities and organizations.
- **Exercise Physiologist:** Develop fitness plans based on an understanding of bodily responses to exercise.
- **Health, Research or Sports Scientist:** Conduct studies to advance knowledge in health, fitness, and sports performance.
- **Exercise Science Teacher:** Educate students on exercise principles and fitness techniques.
- **Nutrition Teacher:** Instruct students on nutrition and dietary practices.
- **Public Health Professional:** Develop and implement health programs and policies to improve community health.
- **Professor:** Teach and mentor students while conducting research in kinesiology and nutrition.
- **Researcher:** Investigate and contribute to scientific knowledge in exercise and sport nutrition.

## EXERCISE PHYSIOLOGY

The PhD in Kinesiology with an emphasis in [Exercise Physiology](#) provides a comprehensive understanding of the complex relationship between the human body and physical activity. This concentration aims to enhance health outcomes and athletic performance by exploring the acute and chronic physiological responses to exercise.

## CAREER OPPORTUNITIES

- **Exercise Physiologist:** Develop fitness plans based on an understanding of bodily responses to exercise.
- **Athletic Director:** Oversee athletic programs and departments in schools and colleges.
- **Athletic Trainer:** Prevent and treat sports-related injuries and develop injury prevention programs.
- **Wellness Director:** Design and implement wellness programs in corporate or community settings.
- **Recreation Director:** Manage recreation programs and facilities.
- **Physical Education Teacher:** Teach physical education and promote fitness in educational institutions.

## STRENGTH AND CONDITIONING

The Kinesiology doctorate with a concentration in [Strength and Conditioning](#) is designed to provide specialized education in optimizing human performance. This program focuses on the science and practice of enhancing physical abilities through strength and conditioning training.

## CAREER OPPORTUNITIES

- **Strength and Conditioning Coach:** Develop training programs to improve athletic performance.
- **Physical Education Coach:** Teach and coach physical education in schools.
- **Sports Coach:** Train and develop athletes in specific sports.
- **Sports Scientist:** Conduct research to improve sports performance and training methods.
- **Personal Trainer:** Work individually with clients to achieve fitness goals.
- **Group Fitness Instructor:** Lead group exercise sessions in various fitness settings.
- **Recreation and Fitness Studies Teacher:** Educate students on fitness and recreation principles.
- **Fitness and Wellness Coordinator:** Develop and manage fitness and wellness programs in various organizations.



Each of these concentrations provides a unique pathway to becoming an expert in the field of kinesiology. Our programs are designed to equip students with the knowledge and skills necessary to pursue a wide range of careers, whether in research, education, or practical application. Choosing a concentration that aligns with your interests and career goals can help you make a significant impact on the health and well-being of individuals and communities.

## Investment in a PhD in Kinesiology

A PhD in Kinesiology is not for everyone. By entering a doctoral program in kinesiology, you are leaving many of your peers behind. These programs are for students looking for career advancement, who want to educate the next generation and want to contribute to the field with impactful research.

These driven individuals will discover their true potential with a PhD in Kinesiology. With generous transfer credit opportunities, 100% online programs, and no GRE/GMAT or comp exam, [CSP Global](#) stands as a top institution for earning a PhD in Kinesiology.

