



Career Focus - BIOKINETICIST

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Dear students

Becoming a biokineticist could offer a rewarding career and business opportunity. All around the world people are becoming more and more aware of how a healthy diet, regular exercise, and stress reduction techniques can increase their personal wellness. This week we will guide you on how to become a biokineticist, the requirements as well as other fitness related careers you can follow.

- *Martina*

WHAT IS BIOKINETICIST ?

Biokineticists are human-movement and exercise specialists. They assist in improving people's physical condition and quality of life by means of physical assessment and the prescription of healthy exercise habits.

WHAT DOES A BIOKINETICIST DO?

- Biokineticists uses scientific methods and instruments to evaluate a patient's physical condition
- identifies exercise risks in a person
- designs and prescribes safe physical activities or rehabilitation exercise programmes for the patient
- designs routines for preventative health issues or to correct health problems
- designs and implements routines for sport injuries or recovery from illnesses
- Biokineticists identify exercise risks in a person and assess the different basic components of fitness, namely the heart and respiratory systems, muscle strength, muscle and joint flexibility, speed of movement, skill, coordination and posture.
- Injured athletes consult biokineticists to find out whether a sports injury has healed. This is determined by examining the factors most related to fitness, such as the heart, muscle strength, flexibility, speed, posture and coordination.

WHAT KIND OF PERSONALITY DO YOU NEED?

Biokineticists should enjoy working with people and should be able to motivate people. They should be prepared to work long and irregular hours as they work with people who take part in exercise programmes before and after normal working hours. They should also be prepared to work within a joint medical team. Interest in sport and physical activities is also important.



REQUIREMENTS

Secondary Education

HIGCSE/IGCSE/NSSCH/NSSCO Grade 12, meeting degree requirements.

Compulsory subject

Mathematics and Physical Science (South Africa)

Recommended subjects

Life Science / Biology (South Africa)

Tertiary Education

Degree: Biokinetics degrees are offered at Wits and UFS. Alternately, after students have obtained a BA or BSc degree in Human Movement Science - NMMU, UP, UFH, NWU, they can enrol for the Honours degree in Human Movement Science and specialise in Biokinetics. This is a full-time one-year course, offered by most universities.

Postgraduate Training: After the honours degree has been obtained, biokineticists must do a one-year internship at an accredited centre, before they may register as biokineticists.

Biokinetics training entails four years of academic education (degree study) and two years of professional (internship) exposure. In the process, five years of training is required prior to registration as a Biokineticist with the Health Professions Council of Namibia.

Work Opportunities

- Centre of sports medicine
- Large corporations and institutions
- Universities
- Self-employment, own biokinetic centre



OTHER CAREERS RELATED TO BIOKINETICIST

If you want to share your passion for healthy living with others, consider one of these five jobs in the fitness and health field.

Athletic trainer—As an athletic trainer, you'll work with high school, college or professional sports teams to help prevent, diagnose and treat exercise-related injuries. You may be responsible for developing warm-ups and fitness regimens for the athletes as well. Most states require athletic trainers to have a bachelor's degree and a license or certification.

Fitness instructor/personal trainer - Teaching a class at your local gym or dance/yoga studio is a great way to get involved in the fitness industry. If you have prior experience studying the discipline you want to teach, you'll likely just need to commit some time to a teacher training or certification program before you can start applying to jobs. Similarly, you can become a personal trainer and work one-on-one with clients to help them reach their fitness goals.

Nutritionist - A big part of healthy living is eating the right foods. As a nutritionist or dietitian, you'll advise your clients on what to eat to meet their weight-loss or health goal by following a nutritionally sound diet. Individuals in this field usually work in hospitals, schools and nursing homes, or are self-employed. In addition to obtaining a degree, most nutritionists participate in supervised training and state licensing programs before beginning their practice.

Physical therapist—When an exercise-related injury occurs, many people will visit a physical therapist (PT) to help them recover quickly and efficiently. PTs need a strong understanding of how the body heals so they can advise their patients on the best rehabilitative exercises to do.

Sports coach—Many sports lovers dream of working with their favourite teams. While you may never get to lead the pros to victory, there are plenty of opportunities in local school districts, colleges and universities to coach a sports team. Some schools require coaches to have a bachelor's degree, but at the very least, you'll need enough experience to teach your athletes the proper skills and techniques to play the game well.



We're on the web:

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References : Namibia Careers , Pace careers ;www.businessnewsdaily.com

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