



Alexis Astor  
Exercise Science & Sports Psychology

My name is Alexis Astor, I am a senior double major in Exercise Science and Sports Psychology from Fort Dodge, IA. After graduation in December, I will be continuing my education at Palmer College of Chiropractic in Davenport, IA. I was initially drawn to Exercise Science as a senior in high school after one of my anatomy and physiology teachers planted the idea that I could combine my interests in science and athletics into a potential career. When I came to UNI, just like most college freshmen, I was not entirely sure where this path would take me. As I began to look more into possibilities, I stumbled across an opportunity to shadow a young, successful Chiropractor over a Christmas break at home. I was thrilled I had found a career that could combine all of my interests. I enjoyed learning about the body and its' functions, I had a desire to educate people about living healthier lives, and I wanted a job that could be flexible enough to take many directions when I decide to one day start and support a family of my own. Chiropractic offered me all of these opportunities and as a bonus aligned with many of my personal values. The more I learned about the field, the more I became aware that Chiropractic care is a lifestyle, one I already led for the most part.

Although I initially added Sports Psychology to remain eligible while completing my athletic career with Panther Volleyball, I am confident that everything I have learned through the program has prepared me to become a better health care provider. Developing an understanding of people and how they think will be a crucial part of bedside manor I will use in the future. This factor is almost equal if not more important than the care itself. As I mentioned before, Chiropractic care is typically a lifestyle, so a healthy portion of the population I will provide for may already be active, or wish to become more active. I am also certain that athletics will always be a part of my life in one way or another, so this base in sports psychology will aid as I coach t-ball teams, raise my children, etc.

Overall, I am excited for the doors both Exercise Science and Sports Psychology have opened for me. Both of these majors create a solid foundation for life in general and give me confidence about my future as I head into the workforce. I am grateful for the impact my professors, coaches, peers, and teammates have made in my experience at the University of Northern Iowa.

Go Panthers!