

Bodily-Kinesthetic Intelligence

This intelligence has to do with movement and doing. Bodily-kinesthetic people are generally adept at physical activities (such as sports or dance) and often prefer activities which utilize movement. They may enjoy acting or performing, and in general they are good at building and making things. They often learn best by physically doing something, rather than reading or hearing about it. Those with strong bodily-kinesthetic intelligence seem to use what might be termed muscle memory; i.e., they remember things through their body, rather than through words (verbal memory) or images (visual memory). Bodily-kinesthetic intelligence requires the skills and dexterity for fine motor movements such as those required for dancing, athletics, surgery, craftmaking, and computer engineering, etc.

You probably have a gift for Bodily-Kinesthetic Intelligence if you:

- Enjoy playing sports and/or exercising
- Are good at catching thrown objects
- Can't sit still for too long
- Are dexterous
- Enjoy being active and outdoors
- Enjoy exhilarating physical experiences
- Have a lot of physical energy
- Are in tune with and aware of your body
- Have good hand-eye coordination
- Have quick reflexes
- Learn best by movement & experimentation
- Like figuring out how things work
- Like practical work – fixing, building, making
- Like to work with their hands
- Are athletic
- Are well-coordinated
- Have good motor skills
- Desire to touch rather than just look

Sample Bodily-Kinesthetic Leisure Activities

- Building things
- Coaching a team or individual athlete
- Competing in a sport or race
- Cooking
- Craftwork (woodwork, carving, pottery, etc.)
- Dancing
- Doing outdoor physical activities (skiing, RV riding, biking, hiking, skateboarding, etc.)
- Exercising (lifting weights, yoga, Pilates, etc.)
- Gardening
- Hunting, camping or fishing
- Knitting, crocheting or other needlework
- Participating in plays or drama productions
- Playing sports for fun
- Taking acting lessons
- Working on (fixing) a car or appliance

People who are famous for their Bodily-Kinesthetic Intelligence

- Arnold Palmer
- Arnold Schwarzenegger
- B.K.S. Iyengar
- Babe Ruth
- Bill Russell
- Bjorn Borg
- Bob Beamon
- Bruce Jenner
- Bruce Lee
- Carl Lewis
- Charles Atlas
- Chris Evert
- Daley Thompson
- Diego Maradona
- Dorothy Hamill
- Edwin Moses
- Evander Holyfield
- Evel Knievel
- Fred Astaire
- Ginger Rogers
- Greg LeMond
- Greg Louganis
- Harry Houdini
- Hulk Hogan
- Jack LaLanne
- Jack Nicklaus
- Jesse Owens
- Jim Thorpe
- Jimmy Connors
- Joe Greenstein ("The Mighty Atom")
- Joe Louis
- Joe Montana
- Joe Namath
- John McEnroe
- Julius Erving
- Kareem Abdul-Jabbar
- Lance Armstrong
- Larry Bird
- Marcel Marceau
- Magic Johnson
- Mario Andretti
- Mark Spitz
- Martina Navratilova
- Michael Johnson
- Michael Jordan
- Michael Phelps
- Mike Tyson
- Muhammad Ali
- Pelé
- Pete Sampras
- Richard Petty
- Roger Bannister
- Roger Federer
- Steffi Graf
- Sugar Ray Robinson
- Tiger Woods
- Wayne Gretzky
- Willie Shoemaker
- Wilt Chamberlain

There are numerous applications of the multiple intelligences system. The most popular application of multiple intelligences is in education, to nurture all the different kinds of intelligence in children. There are many wonderful books written about teaching and learning through the multiple intelligences so if that is an interest of yours I will refer you to my [Multiple Intelligences References](#) section for that information. My interest lies in using multiple intelligences for vocational guidance and relationship compatibility so that is what I will focus on here in this description.

People are naturally drawn to careers that make use of their giftedness. It is obvious that people like to do what they enjoy and are good at. What follows are some careers that make use of the Bodily-Kinesthetic intelligence as well as Bodily-Kinesthetic intelligence combined with other intelligences.

Careers that Especially Utilize Bodily-Kinesthetic Intelligence

- Any job that requires strength, manual labor, coordination, flexibility, agility, balance, dexterity, physical endurance, speed, power, body awareness, and/or health awareness.
- Actor/actress
- Aircraft mechanic
- Aerobics instructor
- Assembler/fabricator
- Athlete, professional
- Athletic coach
- Athletic trainer
- Automotive mechanic
- Bodybuilder
- Boilermaker
- Brickmason/bricklayer
- Building trade worker
- Camera and photographic equipment repairer
- Cargo and freight agent
- Carpenter
- Carpet installer
- Cement mason
- Choreographer
- Clown
- Construction worker
- Cook/chef
- Courier/messenger
- Craftsperson
- Dancer
- Delivery person
- Drama teacher
- Drywaller
- Electrician
- Entertainer/performer
- Equestrian
- Factory worker
- Faller/tree cutter
- Farmer
- Firefighter
- Fisherman
- Floor layer/installer
- Floor sander/finisher
- Gardener
- General contractor
- Heavy equipment operator
- Insulation installer
- Inventor (of a product)
- Janitor
- Jeweler
- Landscaper/groundskeeper
- Lifeguard
- Logging worker
- Maid/housekeeper
- Machinist
- Magician
- Maintenance/repair worker
- Manual laborer
- Martial arts teacher
- Massage therapist
- Mechanic
- Military personnel
- Millwright
- Mime
- Model
- Mover, furniture
- Paramedic/EMT
- Personal fitness trainer
- Physical education teacher
- Physical therapist
- Pilates instructor
- Plasterer/stucco mason
- Plumber
- Police officer
- Postal mail carrier
- Printing worker
- Recreation leader
- Recreational therapist
- Rescue worker
- Rodeo rider
- Roofer
- Security guard
- Ski patroller
- Sheet metal worker
- Steelworker
- Stonemason
- Stuntman/woman
- Textile/apparel worker
- Tile and marble setter
- Tree trimmer/pruner
- Watch repairer
- Welder
- Woodworker
- Yoga instructor

Sample Job Skills

- Acting
- Assembling
- Balancing
- Carrying
- Cleaning
- Climbing
- Crafting
- Cutting (trees, wood, etc.)
- Dancing
- Delivering
- Dramatizing
- Hiking
- Installing
- Lifting
- Manufacturing
- Miming
- Modeling
- Operating
- Performing
- Playing sports
- Repairing
- Restoring
- Running
- Shipping
- Signing (as in sign language)
- Sorting
- Traveling
- Using body language
- Walking

Careers that Utilize Bodily-Kinesthetic Intelligence with Other Intelligences

Bodily-Kinesthetic and Verbal-Linguistic

- Animated, performing, stand-up comedian (write their own scripts)
- Drama teacher
- Dramatic actor/actress (good at memorizing scripts)
- Head athletic coach (good at persuading/influencing with their choice of words)
- Physical education teacher
- Sign language interpreter/specialist

Bodily-Kinesthetic and Logical-Mathematical

- Chiropractor
- Construction and building inspector
- Fire investigator
- Sports medicine doctor
- Surgeon

Bodily-Kinesthetic and Visual-Spatial

- Building contractor
- Carpenter
- Jeweler
- Juggler
- Professional basket ball player
- Professional golfer
- Segmental paver

Bodily-Kinesthetic and Musical-Rhythmic

- Choreographer
- Dancer
- Drummer (dexterity, hand-eye coordination)
- Figure skater
- Musical instrument repairer/tuner
- Performer (song and dance)
- Pianist (dexterity, hand-eye coordination)
- Tap dancer

Bodily-Kinesthetic and Interpersonal

- Athlete's agent
- Chiropractor
- Construction manager/superintendent
- Emergency medical technician
- Forest fire fighting and prevention supervisor
- Hairstylist
- Manicurist/Pedicurist
- Physical therapist
- Recreational therapist
- Tour guide/escort

Bodily-Kinesthetic and Intrapersonal

- Acupuncturist
- Chiropractor
- Holistic health practitioner
- Martial arts instructor
- Massage therapist
- Physical therapist
- Pilates instructor
- Tai Chi instructor

- Yoga instructor

Bodily-Kinesthetic and Naturalist

- Dog sitter/walker
- Farmer
- Forest ranger
- Gardner
- Landscaper/groundskeeper
- Mountaineer
- Nature guide
- Park ranger
- Pet groomer/washer
- Tree trimmer/pruner
- Viticulturist/Vintner
- Zookeeper

Sample Bodily-Kinesthetic Majors in School

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| • Athletic training | • Health and wellness | • Physical education |
| • Biomechanics | • Health science | • Physical therapy |
| • Coaching | • Human movement | • Recreation management |
| • Dance | • Kinesiology | • Sport leadership |
| • Dance therapy | • Leisure studies | • Sport management |
| • Drama | • Motor behavior | • Sport performance |
| • Exercise physiology | • Nutrition science | • Sport psychology |
| • Exercise science | • Pedagogy in phys. ed. | |