COMMUNICATION SKILLS
The ability to communicate ideas clearly and efficiently in a variety of mediums (written, oral, visually and electronically).

INFORMATION MANAGEMENT
Locate, gather, and organize information using appropriate technology and information systems.

Use research skills to access, analyze, and apply knowledge.

PROBLEM SOLVING
Use critical thinking skills to evaluate and solve problems.

Demonstrate the ability to be creative and innovative in identifying solutions.

TEAMWORK SKILLS
Able to work effectively within a group.

Demonstrate the ability to lead or support the group while monitoring the success of a project and identifying ways to improve it.

PERSONAL MANAGEMENT SKILLS
Able to work effectively and independently under deadlines.

Plan, design, and carry out projects from start to finish, with well-defined objectives and outcomes.

ETHICS AND VALUES
The ability to take into consideration the costs, benefits, and impact of projects on the individuals involved and society in general.

THE STUDY OF KINESIOLOGY
Kinesiology is the study of human movement, and its goal is to discover strategies for human health and performance. The work of kinesiologists benefits all those who move, including high-performance athletes, people suffering from chronic injury or disease, and those wanting to improve their overall physical health.

Kinesiology is a multidisciplinary science encompassing anatomy, biomechanics, physiology, psychomotor behavior, and social and cultural factors. It is this multidisciplinary approach to movement and human performance that makes Kinesiology an important contributor to health and wellness, as well as to high performance sport.

As society becomes increasingly health-conscious and fitness-oriented, more careers in the health and wellness industry are available to our graduates. At the same time that the baby boomers are aging, life expectancy is increasing. Quality of life is becoming a more critical issue. As well, changes are being made in the world of health care, and there is growing interest in complementary approaches to health and fitness. Maintaining health, and preventing injury and disease, are the focus for future health models.

WHAT SKILLS HAVE YOU DEVELOPED WITH YOUR DEGREE?

While the academic knowledge you acquire through your B.Sc. may be directly applicable to some careers, the general skills you gain with a Kinesiology degree are the most valuable to employers. These skills are not limited to course work, and may be gained through paid and/or volunteer work both on and off campus. The knowledge and skills gained through work experience, volunteering and extra-curricular activities are relevant to future work.

WHAT CAN I DO WITH A DEGREE IN KINESIOLOGY?

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WHERE CAN YOU GO FOR MORE INFORMATION?

Career Services is your one-stop shop for more information. Through our workshops, on one on career and work search advising, and groups, you’ll have access to information, resources and career and peer educators to help you no matter what stage of planning you are in, from exploring your interests to practicing for an interview, we can help.

For the self-directed, our on-line and print self-help resources covering topics from career exploration to researching careers to conducting a targeted work search are easily accessible. Check us out!

Visit the CSI—our blog with articles, job postings, employers and events on campus, and tips from the Career Services staff!
What are some of your Career Options?
The following is a non-exhaustive list of career options. Some of them may require further education than a B.Sc. in Kinesiology.

DIRECT Career Options: Majoring in Kinesiology may serve as a credential for any of the following career choices as the skills required are similar to the skills acquired throughout your Kinesiology major.

KINESIOLOGIST
Use the science of physical movement to study and assess how the human body moves and functions and how this affects our health and productivity. With this knowledge, kinesiologists treat people and improve their performance in sports, in recreation, and at work. They also design programs and routines to prevent, manage, and rehabilitate injuries. The three main areas of kinesiology are exercise, biomechanics and psychomotor behavior.

PHYSIOTHERAPIST
Provide services that help patients restore function, improve mobility and relieve pain. Physiotherapists are involved in all aspects of patient care. They design the treatment programs and assess the patient’s physical abilities and progress. They maintain statistical and clinical records, confer with other health-care professionals, and often develop and implement health promotion programs. They use various methods to help their patients, including therapeutic exercise, massage, hydrotherapy and manipulations.

EXERCISE PHYSIOLOGIST
Design, build, and test electrical equipment. Design the most efficient and cost-effective methods for large scale production and manufacturing. Duties on any given day may entail designing new products on CAD (Computer-Aided Design) software, writing performance requirements for the products their factory is producing, or attending meetings with other engineers or supervisors to discuss new initiatives. They might also need to test the equipment they are designing and building, visit the factory floor to solve operating problems, or create reports estimating the time and cost of engineering projects.

SPORTS THERAPIST
Teach athletes how to prevent injuries by using thorough warm-up techniques and stretching exercises. If an athlete gets injured the athletic therapist assesses the injury and how it should be treated. They also help with treatment and special rehabilitation exercises to increase strength and flexibility.

COACH
Using their expertise in the sport, coaches instruct athletes on proper form and technique. They design drills and exercise routines to help teams build their skills and stamina. They also direct the team’s strategy by analyzing an opponent’s weaknesses before a match, and calling specific plays during competition to surprise or overpower the opponent. It’s also their job to instill good sportsmanship, a competitive spirit, and teamwork, especially those who work with young people to help them develop physically, socially, and mentally through sports.

LESS DIRECT Career Options: Knowledge of Kinesiology may be less pertinent to these positions and the degree alone in Kinesiology may not serve as a credential for employment.

SPORTS DOCTOR
Focuses on diet and exercise programs for athletes, monitoring them as they train and compete, and helping to prevent or treat sports-related injuries. Work encompasses four basic areas: preparation of the athlete, prevention of injury or illness, diagnosis and treatment of injury, and rehabilitation. Specifically, sports physicians give physical exams to athletes, treat injuries, give advice on nutrition, and supervise other sports medicine professionals.

HEALTH EDUCATOR
Assess, plan and implement health education programs. They evaluate the effectiveness of the programs, act as a resource for the programs and promote health education. During an average day they work with mass media, conduct workshops, develop educational programs and act as a health resource to individuals and organizations.

REHABILITATION COUNSELOR
Rehabilitation counselors help injured people reintegrate into the workplace and resume their normal daily lives. They work with therapists, physicians, and social workers to design programs for their clients. These programs address things like funding and services, ways of increasing self-esteem, and ways to overcome physical, mental, or emotional obstacles.

CHIROPRACTOR
Examine problem areas by taking and interpreting x-rays, if necessary. Recommends a course of treatment usually involving a combination of hands-on muscle and joint manipulation, soft-tissue massage, exercise, and stretching. Other techniques include ultrasound, electric, water, and heat therapy. They also offer helpful advice on nutrition,