

# BIOMECHANICS MAJOR

## Frequently Asked Questions

### **Why is this the right major for me?**

This is a good major for those interested in how the body is structured, and how it moves and functions. Perfect for those who are interested in areas such as recreation, human performance, health and fitness, research or further study.

### **Is this a good stepping-stone to pursue further study?**

Biomechanics is good preparation for those interested in physiotherapy, chiropractic studies, prosthetics or medicine. You would receive training in kinesiology, biology and biomechanics principles, and develop research and analytical skills critical to post-graduate studies in these disciplines.

### **What skills will I develop with this degree?**

Biomechanics graduates have specialized knowledge about biological and mechanical aspects of analyzing human movement. You will also develop strong research, communication and critical-thinking skills.

### **What other disciplines will I study through this major?**

The biomechanics program has a large engineering and science component so you can integrate and synthesize different knowledge, skills and methodologies to develop a full understanding of biomechanics.

### **Will I spend time in a laboratory with this major?**

Hands-on learning is the cornerstone of our faculty. Many courses include a lab component, allowing you to learn and test kinesiology, engineering and science principles and theories first-hand. Also, we have excellent athletic facilities for activity courses so you can evaluate and develop exercise programs.

### **Will I learn about research?**

Instructors regularly incorporate their own and others' research into course lectures and presentations to provide you with current and relevant information. Many courses require you to participate, conduct and report on research in the kinesiology field.

### **How often do students interact with faculty members?**

Students interact with instructors on a regular basis in the KNES 201 and 203 core courses featuring multiple athletic activity, health and performance modules. Biomechanics majors are encouraged to meet with professors to discuss their research topics, and are mentored by a faculty member in their KNES 466 biomechanics research project.

### **What types of jobs could I do?**

You could work in jobs and sectors such as:

- Biomechanics laboratories at universities or medical facilities,
- Sport and fitness companies
- Sport medicine and rehabilitation, and other health-related industries.
- Government: *Amateur sport coach, Health Canada*
- Education/communication: *Fitness media/journalist, fitness training/promotion*
- Business: *Product development, sports manager*

*For a program overview, career opportunities, what courses you will take and admissions, [learn more](#)*