What to do with a degree in



KINESIOLOGY



Kinesiology is the study of human movement and it is fundamentally concerned with human health and wellness. As a result, you will find that a Kinesiology degree is an excellent springboard to many careers in sports, recreation, health and fitness, and education. This profile is a starting point for your career exploration. It may help you identify options and guide you in conducting further research, reviewing occupations or connecting with people. It is not intended to list every possible career path, or to limit you to what you see here. This is a tool to guide discovery and uncover opportunities that fit you.

KEY SKILLS & KNOWLEDGE

Active Listening Assessment Coaching Communication Skills Counseling Critical Thinking Ethical Reasoning Instructing Intercultural Sensitivity/Awareness Multi-tasking Organization Prescription (exercise) Statistical Analysis Stress Management Teaching Teamwork Organizational Skills

SAMPLE JOB TITLES

Some of these roles may require further training, certification or education. Check out the Alberta Government's occupational profiles for salary info and more detail: <u>alis.alberta.ca/occinfo</u>

- Active Living Specialist Athletic Therapist Biomechanist Cardiopulmonary Technologist Chiropractor Coach Community Outreach Coordinator Corporate Wellness Coordinator Dancer Diagnostic Imaging Technologist (X-Ray, MRI Techs) Dietitian Ergonomist
- Exercise Physiologist Firefighter Fitness Instructor Health and Wellness Educator Health Promotion Kinesiologist Nurse Nutritional Consultation Occupational Therapist Orthotist Osteopath Paramedic Personal Trainer
- Physical Education Instructor Physician Physiotherapist Police Officer Professor/Teacher Prosthetist Recreation Coordinator Rehabilitation Specialist Researcher Respiratory Therapist Sports Administrator Sports Marketing Strength and Conditioning Specialist

Potential Fields

Government facilities for special needs populations

Athletic equipment companies Elementary and secondary schools Non-profit organizations

Need help deciding what to do?

Occupational health departments Sport and fitness centres Professional & amateur sport organizations Hospitals and primary health care settings Comprehensive health care clinics Post-secondary education institutions Sport governing bodies Recreation facilities

Formal Career Assessments like the Strong Interest Inventory and the Myers Briggs Type Indicator can be helpful tools for your career development. **Request an assessment via** <u>CareerLink</u>

Associations & Professional Development

Alberta Centre for Active Living
Alberta Kinesiology Association
Alberta Recreation and Parks Association
Canadian Academy of Sports Medicine
Canadian Association for Health, Physical
Education Recreation and Dance
Canadian Association for the Advancement of
Women and Sport and Physical Activity
Canadian Association of Rehabilitation Profes-
<u>sionals</u>
Canadian Centre for Activity and Aging (CCAA)
Canadian Fitness and Lifestyle Research Insti-
<u>tute (CFLRI)</u>
Canadian Society for Exercise Physiology
(CSEP), Ottawa, Ontario (Certified Personal

Trainer (CPT) and Certified Exercise Physiologist (CEP) Designations Coalition for Active Living in Canada (CALC)/ Coalition pour la vie active Ever Active Schools Lifestyle Information Network National Coaching Certification Program (NCCP) National Strength and Conditioning Association - Certified Strength and Conditioning Specialist - CSCS Provincial Fitness Unit (AFCLA - Group Fitness Certification) Sport Medicine Council of Alberta

JOB BOARDS

Alberta Health Services	Medisys
Alberta Hip and Knee Clinic	Momentum Health
Calgary Foothills - Primary Care Network	Orion Health
Calgary West Central - Primary Care Network	<u>pt Health</u>
Calgary Winter Club	Repsol Sport Centre
Canadian Sport Institute	South Calgary Primary Care Network
CBI Health Group	University of Calgary - Career Services
<u>City of Calgary</u>	<u>(General Job Board)</u>
Copeman Health Care	University of Calgary - Human Resources
Glencoe Club	University of Calgary, Active Living
Government of Alberta	Vecova
Government of Alberta (Working at Gov't of	Westside Recreation
<u>Alberta)</u>	Winsport Canada
INLIV	YMCA
Lifemark/Centric Health	

- Books & Publications
- CSEP Certified Personal Trainer® Certification Guide CSEP Staff
- Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines CSEP Staff
- Careers in Sport, Fitness and Exercise
- Applied Physiology, Nutrition and Metabolism (APNM) Journal Canadian Science
- CSEP Guidelines Handbook
- CSEP-PATH: Physical Activity Training for Health
- Professional Fitness and Lifestyle Consultant (PFLC) Resource Manual CSEP Staff
- Inclusive Fitness and Lifestyle Services for all (dis)Abilities CSEP Staff

Career Services

YOUR FUTURE STARTS HERE

- Career Planning
- Job Search Support
- Resume Reviews
- Career Workshops
- Online Job Postings
- Career Fairs
- Networking Events
- Information Sessions & much more!

Connect with us:

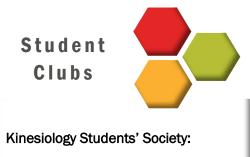
MacEwan Student Centre, Room 188 T: 403.220.8020

E: csstdnt@ucalgary.ca

CareerLink: ucalgary.ca/careers



ucalgarycareers @HireUCalgary



KSS@ucalgary.ca

Faculty of Kinesiology

Undergraduate Advising Kinesiology B 137/142

E: <u>knespracticum@ucalgary.ca</u> W: <u>kinesiology.ucalgary.ca</u> W: ucalgary.ca/admissions/programs

Aligned Majors:

Community Rehabilitation and Disability Studies Medicine Psychology Social Work