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.

**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: [alis.alberta.ca/occinfo](alis.alberta.ca/occinfo)

- 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 Specialist
- 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
- 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

**Need help deciding what to do?**

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 CareerLink
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:
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T: 403.220.8020
E: csstnt@ucalgary.ca
CareerLink: ucalgary.ca/careers
Facebook: ucalgarycareers
Twitter: @HireUCalgary

Student Clubs

Kinesiology Students’ Society:
KSS@ucalgary.ca

Books & Publications

- CSEP Certified Personal Trainer® Certification Guide CSEP Staff
- CSEP Guidelines Handbook CSEP Staff
- Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines CSEP Staff
- Professional Fitness and Lifestyle Consultant (PFLC) Resource Manual CSEP Staff
- Inclusive Fitness and Lifestyle Services for all (dis)Abilities CSEP Staff

Faculty of Kinesiology

Undergraduate Advising
Kinesiology B 137/142
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W: ucalgary.ca/admissions/programs

Aligned Majors:
Community Rehabilitation and Disability Studies
  Medicine
  Psychology
  Social Work