

# **MIND SCIENCES MAJOR**

## **Frequently Asked Questions**

Available for Bachelor of Kinesiology and Bachelor of Science in Kinesiology.

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

Mind Sciences is for those who want to know about the underlying neural, cognitive and psychosocial concepts that are key to understanding human behaviour in physical activity, sport and health.

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

If you plan to become a chartered psychologist, you can plan your program to complete the required number of psychology courses in your undergraduate years, and enter the graduate program needing only to fulfill the requirements of the graduate program.

The Mind Sciences program is one of the few programs available in Canada where students receive extensive preparation in both kinesiology and the social sciences.

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

Graduates have specialized approaches to understand human behaviour. You will also develop strong research, communication and critical-thinking skills.

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

You will study behavioural neuroscience, cognitive and neuromotor control, and personality and social psychology, as well as the core courses required in the kinesiology program. You will also complete electives outside the Faculty of Kinesiology to gain exposure to other disciplines and enhance the breadth and depth of your knowledge.

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

Some courses within the kinesiology core program contain a laboratory, activity or research component so you can develop first-hand knowledge of kinesiology fundamentals.

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

Instructors incorporate their own and others' research into lecture material to provide you with current and relevant information. Students perform research and document, reflect and develop effective practices based on literature and their own experiences.

The faculty offers KNES 203, 251, 253 and 473, where students conduct labs, practice qualitative methodology and generate data to develop their research skills, while students in KNES 353, 397 and 399 learn how to effectively communicate their research to others through their work on research papers.

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

You could work in jobs in rehabilitation, counselling, sport administration, disease prevention and performance enhancement. Mind Sciences graduates also find jobs in the following sectors:

- Government
- Amateur sport coach, Health Canada
- Education/communication
- Community health teaching, fitness media/journalist
- Business
- Health and fitness entrepreneur, fitness and health consultant

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