

LEADERSHIP IN PEDAGOGY AND COACHING MAJOR

Frequently Asked Questions

For students pursuing a Bachelor of Kinesiology.

Why is this the right major for me?

This major is great for people who love to work with children, youth or adults in a leadership capacity. You would teach and coach physical activities at all levels, provide leadership in health- and fitness-related matters, and communicate the theoretical aspects of kinesiology within the educational/coaching system and in the community.

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

You may pursue professional training or embark on a career in professional coaching or teaching. The leadership major is also a great starting point for community health fields, as it provides the skills needed to develop and lead physical activities and programs in and around the community.

What skills will I develop with this degree?

Students gain the ability to teach others concepts, physical skills and activities to use in leisure and recreation, fitness and rehabilitation, competitive sports and elite personal challenges. This is a hands-on program in teaching or coaching settings (depending on your concentration). Students also develop strong organizational, leadership and communication abilities.

What other disciplines will I study through this major?

You will study natural and medical sciences, social sciences and humanities by taking courses such as biomechanics, anatomy, psychology, and socio-cultural studies as well as core requirements in biology and zoology.

Will I spend time in a laboratory with this major?

Hands-on learning is a cornerstone of the leadership program. We have excellent athletic facilities for activity courses (e.g., PHED 321, 421, 333, 349, DCED 325) so you can develop skill levels and build strengths in design and presentation of the activities' learning sequences.

The program also offers KNES 391 and KNES 491 where you can complete practicum work in a real-world situation, working under the guidance of a mentor to practice planning and implementing learning activities. School visits and guest lecturers provide opportunities to observe and discuss a wide range of topics that impact your effectiveness as educators.

Will I learn about research?

Instructors incorporate their own and others' research into evidence-based lecture material to provide you with current and relevant information. Students perform research, while documenting, reflecting and developing effective teaching practices based on the literature and your own experiences.

The faculty also offers several classes where students conduct labs, practice qualitative methodology, and generate data to develop their research skills.

How often do students interact with faculty members?

You will interact often with faculty members as admission to the program is limited to 30 students and all leadership courses are restricted to leadership majors.

With one-on-one meetings, classroom discussion and more, you will get to know your teachers very well. In addition, students are assigned faculty mentors during their practicum experiences and communicate regularly with them.

What types of jobs could I do?

You could work in jobs within the physical-activity-leadership field, such as physical education, coaching and fitness consultation. You could work in areas such as

Government/Public: *National sport coach, rehabilitation and therapy*

Education/Communication: *Physical education teacher, community activity leader*

Business: *Corporate wellness consultant, personal fitness consultant*

Find out what you will learn, what courses you'll take, career opportunities and admission requirements [HERE](#).

