



What is Kinesiology?

Kinesiology is the study of human movement and how it affects our health and well-being. It's a strong starting point for careers in sport, fitness, health care, recreation, and education.

Kinesiology Majors at UCalgary

Students can earn a Bachelor of Kinesiology or a Bachelor of Science in Kinesiology. Both degrees allow you to choose a general major or specialize in a specific area. A general major gives you more flexibility to take option courses, explore minors or embedded certificates, and meet requirements for future programs. A specialized major focuses your studies more deeply in a particular area.

Bachelor of Kinesiology

Kinesiology: offers more flexibility in elective courses.

Leadership and Coaching: explores the foundations of leadership and physical literacy in a variety of sport, health, and community settings.

Motor and Psychosocial Aspects of Movement: focuses on the neural, cognitive, and psychosocial factors that influence human behaviour in physical activity, sport, and health.

Bachelor of Science

Kinesiology: emphasis on science-based courses with flexibility in electives.

Biomechanics: examines the forces acting on and within biological structures and the effects produced by these forces.

Exercise and Health Physiology: explores how lifestyle, exercise, and nutrition impact human physiology, with a foundation in human movement and function.

Motor and Psychosocial Aspects of Movement: focuses on the neural, cognitive, and psychosocial factors that influence human behaviour in physical activity, sport, and health, with greater emphasis on science-based courses.

Combined Degrees

Bachelor of Kinesiology and Bachelor of Commerce

Bachelor of Kinesiology and Bachelor of Arts in Dance

Bachelor of Kinesiology and Bachelor of Education

Graduates of the Faculty of Kinesiology can seamlessly transition into one of our graduate programs: the Master of Kinesiology (course-based) or the Master of Science in Kinesiology (thesis-based).



UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY

Faculty of Kinesiology

Undergraduate Advising

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kinesiology.ucalgary.ca

What Can You Do With a Kinesiology Degree?

Develop Key Skills

Instructing
Assessment
Coaching
Teamwork
Multi-tasking
Communications
Active Listening
Critical Thinking
Ethical Reasoning
Organization Skills
Statistical Analysis
Stress Management
Intercultural Sensitivity
Organization Prescription

Potential Occupations*

Orthotist
Biomechanist
Dietitian
Prosthetist
Osteopath
Ergonomist
Physiotherapist
Kinesiologist
Athletic Therapist
Sports Marketing
Respiratory Therapist
Exercise Physiologist
Diagnostic Imaging Technologist
Cardiopulmonary Technologist

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

Potential Fields

- Government facilities for special needs populations
- Athletic equipment companies
- Elementary and secondary schools
- Non-profit organization
- Occupational health departments
- Sport and fitness centres
- Professional and amateur sport organizations
- Hospital and primary health care settings
- Comprehensive health care clinics
- Post-secondary education institutions
- Sport governing bodies
- Recreation facilities

Association and Professional Development

- Alberta Kinesiology Association
- Alberta Recreation and Park Association
- Trainer and Certified Exercise Physiologist Designations
- National Coaching Certification Programs

Centre for Career and Personal Development

The Centre for Career and Personal Development helps students with comprehensive services such as resumé building and interview preparation to support their academic and professional journey.

ucalgary.ca/career-personal-development

