

What to do with a degree in Kinesiology



UNIVERSITY OF
CALGARY

Kinesiology is the study of human movement and it is concerned with human health and wellness. As a result, you will find 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: 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 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

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 [Elevate](#)

ASSOCIATIONS & PROFESSIONAL DEVELOPMENT

[Alberta Kinesiology Association](#)
[Alberta Recreation and Parks Association](#)
[Canadian Academy of Sports Medicine](#)
[Canadian Association for Health, Physical Education Recreation and Dance](#)
[Canadian Women & Sport \(was known as CAAWS\)](#)
[Canadian Centre for Activity and Aging \(CCAA\)](#)
[Canadian Fitness and Lifestyle Research Institute \(CFLRI\)](#)
[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](#)
[Alberta Hip and Knee Clinic](#)
[Calgary Foothills - Primary Care Network](#)
[Calgary West Central - Primary Care Network](#)
[Calgary Winter Club](#)
[Canadian Sport Institute](#)
[CBI Health Group](#)
[City of Calgary](#)
[Harrison Health Care](#)
[Glencoe Club](#)
[Government of Alberta](#)
[Government of Alberta \(Working at Gov't of Alberta\)](#)
[INLIV](#)
[Lifemark/Centric Health](#)

[Medisys](#)
[Momentum Health](#)
[Orion Health](#)
[pt Health](#)
[MNP Community & Sport Centre](#)
[South Calgary Primary Care Network](#)
[University of Calgary - Career Services \(General Job Board\)](#)
[University of Calgary - Human Resources](#)
[University of Calgary, Active Living](#)
[Vecova](#)
[Westside Recreation](#)
[Winsport Canada](#)
[YMCA](#)

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

CENTRE FOR CAREER & PERSONAL DEVELOPMENT

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

ucalgary.ca/career-personal-development/advising

E: csstdnt@ucalgary.ca



STUDENT CLUB

Kinesiology Students' Society:

KSS@ucalgary.ca

ALIGNED MAJORS

- Community rehabilitation and disability studies
- Medicine
- Psychology
- Social work

CONTACT

Undergraduate advising
KNB 142/143
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VISIT

kinesiology.ucalgary.ca or
ucalgary.ca/admissions/programs