What to do with a degree in **KINESIOLOGY**

**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 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](#)
**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
https://ucalgary.ca/career-personal-development/advising
E: csstdnt@ucalgary.ca

---

### Associations & Professional Development

- Alberta Centre for Active Living
- Alberta Kinesiology Association
- Alberta Recreation and Parks Association
- Canadian Academy of Sports Medicine
- Canadian Association for Health, Physical Education Recreation and Dance
- Canadian Association for the Advancement of Women and Sport and Physical Activity
- Canadian Association of Rehabilitation Professionals
- 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
- Copeman 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
- Repsol 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 CSEP Staff
- 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

---

### Faculty of Kinesiology

Undergraduate Advising
Kinesiology B 142 / 143
E: knespracticum@ucalgary.ca
W: kinesiology.ucalgary.ca
W: ucalgary.ca/admissions/programs

---

### Aligned Majors:

Community Rehabilitation and Disability Studies
- Medicine
- Psychology
- Social Work

### Student Clubs

Kinesiology Students’ Society:
KSS@ucalgary.ca