



What to do with a degree in

KINESIOLOGY



UNIVERSITY OF
CALGARY

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.

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 Centre for Active Living	Trainer (CPT) and Certified Exercise Physiologist (CEP) Designations
Alberta Kinesiology Association	Coalition for Active Living in Canada (CALC)/
Alberta Recreation and Parks Association	Coalition pour la vie active
Canadian Academy of Sports Medicine	Ever Active Schools
Canadian Association for Health, Physical Education Recreation and Dance	Lifestyle Information Network
Canadian Association for the Advancement of Women and Sport and Physical Activity	National Coaching Certification Program (NCCP)
Canadian Association of Rehabilitation Professionals	National Strength and Conditioning Association - Certified Strength and Conditioning Specialist - CSCS
Canadian Centre for Activity and Aging (CCAA)	Provincial Fitness Unit (AFCLA - Group Fitness Certification)
Canadian Fitness and Lifestyle Research Institute (CFLRI)	Sport Medicine Council of Alberta
Canadian Society for Exercise Physiology (CSEP), Ottawa, Ontario (Certified Personal	

JOB BOARDS

Alberta Health Services	Medisys
Alberta Hip and Knee Clinic	Momentum Health
Calgary Foothills - Primary Care Network	Orion Health
Calgary West Central - Primary Care Network	pt Health
Calgary Winter Club	Repsol Sport Centre
Canadian Sport Institute	South Calgary Primary Care Network
CBI Health Group	University of Calgary - Career Services (General Job Board)
City of Calgary	University of Calgary - Human Resources
Copeman Health Care	University of Calgary, Active Living
Glencoe Club	Vecova
Government of Alberta	Westside Recreation
Government of Alberta (Working at Gov't of Alberta)	Winsport Canada
INLIV	YMCA
Lifemark/Centric Health	

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

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

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



Student Clubs



Kinesiology Students' Society:

KSS@ucalgary.ca