What can I do with a Major in Kinesiology?

Skills Developed

- Attention to Detail
- Communication
- Compare & Contrast Ideas & Information
- Conceptualize & Implement Projects
- Critical & Analytical Problem Solving
- Develop Research Designs & Models
- Knowledge of Health & Wellness Issues
- Laboratory Experience
- Leadership
- Listen Critically
- Make Projections
- Mediate/Negotiate Conflicts
- Meet Deadlines
- Organizational
- Persuade & Influence
- Present Ideas & Data Clearly
- Proficiency in Using Research Methods
- Programming & Systems Analysis
- Provide Relevant Perspectives
- Public Speaking
- Research
- Research & Information Management
- Summarize Research Findings
- Synthesize Complex Information
- Time Management

Work Environments

Graduates of the Kinesiology program find employment in a wide variety of organizations and industries, including employment as or with amateur and professional athletic teams, athletic equipment companies, biotechnology firms, consulting firms, fitness/wellness facilities, health authorities, sport and

The Kinesiology Program at the University of Lethbridge

The Department of Kinesiology offers courses in the theoretical perspectives of the study of human movement and the practical application of physical activity involvement. The Kinesiology programs provide students with the opportunity to study physical activity as a cultural form and human performance at all levels of involvement across the human lifespan. As part of these programs, courses are offered in wellness and physical activity, biomechanics, functional human anatomy, culture and physical activity, philosophy of physical activity, research methodologies of physical activity, and sport/exercise psychology.

Students completing the Bachelor of Arts program explore sport and physical activity involvement from a socio-cultural, wellness and participatory perspective, while students enrolled in the Bachelor of Science program study these concepts from a human performance perspective.

For more information on the Kinesiology Major at the U of L:
http://www.uleth.ca/artsci/kinesiology

Faculty of Arts & Science
PE207 Physical Education Building
Phone: 403-329-2680
Email: See Contact Website
Academic Advising:
http://www.uleth.ca/ross/academic-advising

Career & Employment Services (CES)
www.uleth.ca/ross/ces

www.uleth.ca/ross/academic-advising
research labs, hospitals and care facilities, medical centres, governmental organizations, non-profit and non-governmental organizations, pharmaceutical companies, physiotherapy and occupational therapy clinics and utilities corporations. The Kinesiology program also provides an excellent foundation for further studies in medicine, chiropractic, physiotherapy, sports psychology, business management and education. Graduates may also choose to follow their passion for a particular sport, and work in a field directly related to it. In this case, search for the associations of the particular sport, and their job boards and links, for further career possibilities and career information.

Key Areas of Specialization:

### Entry Level Job Titles

These jobs are normally intended for new graduates and require 0 to 2 years of experience. It is important to note that many entry level positions require some related experience or demonstrated ability to perform job-related tasks. Even those positions that do not require experience will still prefer an experienced candidate, if one is available.

- Climbing Wall Coordinator
- Customer Service Assistant (University Kinesiology Program)
- Customer Service Team Lead (Recreation & Athletics Program)
- Early Years Programmer
- Entry Level Healthcare Coordinator
- Exercise Specialist
- Fitness Attendant
- Fitness Centre Shift Leader
- Fitness Consultant
- Fitness Instructor – Youth Adapted
- Front Office Clerk (University Kinesiology Program)
- Group Fitness Instructor
- Ice & Facility Monitor
- Junior Tech Shop Technician
- Personal Care Aide
- Personal Trainer
- Personal Training Intern
- Pharmacy Assistant
- Physiotherapy Assistant
- Physiotherapy Receptionist (Sports Medicine)
- Physiotherapy Support Personnel
- Recreation Programmer
- Sports Instructor
- Wellness & Vitality Assistant

**Note:** The U of L offers various resources and programs to facilitate students in gaining work and volunteer experience. Find an entry level position on the CES job board or join the Management or Arts & Science Cooperative Education Programs. Summer jobs, part-time work, internship positions and volunteer experience help students to enhance their skillset, and accumulate work experience for their future career.

### Related Job Titles

These jobs generally require extensive, relevant work experience and/or further education.

- Activities Director
- Acupuncturist
- Anatomist
- Athletic Therapist
- Athletic Trainer
- Athletics Administrator
- Audiologist
- Biologist
- Cardiovascular Rehabilitation Specialist
- Chiropractor
- Coach
- Disability Manager
- Epidemiology (Public Health)
- Ergonomist
- Exercise Physiologist
- Exercise Therapist/Specialist
- Firefighter
- Fitness Appraiser/Trainer
- Fitness Program Director
- Gerontological Specialist
- Health & Safety Coordinator
- Health & Wellness Promotion Coordinator
- Health Club Manager
- Health Policy Planner
Thinking Outside the Box: Other Possible Job Title

On average, people change their careers three to five times in their lifetime. So, no matter what major you choose, you may still be interested in opportunities totally unrelated to your program of study. We encourage you to be open to all possibilities! Your undergraduate degree can be a springboard for other educational pursuits, and your transferable skills and experience can prepare you to work in a multitude of settings.

• Art Therapist
• Author (Fitness Oriented Books)
• Bioethics Consultant
• Biomedical Technologist
• Broadcaster
• Corrections Officer
• Counsellor (Addictions, Disability, & Public Health)
• Dentist
• Environmental Management Specialist
• Human Ecologist
• Human Resources Consultant
• Immigrations Services Agent
• Insurance Agent
• International Development Coordinator
• Journalist
• Law Enforcement Officer
• Lawyer
• Marketing Specialist (Fitness or Health Products)
• Medical Illustrator
• Midwife
• Naturopath
• Neuroscientist
• Nurse
• Patient Advocacy
• Public Policy & Service Administrator
• Resort/Spa Coordinator
• Salesperson
• Speech & Language Therapist
• Travel Guide
• Veterinarian
Useful Resources

Recommended websites to assist in exploring the field of Kinesiology and its career opportunities.

Alberta Learning Information Service
Occupational Profiles

Athletic Therapist, Kinesiologist, Physiotherapist

Alberta Kinesiology Association
http://albertakinesiology.ca/

Canadian Council of University Physical Education and Kinesiology Administrators
http://www.ccupeka.ca/

Sports Medicine Council of Alberta
http://www.sportmedab.ca/

Alberta Athletic Therapists Association
http://www.aata.ca/

Alberta Recreation Facility Personnel
http://www.aarfp.com/

Canadian Physiotherapy Association
http://www.physiotherapy.ca/

Canadian Kinesiology Alliance
http://www.cka.ca/

Canadian Association of Specialized Kinesiology
http://canask.org/

Association of Canadian Ergonomists
http://www.ace-ergocanada.ca/

Canadian Society of Exercise Physiology
http://www.csep.ca/

Physical and Health Education Canada Career Options

Canadian Centre for Occupational Health and Safety
http://www.ccohs.ca/

American College of Sports Medicine
http://www.acsm.org/

The Kinesiology Network
http://www.kinesiology.net/

Campus Resources

Career & Employment Services (CES)
http://www.uleth.ca/ross/ces/

Career Counselling (Counselling Services)
http://www.uleth.ca/counselling/

Accommodated Learning Centre
http://www.uleth.ca/ross/accommodated-learning-centre/

International Centre for Students
http://www.uleth.ca/international/

Registrar Office & Student Services
http://www.uleth.ca/ross/

Scholarship & Students Finance
http://www.uleth.ca/ross/student-finance/

Native Student Advising
http://www.uleth.ca/ross/native-student-advising

Registrar Office & Student Services
http://www.uleth.ca/ross/

Student Success Centre – Study Skills, Learning Strategies & Tutoring
http://www.uleth.ca/student-success-centre/

U of L Students’ Union & Student Clubs
http://www.ulsu.ca/
Campus Job Resources

Career & Employment Services Job Board  
CES Job board

Arts & Science Applied Studies  
http://www.uleth.ca/artsci/applied-studies/students

Arts & Science Co-op Education & Internship  
http://www.uleth.ca/artsci/coop

Management Co-op Education  
http://www.uleth.ca/management/co-op

Study Abroad & Exchanges  
http://www.uleth.ca/international/content/study-abroad-exchanges

Management Study Abroad & Exchanges  
http://www.uleth.ca/management/study-abroad

Career & Employment Services (CES)  
CES assists U of L students and graduates with their career exploration and work search needs.

AH154 Anderson Hall, Phone: 403-329-2000  
Mon- Fri: 9:00 a.m. to 12:00 p.m.  
1:00 p.m. to 4:00 p.m.