

KINESIOLOGY

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What can I do with a degree in Kinesiology?

Skills

As an undergraduate student in Kinesiology, you have many employability skills that are currently in demand. It is important that you are able to communicate these skills to potential employers. Some of these skills include:

- Interest in Coaching
- Motor Skills
- Motivational Skills
- Discussion Skills (ie, human sexuality)
- Oral & Visual Communication Skills
- Demonstration Skills (physical activities)
- Interest in Health Issues
- Interest in Teaching
- Knowledge of Proper Nutrition
- Planning Skills
- Patience
- Athletically inclined
- Interest in Physical Activities
- Interest & Knowledge in the mechanics and general health of human body
- Writing and presenting
- Organization
- Decision making
- Planning
- Knowledge of theories of health and fitness, human anatomy and trends in the field
- Interpretation of trends from results
- Ability to manage time effectively, set priorities, meet deadlines and think creatively
- Maintain poise in emergency situations
- [Ontario Skills Passport](#)

Potential Career Options

- Activity leader
- Coach / trainer
- Consultant
- Ergonomist
- Health and Physical Conditioning Evaluator
- Health Promotion Consultant
- Owner of a Private Clinic
- Physical Conditioning Consultant
- Physiotherapist, General or Specialist for a group (athletes, children)
- Rehabilitation Worker
- Representative of Trade and Service in the Sports Industry
- Research Assistant
- Researcher
- Sports Administrator
- Sports Dietician
- Sports Therapist
- Teacher

Employment Prospects in this Area of Study

Job Futures (www.jobfutures.ca www.ontariojobfutures.ca) are websites that inform you of employment prospects for various areas of employment and in specific occupations. Here you can compare annual salaries and average unemployment rates of Canadian graduates.

Gain Experience Related to Your Studies

The following types of organizations give you the opportunity to gain either volunteer or employment experience in the labour market related to your studies:

- Community
- Extended care facilities
- Federal, provincial and municipal administrations
- Health or sports clubs
- Hospitals
- Leisure or recreational centres
- Medical clinics
- National and provincial sports associations or federations
- Nursing homes
- Other health care establishments
- Private practice office
- Rehabilitation centres
- Research laboratories
- Schools
- Self-employment
- Social organizations
- Sport and fitness consulting firms
- Summer camps
- Youth service agencies

You can also gain experience in the following work fields:

- Administration
- Coaching
- Fitness/Wellness
- Health Policy
- Kinesiology
- Physical Health or Education
- Psychology
- Recreation
- Rehabilitation
- Research
- Sports science
- Teaching

Graduate Studies

Exploring Graduate Programs

If you are thinking about continuing your education post graduation, log onto the following websites to locate and explore graduate programs you may be interested in:

- [Association of Universities and Colleges of Canada](#)
- [Schoolfinder](#) (Canada)
- [Gradview](#) (Canada and US)
- [School Guides](#)
- [Grad Schools](#)
- [Grad Source](#)

Applying to Grad School

Various graduate programs have various application requirements. Log onto the following websites for more information.

- [Ontario Universities Application Centre: Professional Applications](#) – Find applications here for The Ontario Rehabilitation Sciences Programs (ORPAS), The Ontario Faculties of Education (TEAS), The Ontario Law Schools (OLSAS), The Ontario Medical Schools (OMSAS)
- [Graduate Records Exam \(GRE\)](#) (Master's degrees in Arts/Social Sciences)
- [Law School Admission Test \(LSAT\)](#)
- [Masters of Business Administration \(MBA\)](#) – Also includes GMAT information
- [Medical College Admission Test \(MCAT\)](#)
- [Dental Aptitude Test \(DAT\)](#)
- [Optometry Admission Test \(OAT\)](#)
- [CMCC Chiropractic College](#) applications

A detailed list of post graduate admission links.

Web Links

Professional Associations/Sites of Interest

- [Active Ontario](#)
- [American Physical Therapy Association](#)
- [Canadian Academy of Manipulative Therapy](#)
- [Canadian Alliance of Physiotherapy Regulators](#)
- [Canadian Association for Health, Physical Education, Recreation and Dance](#)
- [Canadian Association for the Advancement of Women and Sports and Physical Activity](#)
- [Canadian Athletic Therapists Association](#)
- [Canadian Physiotherapy Association](#)
- [Canadian Society for Exercise Physiology](#)
- [Coaching Association of Canada](#)
- [National Athletic Trainers' Association](#)
- [Ontario Physical and Health Education Association](#)
- [Ontario Physiotherapy Association](#)
- [Ordre professionnel de la physiothérapie du Québec \(French\)](#)
- [Physical Therapy - The Web Space](#)

- [Physical Therapy Links](#)
- [Physiotherapy Association of British Columbia](#)
- [Sport Physiotherapy Canada](#)

Additional Career Related Information

- [University of Ottawa: What can I do with my studies?](#)
- [McGill University: What Can I Do?](#)
- [Guelph University: What Can I do?](#)
- [Brock University: What Can I Do?](#)