

# WHAT CAN I DO WITH A BACHELOR'S DEGREE IN KINESIOLOGY?

Kinesiology is the science of human movement.

The University of Manitoba offers the Bachelor of Kinesiology (B.Kin.) degree program through the Faculty of Kinesiology and Recreation Management. Students may choose to apply to the Athletic Therapy Program (B.Kin.-AT).

Kinesiologists can specialize in many areas including:

- Athletic Therapy
- Rehabilitation
- Exercise Physiology
- Biomechanics
- Fitness Appraisal and Consulting
- Health Promotion
- Biomedical Applications
- Sport Psychology
- Research

The Manitoba Exercise Professionals Association (MEPA) supports and promotes the role of degreed physical activity & exercise science professionals both provincially and nationally.

Kinesiology is a newly regulated health care profession in Ontario.

## Skills Possessed by Kinesiology Graduates

Many employers are interested in the skills possessed by Kinesiology graduates. Amongst other skills, graduates possess the ability to:

- Assess human movement, performance and function
- Develop rehabilitation programs for cardiac patients and clients with injuries
- Create, plan and implement a variety of fitness activities and programs for diverse populations
- Promote healthy lifestyles to enhance quality of life
- Conduct workplace assessment to reduce risk of employee injury

## Sample Job Titles for Kinesiology Graduates

- (Certified) Personal Trainer
- Worksite Wellness Coordinator
- Program Specialist – Life Long Wellness (Children/Seniors)
- Physical Activity Specialist
- Strength and Conditioning Specialist
- Exercise Physiologist (can be CSEP certified)
- Fitness Consultant/ Appraiser
- Exercise Therapist
- Special Population Adaptive Specialist and Designer
- Kinesiologist
- Technical Director
- Professional Instructor ('Pro')
- Representative (Sports Equipment/ Apparel/Health Care Products)
- Fitness and Health Program Director/Manager
- Rehabilitation Claims Specialist
- Workers' Compensation Investigator
- Athletic Therapist (must be CATA certified)
- Coach
- Sport Biomechanist
- Sports Team Trainer
- Health & Wellness Promotion Coordinator/Manager
- Research Assistant
- Exercise Equipment Consultant/Product Specialist

Some kinesiology graduates use their degree as the foundation for other programs or occupations. \*Including:

- Physician/Sport Medicine
- Teaching
- Ergonomist
- Physical or Occupational Therapist
- Chiropractor
- Pathologist
- Biomedical Engineer
- Cardiac Rehabilitation Specialist
- Prosthetist/Orthotist/Podiatrist
- Firefighter/Paramedic
- Athletic Equipment Design
- Researcher

\* Check for specific program prerequisites

## Potential Areas of Employment

- Fitness/Wellness Facilities (Municipal, Not-for-Profit, Private/Commercial)
- Corporate Wellness
- Wellness Programs for Special Populations / Life-Long Wellness (children/seniors)
- Workers' Compensation Boards / Occupational Rehabilitation
- Canadian Armed Forces
- Police Services
- Regional Health Authorities
- Chronic Disease Prevention
- Public Health Agencies
- Destination Resorts and Spas
- Physical Activity Promotion
- Cardiac Rehabilitation
- Pre-employment Physical Screening
- High Performance Sport and Research Laboratories
- Sport Medicine Centres and Athletic Therapy Clinics
- Health Education
- Provincial/National Sport Organizations
- Amateur and Professional Sport Teams or Athletes
- Athletic Equipment Companies

### WEB SITES FROM WHICH INFORMATION WAS GATHERED

Faculty of Kinesiology and Recreation Management  
[www.umanitoba.ca/faculties/kinrec/](http://www.umanitoba.ca/faculties/kinrec/)

Canadian Society for Exercise Physiologists *(Check here for national professional certification information)*  
[www.csep.ca/](http://www.csep.ca/)

Manitoba Exercise Professionals Association  
[www.mepa.ca/index.html](http://www.mepa.ca/index.html)

Manitoba Fitness Council Inc.  
[www.manitobafitnesscouncil.ca/](http://www.manitobafitnesscouncil.ca/)

Sport Manitoba  
[www.sportmanitoba.ca/](http://www.sportmanitoba.ca/)

Ontario Kinesiology Association  
[www.oka.ca](http://www.oka.ca)

Canadian Kinesiology Alliance  
[www.cka.ca](http://www.cka.ca)

Physical and Health Education Canada (formerly CAHPERD)  
[www.phecanada.ca](http://www.phecanada.ca)

Canadian Athletic Therapists Association (CATA)  
[www.athletictherapy.org](http://www.athletictherapy.org)

**For more information on careers in kinesiology or other occupational/educational options, please contact your student/faculty advisor or:**

**Career Services, Student Counselling and Career Centre  
474 University Centre, 474-6706, e\_boyle@umanitoba.ca**

**STUDENT  
AFFAIRS**

creating opportunities for student success