



# KINESIOLOGY COMPASS

This tool will provide you with the information you need for academic planning and connect you with experiences to develop the knowledge, skills and attributes that employers are seeking.

## KINESIOLOGY AT THE UNIVERSITY OF MANITOBA

As a kinesiology student in the Faculty of Kinesiology and Recreation Management, you will learn about the science of human movement. As Canadians are faced with higher incidences of disease and other health problems linked to sedentary living, learning to take better care of our bodies gives us a better chance of preventing illness and disease and the need for medical intervention. The faculty has many opportunities for you to explore, with two programs of study:

1. **Kinesiology:** this program is designed for students interested in careers in the expanding field of health, chronic disease prevention, physical activity promotion, community wellness, and sport and exercise science.
2. **Athletic Therapy:** this program is designed to assist students in acquiring the body of knowledge pertaining to the prevention, immediate care and rehabilitation of musculoskeletal orthopedic injuries.

## SKILLS YOU WILL GAIN BY STUDYING KINESIOLOGY

- The ability to apply the principles of exercise science to assess human movement, performance and function.
- The ability to develop and deliver fitness and rehabilitation programs for diverse populations such as cardiac patients and clients with musculoskeletal injuries.
- The ability to conduct workplace assessments and make recommendations to reduce the risk of employee injury.
- The ability to effectively communicate: verbally through discussions and class presentations, and in writing by preparing reports and papers.

### FACULTY OF KINESIOLOGY AND RECREATION MANAGEMENT

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kinrec@umanitoba.ca  
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### CAREER SERVICES

474 UMSU University Centre  
65 Chancellors Circle  
(204) 474-9456  
cs.receptionist@umanitoba.ca  
umanitoba.ca/student/careerservices



**WE ARE HERE TO HELP**  
The university wants you to succeed in all areas of your life! Visit these resources and help centres:

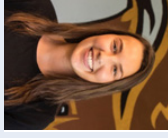
- ❑ Get involved outside of the classroom and get recognized on your Co-Curricular Record

- ❑ Update your resumé and LinkedIn profile with applicable experiences
- ❑ Engage in an experiential learning opportunity
- ❑ Check in with a career consultant to review progress on your career plan
- ❑ Run a degree audit in UM Achieve
- ❑ Meet with an academic advisor to ensure your academic plan meets degree requirements
- ❑ Know the degree requirements and university regulations that apply to your program

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## RECOMMENDED ANNUAL CHECKLIST

### STUDENT SPOTLIGHT



"Try to get involved! It's hard in 1st year, so come to the Lounge! Make

friends in your classes. Get involved in the field as early as possible, you learn way more – that's why fieldwork is amazing!"

**Kaileigh Tod**, kinesiology student

Read stories of alumni and senior students who mapped their own academic and career plan to fit with their skills, abilities and interests:  
[umanitoba.ca/careercompass](http://umanitoba.ca/careercompass)

## WHAT DO EMPLOYERS WANT?

Industries like business, government, health and fitness and sport would value a kinesiology degree in combination with the employability skills that are highly sought after by employers. These include\*:

- Oral and written communication
- Critical thinking
- Problem solving
- Teamwork
- Numeracy and data use
- Digital technology
- Industry specific knowledge
- Continuous learning

Attain skills through your classroom education and take advantage of experiential education opportunities.

*\*Information has been taken directly from Employability Skills 2000+ and Workplace Education Manitoba – Essential Skills.*

## WHAT IS EXPERIENTIAL EDUCATION?

Experiential education will enhance your classroom education by giving you hands-on experience that will resonate with employers. The University of Manitoba offers a wide variety of programs designed to facilitate your personal growth, create a network and ignite your active engagement in the local and global community.

## EXPERIENTIAL EDUCATION OPPORTUNITIES:

- Work experience opportunities
- International student exchanges, international internships and travel study
- Local and international service-learning opportunities
- Undergraduate research and entrepreneurship
- Leadership and volunteer opportunities

The Kinesiology Compass provides you with suggestions of how and when to use opportunities to make the most of your university experience. You may follow these guidelines or map out your own route.



# KINESIOLOGY COMPASS

B.Kin: 4 years  
B.Kin-AT: 4 years

	ACADEMIC SUCCESS	CAREER TIPS	VOLUNTEER & WORK EXPERIENCE	CULTURAL OPPORTUNITIES	
<p><b>YEAR 1</b> 30 CREDITS</p>	<p><b>Course requirements:</b> BIOL 1410 and 1412, KPER 1200 and 1500, PSYC 1200, STAT 1000, plus additional required courses for your program*</p> <p>Athletic Therapy: HNSC 1210</p> <p><b>To do this year:</b></p> <ol style="list-style-type: none"> <li>1. Kinesiology or athletic therapy—what’s right for you? An academic advisor and career consultant can help you decide.</li> <li>2. If you need academic support, visit the Academic Learning Centre for workshops or to meet with a learning skills instructor.</li> </ol>	<p><b>Start planning your career:</b></p> <ol style="list-style-type: none"> <li>1. Meet with a career consultant to generate career ideas based on your interests, values, personality and skills.</li> <li>2. Research occupations that match your skills and interests.</li> <li>3. Set up a careerCONNECT account to view job postings and register for workshops and events.</li> <li>4. Explore your Co-Curricular Record (CCR), an official record of university-approved activities at <a href="http://communitylink.umanitoba.ca">communitylink.umanitoba.ca</a>.</li> </ol>	<p><b>Link experiences to your career interests.</b> <b>Options include:</b></p> <ol style="list-style-type: none"> <li>1. Student groups including the Physical Education, Recreation, Kinesiology Student council; the Athletic Student Therapists Association and UMSU.</li> <li>2. Join the University of Manitoba Volunteer Program or volunteer for a HLHP Research Study.</li> <li>3. Student work opportunities including Work-Study, STEP Services or Federal Student Work Experience Program.</li> <li>4. Experiential education opportunities such as Alternative Reading Week Winnipeg and the Student Leadership Development Program.</li> </ol>	<p><b>Considering international opportunities?</b> Visit the International Centre web site at <a href="http://umanitoba.ca/international">umanitoba.ca/international</a> to learn about international opportunities for U of M students.</p> <p><b>Explore communities and cultures you want to work with:</b> visit the Canadian Sport Centre, the Health, Leisure and Human Performance Research Institute or learn about local agencies via <a href="http://211.Manitoba.ca">211 Manitoba.ca</a>.</p>	<p><b>SAMPLE CAREERS WITH AN UNDERGRADUATE DEGREE AND RELATED EXPERIENCE</b></p> <p>Athletic Therapist Case Manager Certified Personal Trainer Doping Control Officer Exercise Physiologist Exercise Therapist Fitness Consultant Fitness Program Manager Fitness &amp; Lifestyle Appraiser Health Promotions Coordinator Healthy Aging Facilitator Kinesiologist Occupational Testing Coordinator Rehabilitation Consultant Research Assistant Return to Work Coordinator Strength and Conditioning Specialist Workers’ Compensation Adjuster Workplace Health and Safety Officer Workplace Wellness Coordinator</p> <p><b>OPTIONS REQUIRING OTHER EDUCATION</b></p> <p>Biomedical Engineer Cardiac Rehab Specialist Chiropractor Ergonomist High Performance Coach Occupational/Physical Therapist Pathologist Personal Injury Lawyer Prosthetist/Orthotist Sport Biomechanist Sport Medicine Physician Sport Nutritionist Sport Psychologist</p>
<p><b>YEAR 2</b> 60 CREDITS</p>	<p><b>Course requirements:</b> KPER 2120, 2170, 2200, 2320, 2330, 2350, 2540 and 2700, plus additional required courses for your program*</p> <p>Athletic Therapy: KIN 2200, 2750 and 3320</p> <p><b>To do this year:</b></p> <ol style="list-style-type: none"> <li>1. Know the requirements for your degree. Meet with an academic advisor in the Faculty of Kinesiology and Recreation Management to help you plan your program.</li> <li>2. Consider taking the Option in Aging to expand your area of study.</li> </ol>	<p><b>Make professional connections:</b></p> <ol style="list-style-type: none"> <li>1. Join the Career Mentor Program to learn from professionals.</li> <li>2. Attend career fairs to connect with employers.</li> <li>3. Become a Student Affiliate with Manitoba Kinesiologists Association, the Canadian Society for Exercise Physiology, the Manitoba Athletic Therapists Association or Canadian Athletic Therapists Association.</li> <li>4. Attend the HLHP Research Institute Seminar Series.</li> </ol> <p><b>Market your skills:</b> develop your resumé and cover letter and refine your interview skills.</p>	<p><b>Explore student research opportunities:</b> apply for Undergraduate Research Award or NSERC grant and inquire about research assistant positions.</p> <p><b>Gain practical experience by volunteering:</b> check out Sport Manitoba, OHEYS and the Wellness Institute.</p> <p><b>Obtain certificates employers may require, including:</b> CSEP-CPT, NCCP, Sport First Responder and First Aid/CPR</p> <p><b>Athletic Therapy Students:</b> participate in clinic and field shadowing opportunities.</p>	<p><b>Develop global career skills and expand intercultural learning:</b> consider an international student exchange or Travel Study program, Canadian Sport Institute internship, a spring or summer Community Service-Learning experience, My World Abroad or SWAP for a “working holiday.”</p> <p><b>Staying local?</b> Check out the Bison Coaching Summer Institute, the Rec and Read program or one of the local service-learning programs. Consider learning a new language and culture through the Volunteer Language Exchange Program.</p>	
<p><b>YEAR 3</b> 90 CREDITS</p>	<p><b>Course requirements:</b> KPER 3100, 3460, 3470, 3510 and 3512, plus additional required courses for your program*</p> <p>Athletic Therapy: KIN 3160, 3330, 3332, 3400, 3912 and 3914, plus standard first aid and HCP level CPR.</p> <p><b>To do this year:</b></p> <ol style="list-style-type: none"> <li>1. Meet with a kinesiology advisor for program approval.</li> <li>2. Apply for the Supervised Fieldwork Experience and attend the Fieldwork Experience Tradeshow (if applicable).</li> </ol>	<p><b>Investigate your career options:</b></p> <ol style="list-style-type: none"> <li>1. Look at sample job postings to ensure you have the qualifications upon graduation.</li> <li>2. Develop employability and essential skills sought by employers.</li> <li>3. Create a LinkedIn profile to network with professionals.</li> <li>4. Explore supports available to entrepreneurs for business planning such as the Business Start Program.</li> </ol> <p><b>Consider continuing your studies:</b> check out Extended Education, the Faculty of Graduate Studies or other academic institutions.</p>	<p><b>Continue or start research:</b> participate in the Undergraduate Research Poster Competition.</p> <p><b>Check out student job opportunities with:</b> Active Living Centre, the City of Winnipeg and Mini U.</p> <p><b>Search for job opportunities online:</b> Check out <a href="http://usports.ca">usports.ca</a>, <a href="http://csep.ca">csep.ca</a>, <a href="http://sirc.ca">sirc.ca</a>, <a href="http://mata.mb.ca">mata.mb.ca</a>, <a href="http://athletictherapy.org">athletictherapy.org</a>, <a href="http://sportmanitoba.ca">sportmanitoba.ca</a> and other job posting sites.</p> <p><b>Use your networks and connections:</b> inquire about unadvertised job openings (the “hidden job market”).</p>	<p><b>Did you travel abroad?</b> Become an exchange mentor for the International Student Mentorship Program, join the exchange student community at the University of Manitoba or write an article about your experience.</p> <p><b>Participate in the multicultural opportunities on campus:</b> participate in the Intercultural Development and Leadership Program, volunteer for the Children Rising Mentorship Program or take part in Graduation Pow Wow.</p>	
<p><b>YEAR 4</b> 120 CREDITS</p>	<p><b>Course requirements:</b> KPER 4020 and 4100, plus additional required courses for your program*</p> <p>Athletic Therapy: KIN 2540, 3510, 4160, 4330, 4400 and 4910</p> <p><b>To do this year:</b></p> <ol style="list-style-type: none"> <li>1. Obtain current First Aid and CPR certification to meet degree exit requirement.</li> <li>2. Confirm eligibility to graduate with an academic advisor, and declare intent to graduate in Aurora.</li> <li>3. Prepare for the CATA National Certification Exam.</li> </ol>	<p><b>Start job search 9 months in advance:</b> contact Career Services to refine your job search and self-marketing strategies. You can visit the office up to 6 months after graduation.</p> <p><b>If you are continuing on to graduate school:</b> finalize your application materials and take required tests. Use the awards database to search for funding and awards to help finance your continuing education. Contact your department to find out how their awards deadlines are advertised.</p>	<p><b>Ensure you have references in place:</b> ask your professor for a reference or a letter of recommendation if you’re applying for graduate school.</p> <p><b>Assess your resume:</b> identify any gaps in experience and fill them through volunteering, work placements or internships or internships such as the Post-Secondary Recruitment Program.</p>	<p><b>Prepare to work in a multicultural environment:</b> visit Canada’s National Research Centre for Truth and Reconciliation on campus. Get access to <a href="http://Lynda.com">Lynda.com</a> through the Winnipeg Public Library and take courses to develop your cross-cultural intelligence.</p>	

**Note:** This resource is meant as a guide to provide suggestions throughout your time at university. Develop a plan and timeline that suits you best. Make intentional choices for your courses and work experiences.

\*Please refer to the Academic Calendar for a complete list of program requirements.