

Program Specific Skills:

- Thorough knowledge of human anatomy
- An understanding of how and why people move the way they do (and the factors that limit and enhance movement)
- Assist people to maintain their health and prevent injury and disease
- Able to evaluate and modify activities, equipment and environment to ensure optimal usage
- Skilled in organizing, planning and administering activities, programs, groups and events
- Understanding of physical risk assessment, injury prevention and rehabilitation
- Exercise prescription methodologies and techniques and knowledge of CSEP and ACSM training guidelines
- Fitness appraisal techniques and knowledge of CSEP fitness testing protocols
- Application of health counselling and health promotion techniques and programming

Transferable Skills:

- Patience and empathy
- Leadership
- Skills in science and mathematics
- Teamwork
- Time management and organization
- Analytical and problem solving
- Good oral and written communication skills
- Ability to work well with others
- Listening skills
- Skills in observation and assessment
- Ability to develop effective reports, presentation
- Using current technology

Career Options (Some may require further education):

- Rehabilitation: Special Populations in Clinical Settings, or Physical or Cardiac
- Work Site Analyst
- Insurance Adjuster
- Sports Medicine Clinics
- Personal Trainer/Weight Training Instructor
- Fitness Choreographer: for video producers, dance studios, choreography services
- Professional Assistant or Head Coach working for professional athletic teams
- Technology Consultant for a consulting firm or free-lance: advising fitness clubs or athletic programs re technical products to buy
- City Recreation Programs
- Resorts/Spa Director
- Physical Education Instructor teaching children in public or private schools
- Private Consultant
- Clinic Manager
- Occupational Health and Safety Specialist
- Work Disability Consultant
- Vocational Rehabilitation Specialist
- Event Coordinator/Planner
- Orthotics/Prosthetics Designer
- Sports Merchandise Sales

Potential Designation Certifications:

- CPT: Certified Personal Trainer
- FIS: Fitness Instructor Specialist
- RKin: Registered Kinesiologist with OKA (Ont. Kinesiology Assoc.)

Graduate School Options:

- Certified Exercise Physiologist
- Certified Work Capacity
- Evaluator through the Roy
- Matheson System
- Registered Massage Therapist
- Doctor of Chiropractic
- Doctor of Naturopathy
- Cranial Sacral Therapist
- University Professor
- Sports Psychologist
- Dance/Movement Therapist
- Sports Physician
- Exercise Physiologist
- Architect for sports facility
- Researcher– i.e. Biomechanics, Cellular Physiology
- Master of Science

Job Search Web Sites:

- ghworks.guelphhumber.ca
- www.careeredge.ca
- www.itcareerguide.com
- www.jobbank.gc.ca
- www.jobsearch.educationcanada.com
- www.talentegg.ca
- www.eluta.ca
- www.monster.ca
- www.workopolis.com
- www.charityvillage.com

Association Web Sites:

- Canadian Kinesiology Alliance - www.cka.ca
- Ontario Kinesiology Alliance - www.oka.on.ca
- Ontario Fitness Council - www.ontariofitnesscouncil.com
- Canadian Academy of Sport Medicine - www.casm-acms.org
- Canadian Colleges Athletic Association - www.ccaa.ca
- Canadian Athletic Therapists Association - www.athletictherapy.org
- Canadian Fitness and Lifestyle Research Institute - www.cflri.ca
- Coaching Association of Canada - www.coach.ca
- Coalition for Active Living - www.activeliving.ca
- Canadian Society for Exercise Physiology - www.csep.ca