

WHAT CAN I DO WITH MY...

HONOURS BACHELOR OF APPLIED SCIENCE IN **KINESIOLOGY** AND DIPLOMA IN FITNESS AND HEALTH PROMOTION

CAREER OPTIONS

- Registered Kinesiologist
- Certified Strength and Conditioning Specialist
- Clinic Manager
- Certified Exercise Physiologist
- Health Promotions Manager
- Insurance Adjuster
- Occupational Health, Wellness and Abilities Advisor
- Orthopedics/Prosthetics Designer
- Private Consultant
- Rehabilitation Therapist
- Researcher
- Wellness Coordinator
- Work Disability Consultant
- Certified Personal Trainer

**Note: Some careers and entry into further education may require additional study*

FURTHER EDUCATION

- Master of Science in Physical Therapy
- Master of Occupational Therapy
- Bachelor of Education
- Master of Science (Course & Thesis)
- Master of Public Health
- Master of Arts in Health Promotion
- Chiropractic College
- Naturopathic College
- Medical School

**Note: Some entry into further education may require additional study or courses*

JOB SEARCH WEBSITES

- 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

COMPETENCIES

- 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
- Application of health counselling and health promotion techniques and programming
- Skilled in organizing, planning and administering activities, programs, groups and events
- Understanding the 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

ASSOCIATION WEBSITES

- Ontario Kinesiology Association – 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
- Canadian Kinesiology Alliance – www.cka.ca

**NEED MORE
HELP?**



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