

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 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*

Competencies

- Thorough knowledge of human anatomy
- Understand 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
- 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

Job Search Websites

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

**Note: this is not a complete list for more information Contact your Career Services Coordinator:*

<https://www.guelphhumber.ca/career/contact>