



CAREER PATHFINDERS

BACHELOR OF KINESIOLOGY, PHYSICAL AND HEALTH EDUCATION,  
OR SCIENCE WITH A MAJOR IN

**KINESIOLOGY  
AND APPLIED HEALTH**

Overview

Graduates of Kinesiology and Applied Health programs often start out in careers in teaching, athletic therapy, personal training, or sport coaching; however, the skills developed in this discipline are also applicable to a number of other occupations such as adventure tourism, recreation services, physical therapy, chiropractic, or the insurance industry. Students taking the 4 year BKin degree program can apply for early consideration to the Canadian Memorial Chiropractic College after their second year of study.

Job Titles

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| <ul style="list-style-type: none"> <li>• Activities Director (NOC 54100)</li> <li>• Athletic Therapist (NOC 31204)</li> <li>• Athletic Trainer (NOC 31204)</li> <li>• Cardiac Rehabilitation (NOC 31301)</li> <li>• Corporate Fitness Instructor (NOC 54100)</li> <li>• Cruise Recreation Director (NOC 54100)</li> <li>• Emergency Medical Technician (NOC 32102)</li> <li>• Health and Fitness Consultant (NOC 41406)</li> <li>• Nutrition Specialist (NOC 31121)</li> <li>• Outdoor Guide (NOC 64322)</li> </ul> | <ul style="list-style-type: none"> <li>• Park Manager (NOC 62029)</li> <li>• Program Leader and Instructor in Recreation, Sport and Fitness (NOC 54100)</li> <li>• Teacher (NOC 41220)</li> <li>• Recreation, Sport and Fitness Policy Researcher, Consultant and Program Officers (NOC 41406)</li> <li>• Massage Therapist (NOC 32201)</li> <li>• Recreation, Sport and Fitness Program and Service Director (NOC 50012) 1,2</li> </ul> |
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1 The numbers following each job title refer to [Canada's National Occupational Classification \(NOC\) code](#). Jobs may require additional education or training.

2 Government of Canada. "Kinesiology and Exercise Science (31.0505), Bachelor's degree." Job Bank, 26 March 2020, <https://www.jobbank.gc.ca/studentdashboard/31.0505/LOS05>

## Work Settings

- Community Service Agencies
- Correctional Facilities
- Educational Institutions
- Emergency Responders
- Fitness Organizations
- Government Agencies/Departments
- Health Agencies
- Health Care Facilities
- Pharmaceutical Industry
- Private Practice
- Recreation Facilities
- Retirement Homes
- Sports Organizations
- Travel/Tourism Industries

## Skills and Characteristics

- Understanding of physiological, psychological and sociological aspects of human movement
- Specialized knowledge of nutrition, physical activity and health
- Strong communication skills
- Data gathering skills
- Organized
- Ability to work as a team
- Logical thinking abilities

## Professional Associations and Other Links

- Canadian Athletic Therapists Association <https://athletictherapy.org/en/>
- Coaching Association of Canada <http://www.coach.ca/>
- Sport Manitoba <http://www.sportmanitoba.ca/>
- Canadian Kinesiology Alliance <http://www.cka.ca/>
- Canadian Academy of Sport and Exercise Medicine <http://casem-acmse.org/>
- Canadian Society for Exercise Physiology <https://www.csep.ca/>
- Canadian Society for Psychomotor Learning and Sport Psychology [scapps.org](http://scapps.org)
- CMCC Chiropractic Academic Pathway <https://www.uwinnipeg.ca/dept-kinesiology/CMCC%20Chiropractic%20Academic%20Pathway%20.html>

This document is intended to provide a starting point for your career research. For more information about UWinnipeg's Kinesiology programs, visit the [Department of Kinesiology and Applied Health website](#), [Athletic Therapy Fact Sheet](#), [Kinesiology Fact Sheet](#), [Physical and Health Education Fact Sheet](#), [Pre-Occupational Therapy Fact Sheet](#), [Pre-Medical Rehabilitation: Physical Therapy Fact Sheet](#), and the [Pre-Medical Rehabilitation: Respiratory Therapy Fact Sheet](#).

Students are encouraged to [schedule an appointment with an Academic and Career Advisor](#) for assistance with career planning.

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