



CAREER PATHFINDERS

KINESIOLOGY AND APPLIED HEALTH DEGREE

Graduates with a major in Kinesiology and Applied Health typically start out in careers in: teaching, athletic therapy, or coaching; however, the skills developed in this discipline are also applicable to a number of other occupations such as adventure tourism, outdoor recreation services or the insurance industry.

Career Options / Job Titles

(SOME MAY REQUIRE ADDITIONAL EDUCATION AND/OR TRAINING)

- Activities Director (NOC 5254)
- Athletic Therapist (NOC 3144)
- Athletic Trainer (NOC 3144)
- Cardiac Rehabilitation (NOC 3143)
- Corporate Fitness Instructor (NOC 5254)
- Cruise Recreation Director (NOC 5254)
- Emergency Medical Technician (NOC 3234)
- Health and Fitness Consultant (NOC 4167)
- Nutrition Specialist (NOC 3132)
- Outdoor Guide (NOC 6532)
- Park Manager (NOC 6316)

Skills Developed by Kinesiology & Applied Health Majors

- Understanding of biological, 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

Employers / Areas of Employment

- 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

Professional Associations and Websites

- Athletic Therapy Fact Sheet <http://uwinnipeg.ca/factsheets/docs/factsheet-athletic-therapy.pdf>
- Exercise Science Fact Sheet <http://uwinnipeg.ca/factsheets/docs/factsheet-exercise-science.pdf>
- Kinesiology Fact Sheet <http://uwinnipeg.ca/factsheets/docs/factsheet-kinesiology.pdf>
- Physical and Health Education Fact Sheet <http://uwinnipeg.ca/factsheets/docs/factsheet-physical-and-health-education.pdf>
- Pre-Occupational Therapy Fact Sheet <http://uwinnipeg.ca/factsheets/docs/factsheet-pre-occupational-therapy.pdf>
- Pre-Medical Rehabilitation: Physical Therapy Fact Sheet <http://uwinnipeg.ca/factsheets/docs/factsheet-pre-physical-therapy.pdf>
- Pre-Medical Rehabilitation: Respiratory Therapy Fact Sheet <http://uwinnipeg.ca/factsheets/docs/factsheet-pre-respiratory-therapy.pdf>
- Sport Coaching Fact Sheet <http://uwinnipeg.ca/factsheets/docs/factsheet-sport-coaching.pdf>
- NOC Codes <http://www5.hrsdc.gc.ca/NOC/English/NOC/2011/Welcome.aspx>
- 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/>
- The Kinesiology Network <http://www.kinesiology.net/>