



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"> • 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) | <ul style="list-style-type: none"> • Park Manager (NOC 6316) • Program Leader and Instructor in Recreation, Sport and Fitness (NOC 5254) • Teacher (NOC 4032) • Recreation, Sport and Fitness Policy Researcher, Consultant and Program Officers (NOC 4167) • Massage Therapist (NOC 3236) • Recreation, Sport and Fitness Program and Service Director (NOC 0513) 1,2 |
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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
- 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.