

Health Promotion	Kinesiology	Therapeutic Recreation	Recreation Management
Broad health program, unique in Canada at the undergraduate level – Prevention, Education, Programming, Research and Policy	Science of human movement across the spectrum (from athlete to physically disabled, with a focus on optimum performance), draws from disciplines of psychology, neuroscience, biomechanics, anatomy, physiology etc.	Improve quality of life of individuals through leisure (all types)	Business competencies and rec management skills for the recreation and leisure service industry: municipal rec, national sport governing bodies, commercial ventures, festival management, arts and culture, leisure and sport marketing, professional sports organizations, entrepreneurship, recreation and fitness centers, tourism, sports
Prevention and Population Health Approach (improve the health of the entire population and reduce health inequities among marginalized groups)	Sports – athletic training (individuals, teams), coaching, sport administration	Marginalized populations (youth at risk, aging, physical and developmental disabilities)	Sports – leisure and sport marketing, scouting, athlete development, etc.
Impact individual and community health locally and globally in government, clinical, non-profit and community settings	Fitness Training, Exercise Physiology, Ergonomics, Motor Control, Rehab, Health & Safety, Disability Management, Sport Admin, Research, etc.	Work in clinical, group home or long term care facilities, rec centres, non-profit organizations, government, etc.	Two degrees in five years (Bachelor of Science, Recreation + Bachelor of Management)
Professional program pathways such as Masters in Health Promotion or Public Health, Community Health & Epidemiology, OT, Medicine, Speech and Audiology, etc.	Registered Kinesiologist (Ontario only), Professional program pathways: Physio, OT, Osteopathy, Chiropractic, Medicine, etc.; Supplemental studies in Athletic Therapy, Pedorthics, Orthotics, Prosthetics, etc.	Certified Therapeutic Recreation Specialist (CTRS) designation; Professional program pathways such as Masters in Leisure Studies, Physio, OT, Medicine, etc.	Entry to middle-management positions; other professional pathways such as MA Leisure, MBA, MPA, etc.