What to do with a degree in ... KINESIOLOGY

If you are questioning your career options or what others like you are doing with their degree this guide is a good place to start. It will provide you with industry specific information on careers, schools, associations, labour market information, and more.

Career & Leadership Development Centre
dal.ca/cldc
Kinesiology is a multidisciplinary approach to the study of human movement. Studying kinesiology will teach you how the human body moves as a complex living system, and give you the tools to succeed in an exciting and challenging field. Kinesiology is also concerned with the maintenance and enhancement of health and well-being. Therefore, by studying it one can learn about many ways to heal, maintain, and enhance the performance of the human body.  

[Dalhousie Kinesiology Website]

The career options available to you if you studied kinesiology will largely depend on your focus of study (fitness and lifestyle, ergonomics, coaching science, etc.), and your career interests and goals. When considering where to start keep in mind any significant projects you were involved in, internships, personal strengths, past employment, and other background information that may guide you.

A degree in Kinesiology is a starting point for many rewarding and interesting career opportunities in health, wellness, fitness and education. Though you can end up in a variety of jobs with this degree, the skills you have developed may make you especially competitive in the following areas:

- Athletic Trainer
- Ergonomics Engineer
- Coach
- Health Care Consultant
- Program Director
- Exercise Specialist
- Health & Safety Manager
- Rehabilitation Specialist
- Health Club Director
- Research Assistant
- Athletic Injury Trainer
- Camp Director
- Dietitian
- Health Care Aide
- Sports Agent

A Bachelor of Science degree in Kinesiology acts as a great foundation for many other areas that compliment the study of the human body. Kinesiology graduates can often be found pursuing degrees in, medicine, physiotherapy, and Chiropractics. By doing so they can better target a specific area of employment that pairs well with their degree. Whether you seek a graduate degree, undergraduate degree, or certificate program, additional education can open up a variety of other options. Here are some options available to a kinesiology graduate who has completed additional training:

- Physical Therapist
- Occupational Therapist
- Physical Education Teacher
- Doctor
- University Professor
- Sports Counsellor
- Chiropractor
- Policy Analyst
- Public Health Director

With the plethora of options a kinesiology graduate can choose, it can be hard to know where to start when looking for a career. It would be of value to try out as many different jobs, positions, and experiences to help discover what you are good at and enjoy. This will help point you in the right direction when looking for a career path.
Developing your skills, experience and network

Opportunities in Your Program

Study Abroad - If you want to see the world while you study Dalhousie can provide the opportunity to learn abroad. Dalhousie Student Exchange Services can get you started.

Practicum - In the final year of your program you will complete a practicum. Use this opportunity to learn about your skills, strengths and build valuable experience.

Networking - Network with industry professionals and alumni at Kinnctions.

Opportunities at School

Involvement in extra curricular activities will make you a more competitive candidate for positions in your field. It will also give you the chance to focus on any specialties you are interested in. Consider joining a program like the ones listed:

- Dalhousie Students Association of Health Sciences
- DALConnects
- Dal Cross Country, & Track & Field Society
- Dalhousie Health Initiatives Society
- Dalhousie Pre-Medical Student Society

The Dalhousie Co-curricular record (CCR) is a great way to track your extra-curricular involvement and display it for employers. Visit dal.ca/CCR to learn more.

Summer Jobs and Volunteer Work

Summer jobs and volunteering are great ways to gain experience, develop specialties, and discover what you like in a job. Check out these resources:

- Federal Student Work Experience Program (FSWEP)
  A program that provides post-secondary students with experience related to their field of study.
- Talent Egg
  This website provides postings for internships, co-ops, volunteer opportunities and entry level jobs.
- Volunteer Halifax
  A posting board where non-profits in Halifax post their volunteer opportunities and positions.
- Fusion Halifax
  A resource linking local organizations with young people.

Professional Associations & Conferences

Professional associations and conferences are a great way to network with professionals in your field. This is especially true for graduate students. Below is a sample listing of professional associations that may be worth examining.

Canadian Kinesiology Alliance  www.cka.ca
Canadian Association of Specialized Kinesiology  www.canask.org
Dalhousie's Kinesiology program has a long history of excellence and offers a wide variety of classes taught by professors known for their research. The program is also accredited by the Canadian Council of University Physical Education and Kinesiology Administrators (CCUPEKA).

The Kinesiology program at Dalhousie offers the option to specialize, to apply for an honours program, and to obtain professional certifications. Whether you want to focus on a specific study stream—Fitness and Lifestyle, Ergonomics, or Coaching Science—or pursue an all-around combination of classes, Dalhousie’s Kinesiology program provides you the flexibility to study what really interests you.

Whichever stream you choose to study, the program prepares you to succeed in a rewarding career from a wide range of exciting possibilities—everything from being an athletic trainer for a professional sports team to an ergonomics engineer with a blue chip corporation.

The courses you take in Dal’s Kinesiology program can vary depending on what your interests are. While there are a number of required courses, they cross different disciplines and departments, including Health and Human Performance, Biology, Psychology, Chemistry, Anatomy, Physics, Physiology, Math, and Statistics. This will provide you with valuable inter-professional opportunities.

The 25-hour practicum in the final year of the program takes you out of the classroom and lab, and places you in a professional setting where you get hands-on work experience to enhance your studies. [Dalhousie Kinesiology webpage]
There are many other established kinesiology programs in Canada and abroad. A great resource for examining post-secondary programs is Career Cruising. Career Cruising can be accessed through your Dalhousie MyCareer profile or by visiting the Career & Leadership Development Centre. Below are some kinesiology programs:

**McMaster University**
Location: Hamilton, Ontario  
BA, MA, PhD  
Subject areas: Biomechanics, Exercise Rehabilitation, Health & Exercise Psychology, Exercise Physiology, Motor Control & Learning, Socio-Cultural.

**University of British Columbia**
Location: Vancouver, British Columbia  
BA, MA, PhD  
Subject areas: Health and Integrative Physiology, Neuromechanical, Physical Education, Coaching, Socio-Cultural Studies, Sport and Exercise Psychology.

**University of Toronto**
Location: Toronto, Ontario  
BA, MA, PhD  
Subject areas: Biomechanics, Cardiorespiratory, Outdoor Education, Cultural Studies, Coaching, Sport Psychology, Sport Medicine, Physical Education

**University of Calgary**
Location: Calgary, Alberta  
BA, MA, PhD  
Subject areas: Biomechanics, Exercise and Health Physiology, Mind Sciences, Pedagogy and Coaching.

**University of Saskatchewan**
Location: Saskatoon, Saskatchewan  
BA, MA, PhD  
Subject areas: Human Movement, Active Living, Healthy Lifestyles, Musculoskeletal Health, Social Psychology, Women’s Health

**Université de Montréal**
Location: Montreal, Quebec  
BA, MA, PhD  
Subject areas: Physical Activity, Biomechanics, Sociology, Ethics, Nutrition, Physiotherapy, Biology, Physical Education, Occupational Therapy.
Labour Market Information

Given the broad array of directions you can take a kinesiology degree it is difficult to choose a specific sector to analyze the job outlook. So to begin it is important to first identify the sectors that kinesiology students work in. Looking at LinkedIn statistics on Dalhousie alumni, it appears that most alumni end up in the following fields:

- Healthcare Services
- Education
- Entrepreneurship
- Sales
- Operations
- Research
- Community and Social Services
- Consulting
- Administrative

Projections

The following Labour Market Information (LMI) was taken from jobbank.gc.ca. It represents the 2013-2015 projection period. For jobs with a 4 digit number you can use that number on Job Bank to look up additional information on the field.

For more LMI on other jobs within your field click on 'Explore Careers'. If you search by occupations or education program then click on outlook for specific LMI.

Good Outlook ★★★
(3 out of 3 stars)

The best career outlooks for individuals with a kinesiology degree are: Physiotherapists (3142), Occupational Therapists, Managers in Health Care (0311), Retail Trade Supervisors (6211), and Sales Representative and Wholesale Trade (6411). Technical Occupations in Therapy and Assessment (3235) also has a good outlook, this includes, Massage Therapists, Physiotherapy Technicians, Physical Rehabilitation Technicians, Kinesitherapist, and other related positions.

Fair Outlook ★★☆
(2 out of 3 stars)

Jobs for kinesiology majors in Nova Scotia with a fair outlook include: Dietitians and Nutritionists (3132), Sales, Marketing and Advertising Managers (0611), Professional Occupations in Health Diagnosing and Treating (3123), Chiropractors (3122), and Other Professional Occupations in Therapy and Assessment, this includes, Athletic Therapist, Recreational Therapist, Dance-Movement Therapy Researcher, and Movement Therapist, Medical Movement Analyst, and Therapeutic Recreationist.
Online

My World Abroad - http://myworldabroad.com/
A global career site for individuals who want to go abroad to study, volunteer, intern, teach or work. To get full access to the site for free access the link in the career resource section of myCareer.

MyCareer - https://mycareer.dal.ca/
A resource for Dalhousie students to connect with jobs, employers and career related events on campus.

TalentEgg - tallentegg.ca
A great website to find internships, student jobs, and entry level positions. You can also find great advice and career guides. In addition to this, TalentEgg has challenges to help young people build transferable skills.

Tiger Society - https://tigersociety.dsu.ca/
This site lists all Dalhousie Societies and information about them. You can register to join a society through this site.

Career Beacon - careerbeacon.com
Provides job listings and corporate profiles with a strong presence in Nova Scotia and other Maritime Provinces. It can be a great resource for identifying what jobs are in your field and what skills employers are looking for.

Career Cruising - careercruising.com (log on available through MyCareer)
A comprehensive website that provides information to help you make informed choices about your career path.

Employment and Social Development Canada - National Occupational Classification
Contains occupational information and is used to find jobs that exist within Canada's labour market.

Print


The Canadian Student & Grad Job Search Directry. Sentor Media inc.


What Color is your Parachute: A practical manual for job-hunters and career-changers (2014)

Other

Career Counselling - Dalhousie - Student Union Building 4th Floor
This free service is a confidential and collaborative process in which you work with a career counsellor who assists you in your educational and career decision-making

Career & Leadership Development Centre - Dalhousie - Student Union Building 4th Floor
This resource centre can provide you with all the career tools and resources you need. Drop in for assistance with resumes, cover letters, interviewing and more.

DALConnects - Leadership Program - dal.ca/dalconnets
This program will connect you with leadership opportunities and workshops.
Healthy Living Program Kinesiologist

Position: Full Time - Salary: $35-45 per hour Hours: 40

The Healthy Living Program is an integrated community-based chronic disease management program for adults with or at risk of developing chronic disease. We aim to put our participants at the centre of all care to help them improve their health and quality of life. Under general supervision from the Care Manager, the Kinesiologist will work as part of the inter-disciplinary team to provide supervised exercise programming as well as patient education and self-management support related to increasing physical activity levels and improving other healthy lifestyle habits.

Duties
• Working under the direction of the Care Manager in matters regarding treatment, progression of treatment and management of the client;
• Designing and implementing a therapeutic exercise program to meet the identified needs of the client;

Qualifications & Skills
• Bachelor degree in Kinesiology required.
• Current Canadian Society for Exercise Physiology’s Certified Exercise Physiologist designation, or equivalent designation.
• Current CPR – Health Care Provider (C) certification.
• Experience working with adults that have various chronic health conditions in a clinical or community exercise program setting.
• Experience working effectively and efficiently in a collaborative, consultative manner as part of an interdisciplinary team.
• Experience with group facilitation and adult education, including the use of approaches that enhance patient care, health promotion, and self-management.
• Experience working with culturally diverse and vulnerable populations preferred.
• Advanced knowledge, skills and proficiency in the areas of exercise physiology and aging.
• Ability to use sound judgement and recognize when it is important to work with other health care professionals to provide the best possible care for our participants.
• Ability to establish and maintain effective and respectful working relationships with a wide variety of clients, other care providers, and team members required.

★ Make sure you tailor your resume to the position by examining the responsibilities and matching your experiences with them. By examining job ads you can identify skills/experience gaps you should develop throughout school.

Skills you can develop in your practicum or by volunteering:
• Experience that can be developed by joining a school society or sports team.
• You can learn these skills by becoming a TA.
• Areas of study you can explore during your education at Dalhousie.
• Skills you can develop during a part-time or summer job.
For more information, comments, or questions please contact:

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