Kinesiology
Program-specific competencies

Competencies are the skills, knowledge and attributes gained through every work, educational, volunteer and life experience. UVic students in the School of Exercise Science, Physical and Health Education develop the following program-specific competencies.

Overall: Demonstrates skills necessary to analyze literature and conduct research in the area of physical activity and health in the context of schools, work, community, health promotion and sport.

Field of practice/body of knowledge

- Understands and applies the sciences of kinesiology (biomechanics, anatomy, physiology) and health promotion behavior
- Reads, critically evaluates and applies current research and professional information in kinesiology and health promotion
- Communicates and discusses standards of research and practice within the field of kinesiology

Technical expertise

- Able to explain the underlying assumptions and methodologies associated with both quantitative and qualitative research
- Outlines and determines ethical issues associated with human subject and animal research
- Plans and implements best practices in research activities to test research questions
- Analyzes research results in a manner congruent with the specific research area and the research question/hypothesis
- Translates knowledge of research literature to advance the general public’s understanding of kinesiology research

UVic Co-op and Career worked with the UVic School of Exercise Science, Physical and Health Education to develop this competency document.