WHAT CAN YOU DO WITH YOUR DEGREE?

KINESIOLOGY

Your career is a journey and there’s more than one “right” path. This resource includes some of the ways that you can explore your career journey—find even more at uvic.ca/coopandcareer/degree.

EXPLORE POTENTIAL CAREERS

Your education, experience, knowledge, skills and attributes can help you excel in many directions. Here are a few sample jobs and fields of work that relate to your program:

<table>
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<tr>
<th>Opportunities within your academic program</th>
<th>Opportunities outside your academic program</th>
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<tbody>
<tr>
<td>• Co-op Program: Alternate academic study with paid work terms to gain workplace experience</td>
<td>• Work Study position (uvic.ca/work-study)</td>
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<tr>
<td>• Learn about a wide range of hands-on learning opportunities, including Community Service Learning courses, course-based experiences and more at uvic.ca/coopandcareer/hands-on</td>
<td>• Volunteering is a great way to gain work experience, give back to your community and build skills to boost your résumé—learn more at uvic.ca/coopandcareer/volunteer</td>
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Some of these roles may require post-graduate studies or training.

What steps can you take to find a career that fits?
+ Explore how your interests align with career paths during an appointment with a career educator at uvic.ca/coopandcareer/advice
+ Look for career ideas by searching for job postings with your program name at learninginmotion.uvic.ca
+ Take part in the Horizons program to generate career ideas and decide on your next steps at uvic.ca/coopandcareer/careerprograms

GAIN EXPERIENCE AND MAKE CONNECTIONS

Gaining experience in the community and workplace can help you gain insight and build your network. We’ve put together a list of some of the hands-on learning opportunities available in your program area.

• Fitness instructor
• Athletic coach
• Recreation therapist
• Medical professional
• Recreation program coordinator
• Personal trainer
• Nutritionist
• Athletic therapist
• Physiotherapist
• Pharmacist
• Kinesiologist
• Occupational health & safety consultant
• Teacher
• Sport sales representative
• Rehabilitation assistant
**What networks can you connect to?**
Your friends, family, professors and colleagues are all part of your network—ask them how they’ve navigated their career paths. You can also connect with professional associations related to your field—here are just a few:

<table>
<thead>
<tr>
<th>BC Association of Kinesiologists (bcak.bc.ca)</th>
<th>Canadian Society for Exercise Psychology (csep.ca)</th>
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<tbody>
<tr>
<td>Canadian Kinesiology Alliance (cka.ca)</td>
<td>Canadian Fitness Education Services (canadianfitness.net)</td>
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</table>

**TIP:** Learn all about effective networking (plus other work search resources) at uvic.ca/coopandcareer/worksearch.

**BUILD YOUR SKILLS**
Every experience helps you develop competencies—knowledge, skills and attributes that are valuable to employers. We can help you understand and describe your competencies, which comes in handy when you’re searching for work.

**What competencies do all employers look for?**
Here are the 10 core competencies that are valuable in every workplace (these align with UVic’s Learning Outcomes):

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<th>Personal management</th>
<th>Teamwork</th>
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<tr>
<td>Communication</td>
<td>Commitment to quality</td>
</tr>
<tr>
<td>Managing information</td>
<td>Professional behaviour</td>
</tr>
<tr>
<td>Research and analysis</td>
<td>Social responsibility</td>
</tr>
<tr>
<td>Project and task management</td>
<td>Continuous learning</td>
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</table>

You can also develop intercultural competencies and professional competencies.

**TIP:** Visit uvic.ca/coopandcareer/buildskills to learn how to assess and describe your competencies.

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**LOOKING FOR MORE SUPPORT?**
Job postings: uvic.ca/coopandcareer/career
Events and more: learninginmotion.uvic.ca  uviccoopandcareer @uviccoopcace