

# What can I do with a degree in ... Kinesiology?

UVic's School of Exercise Science, Physical and Health Education's BSc Kinesiology program prepares students to thrive in the growing field of wellness, exercise training and skilled movement. Students study physical activity from a variety of scientific perspectives and apply their knowledge in sport, recreation and rehabilitative settings. This degree is an excellent foundation to a career in analysis of movement, exercise prescription and management or for future study in medicine, physiotherapy, occupational therapy, chiropractic and massage therapy.

## What competencies will I develop?

As a Kinesiology student, you will develop several essential competencies to help you pursue your dream job. If you choose to participate in UVic's co-operative education program and engage in other experiential learning opportunities, you'll gain hands-on experience in your field before you graduate and develop the following core competencies:

- Personal management
- Research and problem solving
- Communication
- Information management
- Project, task and organization skills
- Teamwork
- Commitment to quality
- Workplace behaviour
- Social responsibility
- Continuous learning

## What work may be possible after my degree?

There are many options and we have listed some possibilities below. Your qualifications will depend on the specific courses and projects you complete as well as your work, volunteer and extra-curricular experiences. For some careers, additional education or training may be helpful or required).

Industry/area	Type of work
<b>Health</b>	<ul style="list-style-type: none"><li>▪ Kinesiologist</li><li>▪ Athletic therapist</li><li>▪ Program coordinator - physical activity</li><li>▪ Rehabilitation specialist</li><li>▪ Sports medicine specialist</li><li>▪ Emergency medical technician</li><li>▪ Health lifestyle consultant</li><li>▪ Ergonomist/physical risk assessor</li><li>▪ Physician</li><li>▪ Occupational therapist</li><li>▪ Chiropractor</li><li>▪ Massage therapist</li><li>▪ Physiotherapist</li><li>▪ Cardiac rehabilitation</li></ul>
<b>Business</b>	<ul style="list-style-type: none"><li>▪ Life and disability claims assessor</li><li>▪ Safety consultant</li><li>▪ Manager</li><li>▪ Sports sales representative</li></ul>
<b>Recreation, sport</b>	<ul style="list-style-type: none"><li>▪ Fitness instructor/program coordinator</li><li>▪ Youth agency director</li><li>▪ Professional athlete/coach</li><li>▪ Community centre coordinator</li></ul>

For more information, visit us in the Campus Services Building (next to the Bookstore) or online at [www.careerservices.uvic.ca/resources/career\\_exploration.html](http://www.careerservices.uvic.ca/resources/career_exploration.html).



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