

WHAT CAN I DO WITH A DEGREE IN KINESIOLOGY?

The Bachelor of Health Science (Honours) degree in Kinesiology at UOIT is directed towards understanding the role and application of exercise rehabilitation, fitness, and health improvement, with courses in anatomy, biomechanics, motor control and neuroscience, exercise physiology, and psychology. This program aims to provide you with the skills and knowledge to become a registered kinesiologist. Specializations are available in Exercise Science and Health and Wellness; within the Exercise Science stream, a limited number of students have the option to apply to the Canadian Memorial Chiropractic College track, which allows them to complete the Kinesiology Degree and the Doctor of Chiropractic Degree in seven years, rather than eight. For more information about the Kinesiology program, please visit the Faculty of Health Sciences website at healthsciences.uoit.ca/undergraduate/programs/kinesiology

WHAT SKILLS WILL I DEVELOP IN THE KINESIOLOGY PROGRAM?

A degree in Kinesiology will allow you to develop a number of skills with application in a variety of work contexts. Some of the skills you will acquire and/or develop in the Kinesiology program include:

Analytical and Critical Thinking	Problem Solving	Statistical/Data Management Skills	Teamwork
Oral and Written Communication	Research	Planning and Organization	Collaboration

EMPLOYERS HIRE PEOPLE NOT DEGREES!

Think beyond your program when choosing a career. To find the right career, you will need to take into account your interests, skills, work preferences and values. The list below is meant to give you some ideas, but it is not exhaustive. Don't limit yourself!

WHAT ARE MY CAREER OPTIONS WITH A DEGREE IN KINESIOLOGY?

Kinesiology is an interdisciplinary field that opens up possibilities for careers such as:*

Athletic Therapist	Medical Equipment Supplier/Consultant	Osteopathic Physician	Rehabilitation Counsellor
Chiropractic Assistant		Personal Trainer	Research Assistant
Chiropractor	Massage Therapist	Physician	Respiratory Therapist
Diagnostic Ultrasound Technician	Naturopathic Doctor	Physiotherapist	Special Needs Program Assistant
Dentist	Neurologist	Physiotherapy Assistant	Speech-Language Pathologist
Ergonomist	Occupational Therapist	Prosthetist	Sports Consultant
Exercise Physiologist	Optometrist	Radiological Technologist	Sports Nutritionist
Health Promoter	Orthotist	Registered Kinesiologist	Teacher

*Please note that many of the occupations listed above may require further education, certifications or work experience in conjunction with your degree.

WHERE HAVE PREVIOUS UOIT HEALTH SCIENCES GRADS WORKED?

Chiropractic Centre for Optimum Health	Lakeridge Health Oshawa	The Hospital for Sick Children
Comprehensive Health Care Network	Mount Sinai Hospital	Toronto General Hospital
Credit Valley Hospital	Public Health Ontario	University Health Network
Durham Region Health Department	Rouge Valley Health System – Centenary	

HOW CAN I GET SOME PRACTICAL EXPERIENCE?

A degree on its own is generally not enough to land you your dream job. Practical experience is critical, not only to give you the qualifications you need to be competitive, but also to help you better understand your own interests, skills, personality and work values so that you can be confident that your next career step is the right fit for you.

There are a number of ways for you to get some real-world experience and information about potential careers related to Kinesiology. These include:

Research Practicum – All Health Science students can apply for a fourth-year research practicum that extends throughout their final year of studies. Working under the direction of a research tutor (both UOIT- and community-based), students receive a practical experience that exemplifies the collaborative research process while providing them with a valued opportunity to apply their knowledge in an actual research setting.

Internships – The Faculty of Health Sciences offers a number of opportunities for Kinesiology students to apply their classroom learning in a workplace setting through internships of one term or a full year in the field of athletic therapy or exercise and rehabilitation. For more information, visit healthsciences.uoit.ca/about/experiential-learning1.php

Volunteering - If you have little or no work experience, unpaid work experiences are a great way to get your foot in the door, allowing you to develop your skills through hands-on experience, learn more about your interests and make valuable contacts to add to your network for potential paid work opportunities down the road. For more information, find the volunteering resource at uoit.ca/careertools

Informational Interviews - Informational interviews allow you to get the inside scoop on potential career paths from individuals working in the field. For information on how to set up and conduct informational interviews, find the Informational Interview resource at uoit.ca/careertools

Get Involved - The Faculty of Health Sciences has several clubs and organizations dedicated to, among other things, organizing experiential learning and professional opportunities for their members. For more information, visit healthsciences.uoit.ca/about/student-clubs.php. See also your-sa.ca for information about other clubs offered by the Student Association. Check out uoit.ca/getinvolved for information about the **Student Involvement Record**.

WHERE CAN I FIND MORE INFORMATION?

Student Portal – There are a number of career resources on the Student Portal to get you started in your career research process, including links to job leads and information about further education. For more information, visit: uoit.ca/careercentre

Career Counselling – Email careercentre@uoit.ca to book a career counselling appointment if you would like to discuss your career development, including issues such as: career indecision; identifying your skills, interests, work values and personality style as it relates to the workplace; feeling overwhelmed, anxious or confused about the career planning or decision-making process; and overcoming barriers to career development.

Academic Advising – Email healthscience.advising@uoit.ca to set up an appointment to discuss questions related to your academic path within the Faculty of Health Sciences.