

Faculty of KINESIOLOGY and HEALTH STUDIES

Profile of Opportunities

What programs are offered?

The Faculty of Kinesiology and Health Studies (KHS) offers the Bachelor of Kinesiology (BKin) and Bachelor of Sport and Recreation Studies (BSRS). The Bachelor of Health Studies (BHS) is offered as a joint degree between the Faculty of Kinesiology and Health Studies and the Faculty of Arts in partnership with First Nations University of Canada. Also offered, in partnership with Mount Royal College (Calgary, AB), are joint degree programs in Athletic Therapy (BKin – Human Kinetics Major) and Gerontology (BKin or BSRS).

BKin students complete a common Kinesiology Core of courses and choose a major or specialization from four areas:
Adapted Movement Science Gerontology Health Promotion Human Kinetics

BKin students have the option of completing two majors. Minors or secondary specializations also are offered.

BSRS students complete a common Core of courses and choose a major from two areas:
Sport and Recreation Management Therapeutic Recreation

BSRS students also have the option of completing two majors. Minors also are offered

BHS students do not have major options at this point, but do have the option of completing a concentration in Indigenous Health. Minors also can be completed as stipulated by the respective faculty (Kinesiology and Health Studies, Arts and First Nations University of Canada).

For more information on program options, please see the U of R *Undergraduate Calendar*:
<http://www.uregina.ca/genca/>.

What is the Fieldwork Program?

BKin, BSRS and BHS students are all required to complete a professional Fieldwork Program, which provides students with the opportunity to observe, inquire, participate and learn through experience directly related to their career path. Students apply and develop their professional knowledge and skills by working for a semester at an organization related to their career direction.

Can I transfer academic credit for related studies that I completed at another institution?

Yes, for some programs. There are agreements for transferring 60 credit hours from selected programs from SIAST, Lethbridge Community College, Mount Royal College, College of the Rockies, and Red Deer College. Credit also may be transferred for courses completed at other post-secondary institutions. For more information, see the U of R *Undergraduate Calendar* or contact the Faculty of Kinesiology and Health Studies.

Additional Program Options

- **Certification by Outside Agencies**→ Depending on the qualification of the instructor, students can complete courses that may qualify for certification programs in coaching, personal training, exercise physiology and strength conditioning, for example:

- National Coaching Certification Program – Introduction to Competition (Part A & B), Level 3 Theory
- Canadian Society for Exercise Physiology – Certified Personal Trainer
- Saskatchewan Park Recreation Association – Basic Fitness Theory
- Canadian Society for Exercise Physiology – Certified Exercise Physiologist
- National Council on Therapeutic Recreation Certification

For more information on courses required for certification, see the U of R *Undergraduate Calendar* or contact the Faculty of Kinesiology and Health Studies. Also visit the websites for the associations that award various professional designations and/or certifications:

- The Canadian Council of University Physical Education & Kinesiology Administrators: <http://www.ccupeka.ca>
- Commission on Sport Management Accreditation: <http://www.cosmaweb.org/>
- National Council for Therapeutic Recreation Certification: <http://www.nctrc.org/>
- Canadian Society for Exercise Physiology: <http://www.csep.ca/>

Additional education or certification may be required for some fields and occupations.
(e.g., completion of a professional program, graduate degree or other qualification)

- **Pre-Professional Programs**→ While completing their degree, students can select courses to concurrently complete admission requirements for transfer or pre-professional programs (e.g., chiropractic, medicine, occupational therapy, physical therapy). Ensure that your selected courses fulfill the requirements for admission. Consult with your Academic Advisor and keep up-to-date with current requirements at your target institution (e.g., check the web site).

For a complete list of program options not included here in the *UR Career Guide*, see the U of R *Undergraduate Calendar* and *Course Catalogue*: <http://www.uregina.ca/gencal>.

What do I need to be admitted to the Faculty of Kinesiology and Health Studies?

High School Students

Ensure to take the high school courses required for admission to faculties and programs of interest. For more information, see Admission Requirements for Undergraduate Programs (section 2.4) in the *Undergraduate Calendar*.

KHS Qualifying Program and Mature Admission

Applicants who do not meet standard requirements for admission may be eligible for admission through either the KHS Qualifying program or Mature Admission. For more information, see the U of R *Undergraduate Calendar* (section 2.4.1.1 and 2.4.6) or contact the Faculty of Kinesiology and Health Studies.

Who can I contact for more information?

Faculty of Kinesiology and Health Studies

173 Centre for Kinesiology, Health and Sport, University of Regina
Regina, Saskatchewan S4S 0A2
Phone: (306) 585-4360
Email: kinesiology@uregina.ca
<http://kinesiology.uregina.ca>

BACHELOR OF KINESIOLOGY (BKin)

What are the Kinesiology Core courses?

A set of Core courses provide all BKin students with a solid foundation of knowledge and skills related to kinesiology. In addition to the Core, BKin students complete courses in a Major or specialization.

What are the options for BKin Majors?

BKin students can choose one or two Majors from the following four areas: Adapted Movement Science, Gerontology, Health Promotion, and Human Kinetics. Information is provided below on potential knowledge, skills and careers related to each Major.

Studying **KINESIOLOGY (BKin Core courses)** offers opportunities to develop...

• Knowledge

Effects of exercise on metabolic, neuromuscular, respiratory and cardiovascular systems; assessment of neuromuscular, biomechanical and psychological factors affecting movement and performance; nutrition, health, exercise and lifestyle choices; human growth and development across the lifespan; adaptation of physical activity programs for people with disabilities; cross-cultural and historical perspectives on sport and health; the influence of human diversity (e.g., age, ethnicity & gender) on participation in different activities; qualitative and quantitative analysis of movement; research methods and statistical analysis.

• Skills

Assess health and movement, and develop activities and programs to improve movement and performance; design and lead individual and group activities for sport, recreation and rehabilitation; communicate effectively with people of diverse backgrounds and needs; critically review and conduct research; communicate well-developed ideas and arguments; analyze complex problems and develop potential solutions.

• A career in various fields, occupations and settings, for example...

Please see the BKin-related opportunities listed with the following descriptions for the different Majors:
Adapted Movement Science, Gerontology, Health Promotion, Human Kinetics

NOTE: As an option within the BKin and BSRS programs, students can incorporate completing the Studies in Aging Certificate offered through distance education by Mount Royal College. To complete the certificate program, students have the choice of two streams: Studies in Aging, or Business and Entrepreneurship. This option is not available for BKin (Gerontology) students.

Additional education or certification may be required for some fields and occupations.
(e.g., completion of a professional program, graduate degree or other qualification)

In addition to the BKin Core

Studying ADAPTED MOVEMENT SCIENCE (BKin Major) offers opportunities to develop...

• **Knowledge**

Applications of disability theory to exercise, sport and physical activity; principles of biomechanics for assessing and treating musculoskeletal injury and movement disorders related to aging and/or disease and conditions (cardiovascular, physical, neuromuscular); assessment for adapting movement and active living for individuals with physical, sensory and multiple disabilities; administration of standardized tests of fitness and exercise counselling;; leadership of exercise programs; research in biomechanics.

• **Skills**

Administer standardized fitness tests and recommend exercise activities; assess the movement of individuals with limitations; adapt and develop activity programs for maintaining, rehabilitating or improving movement; motivate people to participate in physical activity; develop and lead exercise groups and programs.

• **A career in various fields, occupations and settings, for example...**

Adapted Movement Science Major→

Activation Manager
Adaptive Service Coordinator
Disability Case/ Claims Specialist
Disability Sports Coordinator
Fitness Consultant
Independent Living Support
Musculoskeletal Injury Prevention
Personal Trainer
Special Needs Services (e.g., Director, Instructor, Program Coordinator)
Therapy Unit Programmer

BKin Core→

Advanced Sport Instructor (various sports)
Disability Claims Specialist
Disability Sport Coordinator
Employee Well-Being Coordinator
Exercise Therapist/Physiologist
Health Program Assistant
Health & Wellness Promotion
Health Research
Injury & Illness Adjuster/Coordinator
Kinesiologist
Movement Analyst/Therapist
Program Director/Coordinator
Rehabilitation Consultant
Return-to-Work Coordinator
Safety Coordinator
Sport Medicine Services
Team Training & Testing
Worker's Compensation Specialist (e.g., assessment, rehabilitation, claims)
Wellness Coordinator

Other→

Related positions in children's services, clinics, community centres, educational institutions, government services, health facilities, hospitals, recreation centres, rehabilitation centres, nursing homes, seniors' services, and private practice.

Additional education or certification may be required for some fields and occupations.
(e.g., completion of a professional program, graduate degree or other qualification)

In addition to the BKin Core

Studying GERONTOLOGY (BKin Major) offers opportunities to develop...

• **Knowledge**

The needs of older adults related to movement; an interdisciplinary understanding of aging based on biological, social and behavioural sciences (e.g., aging and mental and physical health); changes in human physiology and movement related to aging and/or disease and conditions; fitness assessment, adaptation and program management in sport, recreation and physical activity for older adults; ageism and the changing demographics from Canadian and global perspectives; challenges for governments, institutions, agencies, and businesses providing services and products for diverse older adults; health promotion and lifestyle factors related to normal, healthy aging.

• **Skills**

Assess the needs of older adults; assess fitness and adapt programs as needed in sport, recreation and physical activity for older adults; develop and implement individual and community services and programs for seniors; communicate effectively and empathically with people who have debilitating injuries, diseases and conditions.

• **A career in various fields, occupations and settings, for example...**

Gerontology Major→

Activation Manager
Active Living Specialist
Administrator (e.g., hospital, nursing home, seniors' residence)
Advocate
Community Outreach
Community Disability Support
Diabetes Care Coordinator
Disability Case Management
Elder Day Program Coordinator
Fitness Consultant for Older Adults Health Program Assistant
Home Health Care
Hospice Services
Independent Living Support
Medical/Health Writer
Public Education Coordinator
Rehabilitation Services
Retirement Planning & Services
Senior's Centre Director
Seniors' Housing/Residence Coordinator
Seniors' Support Services
Social Services
Special Needs Organizations (e.g., Director, Instructor, Coordinator)
Therapy Unit Programmer

BKin Core→

Advanced Sport Instructor (various sports)
Disability Claims Specialist
Disability Sport Coordinator
Employee Well-Being Coordinator
Exercise Therapist/Physiologist
Health Program Assistant
Health & Wellness Promotion
Health Research
Injury & Illness Adjuster/Coordinator
Kinesiologist
Movement Analyst/Therapist
Program Director/Coordinator
Rehabilitation Consultant
Return-to-Work Coordinator
Safety Coordinator
Sport Medicine Services
Team Training & Testing
Worker's Compensation Specialist (e.g., assessment, rehabilitation, claims)
Wellness Coordinator

Other→

Related positions in clinics, community centres, government services, health facilities hospitals, recreation centres, rehabilitation centres, nursing homes, and private practice.

Additional education or certification may be required for some fields and occupations.
(e.g., completion of a professional program, graduate degree or other qualification)

In addition to the BKin Core

Studying HEALTH PROMOTION (BKin Major) offers opportunities to develop...

• **Knowledge**

Preventative health through the promotion of healthy living; health promotion to individuals and in communities, organizations and workplaces; population health and health promotion across the lifespan; development of evidence-based health programs including needs assessment, planning, implementation and evaluation; health concepts and perspectives of Indigenous peoples; health promotion for diverse populations in Canada and other countries; economic costs and socio-economic benefits of health care; comparison of health care systems; the effects of aging, exercise and lifestyle choices on health; fitness assessment and adaptation in sport, recreation, physical activity and therapeutic recreation; history of health and health care; interpretation of health information and statistics.

• **Skills**

Analyze complex health issues affecting diverse populations; apply Indigenous health perspectives in developing and promoting health-related programs and services; assess fitness, health and lifestyle; interpret health information and statistics with cultural sensitivity; develop, implement and assess the outcome of health-related programs.

• **A career in various fields, occupations and settings, for example...**

Health Promotion Major→

Active Living Consultant
Advocacy
Community Health Promotion
Corporate Fitness Director
Employee Well Being Coordinator
Fitness Centre Owner/Operator
Health Care Administration (e.g., hospital, nursing home, youth centre)
Health & Well-Being Manager
Health Educator/Facilitator
Health Promotions/Public Relations
Health Researcher
Health & Fitness Journalist/Broadcasterr
Health Policy Analyst
Health Researcher
Health/Wellness Coordinator
Public Education Coordinator
Rehabilitation Services
Seniors' Services Coordinator
Special Needs Organizations (e.g., Director, Instructor, Coordinator)
Telehealth Site Coordinator
Tobacco Reduction Coordinator
Tourism Services
Wellness Coordinator
Youth Health Centre Coordinator

BKin Core→

Activation Manager
Advanced Sport Instructor (various sports)
Adapted Services Coordinator
Diabetes Care Coordinator
Disability Case Consultant
Disability Claims Specialist
Disability Sport Coordinator
Exercise Therapist/Physiologist
Independent Living Support
Injury & Illness Coordinator/Adjuster
Kinesiologist
Movement Analyst/Therapist
Physical Rehabilitation Services
Program Director/Coordinator
Rehabilitation Consultant
Return –to-Work Coordinator
Safety Coordinator
Sport Medicine Services
Team Training & Testing
Therapy Unit Programmer
Training/Conditioning Coach
Worker's Compensation Specialist (e.g., assessment, rehabilitation, claims)
Wellness Coordinator

Other→

Related positions in children's services, clinics, community centres, educational institutions, government services, health facilities, nursing homes, and rehabilitation centres.

Additional education or certification may be required for some fields and occupations.

(e.g., completion of a professional program, graduate degree or other qualification)

In addition to the BKin Core

Studying HUMAN KINETICS (BKin Major) offers opportunities to develop...

• **Knowledge**

Application of biomechanics, physiology, exercise physiology, and movement theory to understanding health and disease: effects of exercise and lifestyle choices on the human body; impact on movement of changes related to aging and/or disease and conditions (cardiovascular, physical, neuromuscular); administration of standardized fitness and exercise counselling for fitness; assessment of musculoskeletal injury and movement-related disorders; injury and chronic health problems; physiological assessment, response, and adaptations for different types of exercise; exercise program leadership; health promotion in diverse populations, including the general population, athletes, and persons at physically-demanding workplaces; experimental paradigms and research.

• **Skills**

Assess fitness, health and the impact of disease, injury, and chronic health conditions; administer standardized fitness tests and recommend exercise; develop and adapt activity programs for maintaining, rehabilitating or improving movement; promote health-related programs and motivate people to participate; lead exercise programs.

• **A career in various fields, occupations and settings, for example...**

Human Kinetics Major→

Active Living Consultant
Campus Recreation Services
Coach
Community Disability Services
Corporate Fitness Director
Disability Case Consultant
Ergonomics Consultant
Fitness Consultant
Health Educator
Health Journalist/Broadcaster
Health Researcher
Health/Wellness Coordinator
High-Performance Training
Injury & Illness Coordinator
Medical/Health Writer
Personal Trainer
Rehabilitation Assistant/Consultant
Return- to-Work Coordinator
Sport Medicine Services
Team Training & Testing
Therapy Unit Programmer
Training/Conditioning

BKin Core→

Activation Manager
Advanced Sport Instructor (various sports)
Adapted Services Coordinator
Diabetes Care Coordinator
Disability Sport Coordinator
Employee Well-Being Coordinator
Exercise Therapist/Physiologist
Fitness Centre Owner/Operator
Health Program Assistant
Health Researcher
Independent Living Support
Injury & Illness Coordinator/Adjuster
Kinesiologist
Movement Analyst/Therapist
Program Director/Coordinator
Seniors' Services (e.g., Activity Coordinator)
Special Needs Services
(e.g., Director, Instructor,
Program Coordinator)
Wellness Coordinator
Workplace Services (e.g., assessment,
rehabilitation, claims)

Other→

Related positions in children's services, clinics, community centres, educational institutions, government services, health facilities, hospitals, nursing homes, and rehabilitation centres.

Additional education or certification may be required for some fields and occupations.
(e.g., completion of a professional program, graduate degree or other qualification)

BACHELOR OF SPORT AND RECREATION STUDIES (BSRS)

What are the Sport and Recreation Core courses?

A set of Core courses provide all BSRS students with a solid foundation of knowledge and skills related to managing recreation and sport programs and organizations. In addition to the Core, BSRS students complete courses in a Major or specialization.

What are the options for BSRS Majors?

BSRS students can choose one or two Majors from two areas: Sport and Recreation Management, and Therapeutic Recreation. Information is provided below on potential knowledge, skills and careers related to each Major.

Studying SPORT and RECREATION STUDIES (BSRS Core courses) offers opportunities to develop...

- **Knowledge**

Development of recreation and sport programs at the local, provincial and national level; management of voluntary/non-profit sport or recreation organizations; foundations of therapeutic recreation and development of programs for children and adults with physical, developmental, and behavioural limitations; cross-cultural, historical and social psychological perspectives on physical activity, sport and health; factors affecting lifestyle choices; diversity (e.g., age, ethnicity, gender) and participation in physical activities; leadership in organizations related to kinesiology, health, recreation and sport; research methods and statistical analysis.

- **Skills**

Assess needs and develop recreation and sport programs; adapt recreation and physical activity for persons with disabilities; manage sport and recreation organizations; design and lead activities for sport, recreation and rehabilitation; communicate effectively with people of diverse backgrounds; critically review and conduct research; communicate well-developed ideas and arguments; analyze complex problems and develop potential solutions.

- **A career in various fields, occupations and settings, for example...**

Please see the BSRS-related opportunities listed with the following descriptions for the different Majors:
Sport and Recreation Management, Therapeutic Recreation

NOTE: As an option within the BKin and BSRS programs, students can incorporate completing the Studies in Aging Certificate offered through distance education by Mount Royal College. To complete the certificate program, students have the choice of two streams: Studies in Aging, or Business and Entrepreneurship. This option is not available for BKin (Gerontology) students.

In addition to the BSRS Core

Studying SPORT and RECREATION MANAGEMENT (BSRS Major) offers opportunities to develop...

• **Knowledge**

Business management of professional and amateur sport; professional roles in sport and recreation management; venue and event management; legal, ethical and socially responsible management of risk in sport and recreation; marketing and sponsorship of sport and recreation organizations and events; the role of government in the delivery of recreation services; management of human resources (e.g., job analysis, recruitment, compensation) and employee/labour relations; workplace health and safety; organizational behaviour including leadership, communication, teams, and organizational culture and change; accounting principles and practices in business organizations; economic analyses of sport in society.

• **Skills**

Plan and implement programs and events in sport and recreation; assess facilities and management practices for compliance with legal, ethical and social responsibilities; develop and administer sport and recreation organizations; motivate and lead staff and volunteers; conduct financial and economic analyses of sport and recreation activities.

• **A career in various fields, occupations and settings, for example...**

Sport and Recreation Management→

Athletic Director
Fitness, Sport, Recreation Business
Owner/Manager
Campus Recreation Services Coordinator
Child & Youth Services Programming
Community Development
Director of Recreation/Sport (municipal services)
Event Coordinator/Manager/Specialist
Development/Fund Raising Manager
Executive Director – Sport Governing Bodies
Facility Operations Manager
Lottery Fund Manager (Sport, Culture & Recreation)
Government Administration
Marketing & Public Relations
Non-Profit Organizations
Recreation Program Coordinator
Resort/Tourism Management
Sports Administration
Sport & Recreation Management
Sport Business Development
Sports Journalist/Broadcaster
Sports Publicist
Sports Marketing & Sales
Sports Medicine Center Manager
Sports Show/Events Producer
Technical Director
Tourism Marketing & Promotions
Urban Youth Sport Coordinator

BSRS Core→

Campus Recreation Services
Event Planning & Coordination
Fitness Centre Manager
Development & Fund-Raising
Recreation/Athletic Programmer
Special Needs Organizations
(e.g., Director, Instructor, Program Coordinator)
Sport Development Centre Coordinator

Other→

Related positions in athletic and sport facilities, community and recreation centres, educational institutions, health and seniors' facilities, sports and recreation governing bodies, and tourism services.

Additional education or certification may be required for some fields and occupations.

(e.g., completion of a professional program, graduate degree or other qualification)

In addition to the BSRS Core

Studying THERAPEUTIC RECREATION offers opportunities to develop...

• **Knowledge**

Application of recreation, leisure, play and psycho-social theory to facilitate change and development in function and behaviour; assessment and interventions for facilitating positive change in physical, social, emotional and cognitive functioning of persons with disabilities, limitations or age-related conditions; development and evaluation of programming options and adaptations for therapeutic recreation; human anatomy and physiology; the social science of psychology including adjustment, personality and the social environment of the person; the natural science of psychology including the study of brain and behaviour, perception, learning, memory, motivation and emotion; the development of normal and disordered patterns of personality and behaviour; current issues in therapeutic recreation.

• **Skills**

Plan and conduct therapeutic recreation activities for change in function and/or behaviour; assess the needs of persons with disabilities (physical, social, emotional, cognitive) and age-related conditions; lead and facilitate groups; assess and measure the outcomes in therapeutic recreation.

• **A career in various fields, occupations and settings, for example...**

Activation Manager
Adaptive Technology Specialist
Adult Day Program Coordinator
Child & Youth (at risk) Services
Day Camp Coordinator
Disability Consultant
Health Researcher
Long-Term Care Coordinator
Personal Tutor
Program Director/Coordinator
Rehabilitation Services
Seniors' Home (e.g., Program Coordinator)
Therapeutic Recreation Specialist

BSRS Core→

Campus Recreation Services
Event Planning & Coordination
Fitness Centre Manager
Development & Fund-Raising
Recreation/Athletic Programmer
Special Needs Organizations
(e.g., Director, Instructor, Coordinator)
Sport Development Centre Coordinator

Other→

Related positions in child & youth services, clinics, disability services, educational institutions, health care facilities, hospitals, recreational centres, rehabilitation centres, seniors' residences.

Additional education or certification may be required for some fields and occupations.
(e.g., completion of a professional program, graduate degree or other qualification)

JOINT PROGRAM

University of Regina

Faculty of Arts

Faculty of Kinesiology and Health Studies

In Partnership with First Nations University of Canada

BACHELOR OF HEALTH STUDIES (BHS)

Studying **HEALTH STUDIES** offers opportunity to develop...

- **Knowledge**

Interdisciplinary understanding of how social, economic and cultural “determinants of health” shape individual beliefs, attitudes and practices related to health; traditional health concepts and perspectives of Indigenous peoples and implications for health and the delivery of health care services; understanding health from a holistic perspective, including the role of the individual, family and community; factors influencing lifestyle choices and their impact on health; government policy, Indigenous control of health care and alternative models of service delivery; economic costs and socio-economic benefits of health care; comparison of health care systems in other countries; community-based methods for research with Indigenous populations; interpretation of health information and statistics.

- **Skills**

Assess complex health issues based on a holistic and interdisciplinary understanding of health; apply Indigenous perspectives of health to the development of health care services; propose health policy for meeting the needs of diverse populations; assess and monitor health needs and risks in national and global health care; interpret health data with cultural sensitivity; identify health issues, develop researchable questions, conduct research, and present findings; think analytically and critically; communicate effectively with people of diverse backgrounds.

- **A career in various fields, occupations and settings, for example...**

Administrator (e.g., hospital, nursing home, youth centre)
Advocacy
Community Development
Community Health Promotion
Government Services
Health Communications
Health Facilitator
Health Journalist/Broadcaster
Health Monitoring & Surveillance
Health Policy Analysis
Health Promotion Specialist

Non-Profit Organizations (e.g., Manager, Programmer, Volunteer Coordinator)
Population Health Facilitator
Program Officer
Rehabilitation
Researcher
Screening Services Administration
Tobacco Reduction Coordinator
Urban Youth Sport Coordinator
Youth Health Centre Coordinator
Workplace Wellness Coordinator

Other→

Related positions in child & youth services, clinics, disability services, educational institutions, health care institutions, hospitals, Indigenous health research & services, rehabilitation centres, and seniors' services.

Indigenous Health is offered as a program concentration. For more information, visit <http://www.uregina.ca/kinesiology/healthstudies>.

Additional education or certification may be required for some fields and occupations.
(e.g., completion of a professional program, graduate degree or other qualification)

JOINT PROGRAMS

Faculty of Kinesiology and Health Studies Mount Royal College (Calgary, AB)

In addition to the BKin-Human Kinetics Major

Studying ATHLETIC THERAPY offers opportunities to develop...

- **Knowledge**

Immediate assessment and interventions for a broad range of injuries; applications of anatomy, physiology, biomechanics, injury prevention and therapies; qualitative and quantitative assessment of movement; therapies for the rehabilitation of individuals injured in athletics, at work and in other activities; preparation of athletes for practice or competition; administration of standardized fitness tests and exercise counselling;

- **Skills**

Assess injuries and develop rehabilitation programs; develop conditioning programs for athletes; apply techniques for injury prevention (e.g., taping, bracing); administer standardized fitness tests and recommend exercise.

- **A career in various fields, occupations and settings, for example...**

Athletic Therapy→

Athletic Therapist and related positions in educational institutions (colleges, schools, universities), corporations, health clubs, medical clinics, private sport medicine clinics, professional sports and rehabilitation services.

BKin-Human Kinetics Major→

Active Living Consultant
Campus Recreation Services
Coach
Community Disability Services
Corporate Fitness Director
Disability Case Consultant
Ergonomics Consultant
Fitness Instructor
Health Educator
Health Journalist/Broadcaster
Health Researcher
Health/Wellness Coordinator
High-Performance Training
Injury & Illness Coordinator
Medical/Health Writer
Rehabilitation Assistant/Consultant
Return- to-Work Coordinator
Sport Medicine Services
Team Training & Testing
Therapy Unit Programmer
Training/Conditioning
Wellness Coordinator
Workplace Services (e.g., assessment, rehabilitation, claims)

Other→

Related opportunities in hospitals, rehabilitation centres, clinics, recreational centres, nursing homes, educational institutions, children's services, private practice, community centres, governments, health care facilities

Students begin their studies as a BKin-Human Kinetics major and later apply for admission to Athletic Therapy and completion of their third year at Mount Royal College. Note that admission is competitive.

Additional education or certification may be required for some fields and occupations.
(e.g., completion of a professional program, graduate degree or other qualification)