

# Faculty of **KINESIOLOGY & HEALTH STUDIES**

## Program Information

- Four Year Degree
- Fieldwork component with each degree program

### Degree Options:

#### Bachelor of Kinesiology

With Majors in:

- Human Kinetics
- Health Promotion
- Gerontology

#### Bachelor of Health Studies

Joint degree between the Faculties of KHS, Arts and in partnership with First Nations University of Canada

#### Bachelor of Sport & Recreation Studies

With Majors in:

- Sport and Recreation Management
- Therapeutic Recreation

### Certificate Options:

- Certificate in Health Studies
- Certificate in Indigenous Health Practice (CIHP) First Nations University

## Proficiencies & Knowledge

- Physical fitness appraisals
- Exercise rehabilitation
- Counselling
- Preventative health strategies
- Fundamentals of movement science
- Recreation and leisure theory
- Understanding of indigenous health needs
- Exercise leadership
- Lifestyle management
- Health promotion and wellness
- Sport administration
- Awareness of the needs of an aging population
- Awareness of disability and how it relates to physical activity, assessment & rehabilitation
- Knowledge of the physical, social, psychological and cultural factors influencing health
- Ability to collaborate with peers, practitioners, and community members
- Critical thinking, evaluation and problem solving skills
- Oral and written communication
- Planning, time management and strategy

## Career Options

Adapted Physical Activity  
Aquatics Director  
Athletic Coaching  
Athletics Therapy  
Biomedical Research &/or Sales  
Community Health Programming

Fitness Product Sales  
Health Club Manager  
Health Education  
Nutrition Specialist  
Personal Trainer  
Pharmaceutical Drug Sales

Physician Assistant  
Public Health  
Recreational Therapist  
Sport Management  
Sports Information Officer  
Work Capacity Evaluator

For more details, visit:

<http://www.uregina.ca/kinesiology/future-and-new-students/index.html>

**Degree Programs may qualify students to apply for the following transfer and/or post degree programs:**

Chiropractic Medicine  
Dentistry  
Medicine  
Naturopathic Medicine  
Nursing  
Occupational Therapy  
Optometry