

What Can I Do With My Major?

Kinesiology



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Why Study Kinesiology?

Kinesiology explores human development and movement from different perspectives including physical, psychological and social experiences of sport and physical activity, which provides a holistic perspective of how they affect human development. This major is well suited for those who are interested in sport, physical activity, and wellness.

Adapted from www.upei.ca/programs/kinesiology



Career Possibilities

Some careers may require further education

- Chiropractor
- Kinesiologist
- Health & Safety Coordinator
- Health Policy Planner
- Occupational Therapist
- Personal Trainer
- Physiotherapist
- Recreation Programmer
- Sports Equipment Designer



Top Transferable Skills

Problem-solving skills require the ability to define, clarify and recognize problems. Effective problem-solving is integral to processes such as applying theory to test hypotheses and find solutions.

Interpersonal interactions with colleagues, peers and clients will require adaptive strategies to create stronger relationships. Self-reflection and awareness is part of building this skill.



Top Transferable Skills

Time management skills involve managing priorities, deadlines and tasks independently or within team environments, using focus and prioritization methods that work for each individual.

Analysis requires comparing information and data to help categorize, perceive patterns and relationships and evaluate ideas – a critical part of examining evidence.



Kinesiology Related Resources

[Association of Canadian Ergonomists](#)

[Canadian Centre for Occupational Health and Safety](#)

[Canadian Council of University Physical Education and Kinesiology Administrators](#)

[Canadian Kinesiology Alliance](#)

[Canadian Physiotherapy Association](#)

[Canadian Society of Exercise Physiology](#)

[Explore Health Careers](#)

Thanks For Reading!

Website: upei.ca/exed

Contact information: experientialed@upei.ca



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