CAREER SELF-MANAGEMENT: MAKING CAREER DECISIONS

Career Profile
- Desires
- Abilities
- Personality
- Assets

INTERNAL CLARIFICATION
- Who I Am
- Career Curiosities
- Other People and Other Factors

INSPIRED EXPLORATION
- Taking Action
- Thoughts and Feelings
- Opportunities

WHERE I AM
- MY PAST

WHERE I’M GOING
- MY FUTURE

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Communication Skills = Ability
Bachelor of Arts, Kinesiology Degree = Asset
Leadership = Desire
Help People = Desire
Research Skills = Ability
Communication Skills = Ability
York-Seneca Rehabilitation Services Certificate Program, Kinesiologist, Physiotherapist, Recreation Therapist = Career Curiosities
Identify your skills, abilities, interests and desires and create your Career Profile to help guide you in your career exploration.
My Career Plan

- Making Connections
- Learning About Myself
- Exploring My Options
- Looking for a Job and/or Volunteer Position
- My Career Plan Checklist

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Exploring Fields of Interest

- Arts & Culture
- Business
- Communications
- Entrepreneurship
- Government
- Medicine & Health
- Science, Technology, Engineering & Math (STEM)
- Sports & Recreation

Career Options by Program of Study

Accounting
African Studies
Biology
Biophysics
Business and Society
Chemistry
Cognitive Science
Computer Engineering
Computer Security
Dance
Digital Media
Earth & Atmospheric Science
Economics
Engineering
Environmental and Health Studies
European Studies
Finance
Geography
Health Studies
History
International Development Studies
Jewish Studies
Law and Society
Management
Mathematics

Administrative Studies
Biochemistry
Biomedical Science
Biotechnology
Canadian Studies
Children's Studies
Communication Studies
Computer Science
Criminology
Design
Disaster and Emergency Management
East Asian Studies
Education
English
Environmental Studies
Film
Gender and Women's Studies
German Studies
Hellenic Studies
Human Resources Management
Italian Studies
Kinesiology and Health Science
Linguistics
Marketing
Music

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# Kinesiology and Health Science

Are you fascinated by how the human body moves, develops, ages and rebuilds itself? Do you want to be able to understand the complex processes that govern how human beings use their bodies and muscular systems to perform everyday tasks from picking up a cup of coffee to running marathons? Majoring in **Kinesiology and Health Science** can answer such queries and lead you down a path of varied professions from Sports Medicine and Rehabilitation to the design of sneakers and professional fitness equipment.

## Career Options in Kinesiology and Health Science

This list is not exhaustive but provides an idea of the options graduates have and what they have gone on to do. Some options are more directly associated with a Kinesiology and Health Science degree than others.

<table>
<thead>
<tr>
<th>Activities Director</th>
<th>Physical Education Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acupuncturist</td>
<td>Physical Therapist</td>
</tr>
<tr>
<td>Athletics Instructor/Director</td>
<td>Physician</td>
</tr>
<tr>
<td>Author (fitness oriented books)</td>
<td>Recreation Planner</td>
</tr>
<tr>
<td>Cardiovascular Technician</td>
<td>Recreation Program Director</td>
</tr>
<tr>
<td>Chiropractor</td>
<td>Recreational Therapist</td>
</tr>
<tr>
<td>Coach</td>
<td>Recruiter/Scout</td>
</tr>
<tr>
<td>Ergonomics Consultant</td>
<td>Resort/Spa Coordinator</td>
</tr>
<tr>
<td>Firefighter</td>
<td>Salesperson</td>
</tr>
<tr>
<td>Fitness Club Manager</td>
<td>Sports Agent</td>
</tr>
<tr>
<td>Fitness Trainer</td>
<td>Sports Analyst</td>
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<tr>
<td>Health Information Coordinator</td>
<td>Sports Equipment Designer</td>
</tr>
<tr>
<td>Health Policy Planner</td>
<td>Sports Historian</td>
</tr>
</tbody>
</table>

Careers for Kinesiology & Health Science graduates

- Registered Kinesiologist
- Exercise Physiologist
- Fitness Consultant / Fitness Club Manager
- Coaching
- Athletic/Cardiac Rehabilitation
- Program coordinator (children, seniors, individuals with disabilities)
- Researcher
- Sport Management
- Vocational Rehabilitation
- Wellness Coordinator

With further postgraduate training

- Medicine
- Medical Imaging
- Chiropractor
- Dentist
- Nutritionist/Dietician
- Pharmacy
- Physiotherapist
- Occupational Therapist
- Optometrist
- Teacher

For more information: So, what’s next? A guide to careers for Kinesiology & Health Science Majors

http://health.info.yorku.ca/future-kinesiology-student/
Opportunities for Students

Students have the opportunity to apply their classroom learning in the community through experiential education such as our partnership with the Driftwood Community Centre in which students participate in the KIN kids program – non-competitive, research informed, guided active play for inactive children in the Jane and Finch community between the ages of six to 12 at risk of chronic diseases such as diabetes. In addition to providing children with opportunities for exercise through play while developing their social skills, participating York students apply what they learned in the classroom through on site testing for Body Mass Index (BMI), percentage of body fat, waist circumference, aerobic power, blood pressure and heart rate. For more information on Experiential Education opportunities, visit: eehealth.info.yorku.ca

Our certificates in Athletic Therapy and Fitness Assessment & Exercise Counselling provide students with the opportunity to acquire specialized knowledge and skills in these growing areas.

Through class instruction, interactive laboratories (e.g. anatomy, physiology and biomechanics) and community experience, students acquire a combination of theoretical knowledge, hands on experience, as well as valuable transferable skills including critical thinking, leadership, problem solving, collaboration, communication and presentation skills.

The Kinesiology & Health Science Student Association (KAHSSO) provides students with great opportunities to network as well as participate in social activities.

http://health.info.yorku.ca/future-kinesiology-student/
### CAREERS

#### OCCUPATIONS IN KINESIOLOGY

- **FITNESS/WELLNESS**
  - Personal Trainer
  - Wellness Coordinator
  - Health Club Director
  - Fitness Consultant
  - Strength & Conditioning Coordinator
  - Fitness Club Manager

- **REHABILITATION**
  - Worker’s Compensation Rehabilitation
  - Athletic Injury Rehabilitation
  - Cardiac Rehabilitation
  - Work Hardening
  - Vocational Rehabilitation
  - Functional Abilities Evaluator
  - Work Site Analyst
  - Special Population Adaptive Specialist and Designer

- **SPORT SCIENCE**
  - University Professor
  - Insurance Investigator
  - Equipment Designer
  - Fitness Appraiser
  - Exercise Prescription Counsellor
  - Private Industry Research (equipment and Footwear)
  - Ergonomist

#### OCCUPATIONS IN PHYSICAL EDUCATION

- **TEACHING**
  - Primary/Elementary School Teacher
  - Junior High School Teacher
  - Senior High School Teacher
  - Junior College Teacher
  - University Professor
  - Private School/College Teacher
  - Outdoor Education Teacher/Coordinator
  - Educational Consultant Educational Administrator Principal/Vice Principal Program Coordinator

- **RESEARCH**
  - University Professor
  - Sport Equipment Design
  - Consultant to Private Health Clubs, Organizations
  - Research Associate Ergonomics
  - Research Associate Adaptive Equipment

- **COACHING**
  - School University Coach
  - Community Club Coach
  - National Team Coach
  - Professional Team Coach
  - Coaching Certificate Stream Instructor

- **ADMINISTRATION**
  - National Sport/Active Living Organization
  - Provincial Sport/Active Living Organization
  - Marketing Agents
  - Program Coordinators
  - Athletic Directors
  - Government Sport/Active Living Consultants

#### OCCUPATIONS IN RECREATION AND LEISURE

- **MUNICIPAL PARKS**
- **PROVINCIAL AND**
- **YOUTH SERVICE**
- **INSTITUTIONAL**
- **COMMERCIAL**
- **CAMPING AND**

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Possible Career Options with a Kinesiology Degree:

- Kinesiologist, Ergonomic Kinesiologist
- Pharmaceutical Sales Representative, Pharmaceutical Researcher
- Teacher
- Registered Massage Therapist
- Athletic Therapist, Athletic Trainer
- Chiropractor
- Doctor
- Dietitian, Nutritionist
- Occupational Therapist
- Physical Therapist
- Speech Pathologist
- Pharmacist, Pharmacist Technician
- Optometrist
- Health Club Director
- Biomedical Engineer
- Naturopathic Practitioner
- Veterinarian
- Medical Librarian

- Technical Writer
- Marketing, Event Planner, Sports Media
- Recreational Therapist
- Personal Fitness Trainer, Coach
- Health Educator, Public Health
- Biostatistician
- Paramedic
- Dentist
- Rehabilitation Counsellor
- Audiologist
Examples of Skills Developed with a Kinesiology Degree:

- Gather, formulate and test hypotheses; Develop and test theories
- Writing, editing, and researching skills
- Prepare and present reports
- Inductive Reasoning: The ability to combine pieces of information to form conclusions
- Organizing, planning and prioritizing work
- Logical thinking skills and the ability to lead and interact with a variety of people and work effectively in group situations
- Analytical and Research Skills: Analyze and interpret data
- Creative Thinking: Developing, designing and/or creating, ideas, systems, and products
- Therapy: Understanding of principles, methods and procedures for diagnosis, treatment and rehabilitation
Professional Organizations and Associations

- **Canadian Kinesiology Alliance (CKA) – Kinesiology as a Career**
  [http://www.cka.ca/kinesiology-career](http://www.cka.ca/kinesiology-career)

- **Ontario Kinesiology Association (OKA)**
  [http://www.oka.on.ca](http://www.oka.on.ca)

- **Association of Canadian Ergonomists (ACE)**
  [http://www.ace-ergocanada.ca](http://www.ace-ergocanada.ca)

- **Kinesiology Network** [http://www.kinesiology.net/](http://www.kinesiology.net/)
Career Exploration Websites

- Career Cruising  www.careercruising.com
  Username: **yorku** Password: **careers**
- Eluta  http://www.eluta.ca/
- Talent Egg  www.talentegg.ca
- Kinesiology Network  http://www.kinesiology.net/
- Career Edge  https://careeredge.ca/en/home
- Glass Door  https://www.glassdoor.ca/index.htm
- Ontario Ministry of Training, Colleges and Universities  https://www.tcu.gov.on.ca/eng/
- Ontario Internship Program  https://www.internship.gov.on.ca/mbs/sdb/intern.nsf/
Career Exploration Websites (Continued)

- **Charity Village** [http://charityvillage.com/](http://charityvillage.com/)
- **Community Mental Health Careers** [http://www.workinginmentalhealth.ca/forms/listJobs.aspx](http://www.workinginmentalhealth.ca/forms/listJobs.aspx)
- **Career Centre** [www.careers.yorku.ca](http://www.careers.yorku.ca)
Career Conversations Series

- Alternative Career Options in Health Care, *February 23rd*
- Careers in Entrepreneurship, Self Employment and Start-ups,
- Discovering Careers in Non-Profit, Charitable and Non-Governmental Organizations
- Discovering Careers in Kinesiology
- Discovering Careers in Community Health & Social Services
- Discovering Careers in Communications & Public Relations

yorku.ca/careers/conversations
TASTE: Take A Student To Eat

The TASTE Program is a partnership between the York University Career Centre and Alumni Relations designed to give York students and Alumni an opportunity to make meaningful connections.

Alumni are eager to support the University as volunteers and share their experiences and expertise with current students.

Students look for connections with alumni professionals who've followed similar paths and can provide them with inside information and career advice.

TASTE lunches happen year round during the Fall/Winter and Summer terms.

Objective of the TASTE Program

The objective of this program is to provide York students with an opportunity to talk face to face with a York alumna/us about their career-related interests. The program pairs two students with a York grad over an informal lunch setting during which the alumna/us shares information about their job, industry, and organization while students gain inside information and inspiration from someone who's been there.

How it works

York Alumni interested in participating in TASTE will provide a bio, company information and the date, time, and location when they are available to take two students for a 1 – 1 ½ hour lunch.

http://careers.yorku.ca/students-and-new-grads/services-events/taste
Examples of TASTE Lunches:

Robert Roopa
Lead Therapist and Managing Director, Counselling Services for York Region
BA Kinesiology and Health Science

Warren Williams
Teacher, Peel District School Board
BA Kinesiology and Health Science & BEd

Kristina Schwarta
Director, Operations & Sustainability, Brookfield Office Properties
BA Kinesiology & Psychology
Career Resource Library

Examples of books:

- Opportunities in Sports and Fitness Careers
- Career Opportunities in Health Care
- Careers in Public Health
- Careers in Health, Physical Education, & Sport, Second Edition
- Careers with the Pharmaceutical Industry, Second Edition
- Careers in Sport, Fitness, and Exercise
- Sports and Leisure Careers
- Oh, You Behave! Social Media Etiquette for Career and Business Branding Success