

Kinesiology

Made in Windsor.



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Kinesiology
Experience Map



University
of Windsor

Highlights and Skills

PROGRAM HIGHLIGHTS

Our students are critical thinkers. They have leadership skills. Our grads become physicians, chiropractors, physiotherapists, teachers, professional sport agents, sport facility managers, and researchers, just to name a few careers. Our grads are in demand — 92% are employed in the first six months after graduation.

Kinesiology - Movement Science

Focusing on the “human” in movement science and active living will provide you with all of the tools to become a leader in health and a variety of other industry sectors. You’ll like the family feel of this faculty, and there are lots of opportunities for hands-on learning through co-op, internships, community outreach, and researching with our leading scientists in state-of-the-art labs.

ONTARIO COURSE REQUIREMENTS: ENG4U with a minimum grade of 70%, a minimum average of 70% in the best six 4U, and one of SBI4U, SCH4U or SPH4U, with a minimum grade of 70%. Co-op available – apply during Year 1.



Sport Management and Leadership

If your passion is sport, recreation and active living, make an impact in the industry with a degree in Sport Management and Leadership! Learn to manage and lead amateur, professional, and recreational sport organizations. We’ll arm you with lots of hands-on learning opportunities in the form of co-op, internships, case studies, simulations, research and community outreach. You’ll be prepared to deliver sports programs, execute events, operate facilities, market sport to participant and spectator audiences, and more. Our internationally-renowned faculty are certain to provide the experience and networking opportunities for you to become a leader in the sport industry.

ONTARIO COURSE REQUIREMENTS: ENG4U and one 4U math, each with a minimum grade of 70%, and a minimum average of 70% in the best six 4U courses. Co-op available; apply during Year 1.

FUNCTIONAL KNOWLEDGE

- Understanding the theories of health and fitness and contemporary trends in kinesiology practice
- Devising, administering and evaluating injury prevention and rehabilitation plans based on best practices
- Devising, administering and evaluating marketing, financial, organizational and operational plans in sport and recreation informed by the latest research
- Performing effective physical risk assessments appropriate for work, leisure, and sporting activities
- Organizing and overseeing physical activity programs for individuals and groups of all demographics across the lifespan
- Conducting appropriate research using modern, approved methodologies; critically appraising and evaluating research findings

 Co-op available  Honours – 4-year program * Minimum grade point average for admission to program. A higher average may be required.

Build your Skills and Experience

Your UWindsor experience is more than attending classes. It is a combination of academics, co-curricular activities, and extracurricular involvement. By making the most of all three elements of your university experience, you will maximize your opportunities to build your skills, broaden your personal network, and clarify your long term academic and career goals.



CURRICULUM

Courses of study specific to each program



CO-CURRICULAR

Activities and experiences that complement coursework (Outstanding Scholars, peer mentoring, VIP)



EXTRACURRICULAR

Activities falling outside the scope of set curriculum (Part-time job, clubs, volunteering, athletics)

Career Planning Cycle

Intentional career planning will help you prepare for your next step after graduation and beyond. It is a fluid, dynamic, and lifelong process. You can move on or return to an earlier stage in the cycle at any time.



Explore Opportunities Using This Chart

Explore a selection of opportunities recommended for students in your program. This chart shows some of your many options – you don’t have to do everything on it or limit yourself to it. Engage in opportunities from each of the three categories to set yourself up for success.

High-Impact Practice (HIP)

A HIP is an enriching educational experience that can be life-changing and often includes learning outside of the classroom while encouraging meaningful interaction and collaboration, such as:

- Co-op, internship or field experiences
- Research with faculty
- Culminating senior experience
- Capstone courses
- Service-learning
- Learning communities
- Study abroad




Academics *Your Coursework*





First Year

- Review degree course requirements
- Meet with the **Kinesiology Undergraduate Coordinator** to discuss your academic journey
- Receive peer support and mentorship from **Kin One Leaders**
- Attend **Kin One** skills workshops
- Begin taking courses required as pre-requisites for graduate/professional school

Middle Years

- Look into completing an individual study or thesis research project in the final two years 
- Consider signing up for the **Outdoor Recreation** course to explore Algonquin Park in your final year 
- Seek out internships and courses that offer field experiences 
- Attend a degree requirements info session to ensure you understand your progress towards degree completion

Final Year





- Meet with the **Kinesiology Undergraduate Coordinator** to go over degree requirements
- Complete all required courses for your degree
- Apply to graduate through **UWinsite Student Portal**
- Work with a faculty member on a thesis, research project or publication 
- Take a field work or internship course to culminate your senior experience 

Experience *Ways To Get Involved*



- Explore available upper-year Kinesiology internships and field placements 
- Apply for Co-op in the winter semester to begin first work term in second year 
- Investigate research opportunities such as the **Outstanding Scholars** program 
- Research student exchange opportunities for middle years in such locations as Australia, Belgium, and the UK 
- Attend career info sessions held by Human Kinetics alumni
- Join a club like the **HK Student Society**, and participate in **Kin One** and **UWSA** activities and events
- Attend the annual **Kinesiology Research Day** 
- Participate in the **Bystander Initiative** workshop to gain skills that will help you be an effective and supportive ally to prevent sexual assault on campus
- Apply for a co-curricular experience such as **VIP - Community Service Learning**

- Join a professional association in your field such as the **Ontario Kinesiology Association, Association of Canadian Ergonomists, or the North American Society for Sport Management**
- Participate in the **UWill Discover** undergraduate research conference
- Volunteer in a faculty research lab in areas such as biomechanics, sport psychology, motor control, physiology, and sport management 
- Become involved with **Kin One** to help first-year students become oriented with the program
- Apply for student exchange 
- Expand your skills by taking on a summer, part-time or volunteer position
- Look for a leadership role in a club or society
- Attend the annual **Kinesiology Research Day** 
- Look for volunteer opportunities in athletics and recreation (e.g. student athletic therapist, varsity team manager)

- Conduct field or laboratory research with a faculty member 
- Become a tutor for **Kin One** and **Students Offering Support (SOS)** 
- Gain valuable field experience through the **Outdoor Recreation** course 
- Attend a career information session held by Human Kinetics alumni
- Join the UWindsor Kinesiology team to compete at the nationwide **Kinesiology Games** competition
- Attend the annual **Kinesiology Research Day** 

Career *Plan Ahead For What's Next*



- Start planning your career by making a list of things you enjoy, your skills and areas where you excel
- Meet with the **Kinesiology Undergraduate Coordinator** and a career advisor in **Career Development and Experiential Learning (CDEL)** for help developing a plan for your future years
- Consider a **Career Exploration Program** appointment to help you identify possible career paths
- Get involved with a part-time job, volunteer opportunity, campus group, or research assistantship
- Attend **CDEL workshops** to learn how to find a summer or part-time job and write a university-level resumé
- Chat with an advisor during **CDEL's Drop-In** hours to get answers to your career and job search questions
- Take required courses and check in with the **Kinesiology Undergraduate Coordinator** to make sure you are meeting your degree requirements

- Make an appointment with the **Kinesiology Undergraduate Coordinator** and a career advisor in **Career Development and Experiential Learning (CDEL)** to explore career options
- Explore further educational opportunities by attending the **Graduate and Professional Schools Fair** and researching admission requirements for programs that interest you
- Take part in recruitment events and job fairs, including **CDEL's annual job fair**
- Take part in informational interviews and join online communities like **LinkedIn** and **Ten Thousand Coffees** to connect with people in your targeted profession or industry
- Search job postings to learn what skills, knowledge, and credentials you will need for potential careers
- Explore opportunities and meet potential employers by participating in **Job Shadow Experience**, job fairs, and industry networking events

- If you are considering applying to graduate or professional school, be aware of early application deadlines
- Meet with the **Kinesiology Undergraduate Coordinator** and a career advisor in **Career Development and Experiential Learning (CDEL)** to prepare application documents like a resumé, cover letter, CV, or personal statement for jobs and education programs you are applying to
- Attend **CDEL's workshops** on interview skills and job search strategies
- Set up a mock interview with a career advisor for professional school or job applications
- Compose a portfolio of relevant academic and work experience
- Take part in recruitment events and job fairs hosted by **CDEL** and other organizations

Life After Graduation



I chose Human Kinetics at Windsor because growing up I was always passionate about sports, and dreamed of one day working in the industry. Once I arrived and started classes, I realized the potential to achieve my dreams, and never looked back. My recommendation for current students is to go get experience and make connections! Volunteer for events, connect with people on LinkedIn, and never be afraid to apply for a job, even if you don't think you're qualified. Building your resume and your network will only help you later on!"

Jeremy Hick – BHK in Kinesiology – Sport Management Major

154 Number of
Graduates

(2020)

92% Employment Rate
of Graduates

6 months following degree completion (OUGS Kinesiology 2019)

Career Tracks*

Audiologist
Chiropractor
Ergonomist
Events co-ordinator
Facility manager
Health and safety coordinator
Health educator
Human factors specialist

Journalist
Laboratory co-ordinator
Lawyer
Learning specialist
Life coach
Medical doctor
Naturopathic doctor
Nutritionist/dietitian

Occupational therapist
Personal trainer
Physiotherapist
Professor
Program director
Recreation supervisor
Registered kinesiologist
Research assistant

Speech language pathologist
Sports administrator
Sport marketing manager
Sport psychology consultant
Teacher

** Additional education and/or training required for some of the above careers.*



Common Sectors For Graduates

- **Academia:** University, college
- **Business:** Marketing, sales, and human resources
- **Clinical Kinesiology:** Rehabilitation, prosthetics and orthotics
- **Education:** Teaching, coaching, training
- **Manufacturing:** Ergonomics, human factors, health and safety
- **Healthcare Professions:** Medicine, chiropractic, physiotherapy
- **Health and Fitness:** Training, exercise prescription, health promotion, sport psychology consulting
- **Sport and Recreation:** Professional sports, national/provincial sport governing bodies, sporting goods, sport agencies, sport media

Career-Readiness Competencies



**Critical Thinking &
Problem Solving**



**Professionalism &
Work Ethic**



**Teamwork &
Collaboration**



Communication



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Campus Resources

- Research undergraduate scholarships and bursaries through the **Student Awards and Financial Aid Office**
- Visit **Leddy Library** and the **Writing Support Desk** for help with academic assignments
- Check out the **Bounce Back** program designed to improve academic performance as well as decrease feelings of stress and anxiety through both effective learning strategies and life skills acquisition
- Build leadership skills and find leadership opportunities at the **Leadership Hub**
- Get advice and support about your academic status by making an appointment with **Central Academic Advising**
- Seek out assistance with academic accommodation from **Student Accessibility Services**
- Discover ways to get involved on campus through the **Student Success and Leadership Centre**
- Broaden your cultural awareness through the **International Student Centre** and **Student Exchange Office**
- Look into the **Ignite: Work Study** program for on-campus employment
- Get assistance developing your career plan and job search skills from **Career Development and Experiential Learning**
- Develop your entrepreneurial skills and learn how to start your own business at **EPICentre**
- Find support for Indigenous learners and broaden your understanding of Indigenous culture by visiting the **Aboriginal Education Centre - Turtle Island**
- Tend to your health and wellness with support from **Student Health Services**, the **Wellness Outreach Office** and **Lancer Recreation**
- Receive confidential mental health counselling delivered by trained professionals at the **Student Counselling Centre**
- **Prevent.Resist.Support.** Seek personal support or learn more about sexual violence prevention and resistance education through the **Office of Sexual Violence Prevention, Resistance & Support**
- Explore professional development opportunities through **Continuing Education**



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Student Recruitment

Phone: 519-973-7014

Toll-Free: 1-800-864-2860

Email: info@uwindsor.ca

Department of Kinesiology

Phone: 519-253-3000, Ext. 2429

Email: hk@uwindsor.ca

Career Development and Experiential Learning

Phone: 519-253-3000, Ext. 3895

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