



University
of Windsor



**KINESIOLOGY
EXPERIENCE MAP**

KINESIOLOGY



**MOVEMENT SCIENCE MAJOR
SPORT MANAGEMENT MAJOR**

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 — 98% are employed in the first six months after graduation.

Kinesiology - Movement Science

Focus on the human. That's our motto at UWindsor's HK faculty. It's about developing you as a whole person, with the skills, leadership and character you'll need to succeed in the health sector. You'll like the family feel of this faculty, and there are lots of opportunities for hands-on learning through co-op, internships, labs, research opportunities and community outreach.

Kinesiology - Sport Management

Take control! Learn the management side of sports with this program. We'll arm you with lots of hands-on learning opportunities in the form of co-op, internships, labs, research and community outreach. You'll be prepared to run sports programs, events and facilities, get into marketing, and more. Our HK faculty is a close-knit community and you'll like its family feel.

MIN. AVG.* 75% ONTARIO COURSE REQUIREMENTS

ENG4U and SBI4U required. Specializations begin in third year in Movement Science or Sport Management. In addition to the best six averages, a minimum grade of 70% in each of grade 12U English and Biology is required. 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

 Honours  Co-op available

* 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.

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.

	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)



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

- Take the common core of courses required for all kinesiology students
- 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
- Following your first year, declare either Movement Science or Sport Management as your major

MIDDLE YEARS

- Take required courses and check in with the **Kinesiology Undergraduate Coordinator** to make sure you are meeting your degree requirements
- Look into completing an individual study or thesis research project in the final two years **HIP**
- Consider signing up for the **Outdoor Recreation** course to explore Algonquin Park in your final year **HIP**
- Seek out internships and courses that offer field experiences **HIP**
- Consider declaring a minor
- 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 **HIP**
- Take a field work or internship course to culminate your senior experience **HIP**

EXPERIENCE

Ways to get involved



- Explore available upper-year Kinesiology internships and field placements **HIP**
- Apply for Co-op in the winter semester to begin first work term in second year **HIP**
- Investigate research opportunities such as the **Outstanding Scholars** program **HIP**
- Research student exchange opportunities for middle years in such locations as Australia, Belgium, and the UK **HIP**
- Attend career information 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** **HIP**
- 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 **HIP**
- Become involved with **Kin One** to help first-year students become oriented with the program
- Apply for student exchange **HIP**
- 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** **HIP**
- 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 **HIP**
- Become a tutor for **Kin One** and **Students Offering Support (SOS)** **HIP**
- Gain valuable field experience through the **Outdoor Recreation** course **HIP**
- 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** **HIP**

CAREER

Plan ahead for what's next



- Create a list of things that you enjoy, areas in which you excel, and your skills
- 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 assessment 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
- Drop in to meet with one of **CDEL**'s peer advisors to get answers to your career and job search questions

- 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 you are interested in
- Attend the annual job fair in January
- Create a **LinkedIn** profile and have it critiqued
- 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 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
- Use **InterviewStream** to practice your interview skills online
- Set up an in-person mock interview with a career advisor for professional school or job applications
- Attend the annual job fair in January
- Compose a portfolio of relevant academic and work experience

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 (2017)

98% **EMPLOYMENT
RATE OF
GRADUATES**

6 months following degree completion (OUGS Kinesiology 2015)

CAREER TRACKS*

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

Human factors specialist
Journalist
Kinesiologist
Laboratory co-ordinator
Lawyer
Learning specialist
Life coach

Medical doctor
Naturopathic doctor
Nutritionist/dietitian
Occupational therapist
Personal trainer
Physiotherapist
Professor

Program director
Recreation manager
Research assistant
Speech language pathologist
Sports administrator
Sport marketing manager
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, promotion
- **Sport and Recreation:** Professional sports, national/provincial sport governing bodies, sporting goods, sport agencies, sport media

CAREER-READINESS COMPETENCIES



**CRITICAL THINKING
AND PROBLEM
SOLVING**



**PROFESSIONALISM
AND WORK ETHIC**



**TEAMWORK AND
COLLABORATION**



COMMUNICATION



CAMPUS RESOURCES

- Research scholarships and bursaries through the **Student Awards and Financial Aid Office**
- Visit **Leddy Library** and the **Writing Support Desk** for help with academic assignments
- Learn about our **Bounce Back** program designed to support students struggling to find both personal and academic success in their post-secondary experience
- Build leadership skills and find leadership opportunities at the **Leadership Hub**
- Experience international service learning on an **Alternative Spring Break** team
- Get advice and support about your academic status by making an appointment with **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**
- Look into the **Ignite: Work Study** program for on-campus employment opportunities
- Get assistance developing your career plan and job search skills from **Career Development and Experiential Learning**
- Consult with the **EPICentre** if you are interested in starting your own business
- Broaden your cultural awareness through the **International Student Centre** and **Student Exchange Office**
- Find support for Indigenous learners and broaden your understanding of Indigenous culture by visiting **Turtle Island**
- Tend to your health and wellness with support from **Student Health Services** and **Lancer Recreation**
- Receive confidential mental health counselling delivered by trained professionals at the **Student Counselling Centre**
- Seek personal support or learn more about sexual violence education through the **Sexual Misconduct Response and Prevention Office**
- Explore professional development opportunities through **Continuing Education**

We've got you covered!

GET IN TOUCH

STUDENT RECRUITMENT

Phone: 519-973-7014
Toll-Free: 1-800-864-2860
ask.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
Email: careerservices@uwindsor.ca