

So, what's next?

A guide to careers for
Kinesiology & Health Science Majors



Faculty of Health

health

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KEEPING MORE PEOPLE HEALTHIER, LONGER.

A message from the Dean of Health and the Chair of Kinesiology & Health Science

At York's Faculty of Health, our vision is to educate future global leaders who will help redefine and advance health and human science. Each day, our graduates do exactly that.

York's interdisciplinary approach integrates a wide variety of perspectives and valuable learning opportunities that give our students a breadth and depth of understanding of health and health care issues. It is within this context that our Kinesiology & Health Science students graduate with a clear understanding of the importance of physical activity and exercise for human health, the health sciences and society. A strong foundation in biological, behavioural, and socio-cultural disciplines afford Kinesiology & Health Science graduates a broad and diversified range of options for careers or related post-graduate studies. Today, our School of Kinesiology & Health Science graduates can be found working as planners and administrators; researchers and scientists; educators; consultants; medical and regulated health care professionals; fitness specialists and in many more roles.

What career awaits you upon graduation?

That will depend on your interests, knowledge and abilities. You will almost certainly have a wide range of options given that the demand for caring, qualified health and health care professionals is continually increasing.

We encourage you to read about the exciting careers that our alumni of the School of Kinesiology & Health Science are pursuing as they make a difference in health and human science.



Harvey Skinner, PhD, CPsych, FCAHS
Dean
Faculty of Health



Angelo Belcastro, PhD
Chair
School of Kinesiology & Health Science



As a student, you make a lot of choices. Where to study. What to study. Who to study with.

Now that you're ready to graduate, it's time to make another important choice: Deciding what's next for you. Will you go on to post-graduate education? Or, are you ready to begin your career and, if so, in what job?

Whatever decision you make, your studies at York's Faculty of Health have provided you with a great start towards a financially secure and interesting future. We take a broad view of health. That wide perspective creates an extensive range of career opportunities requiring a variety of skills and backgrounds.

You are in an exciting field at an exciting time. The demand for caring, qualified professionals with a background in Kinesiology & Health Science is increasing due to an aging and growing population and workforce, new technologies, restructured health care systems, stressful working environments, and new views on the significance of physical activity for human health, health sciences, and society.

Kinesiology graduates work in many areas. Their jobs include acting as researchers, teachers, fitness specialists and rehabilitation advisors, community health counselors, program and policy formulators and managers, sports trainers and fitness club managers. Many have roles in industry where they apply their knowledge as fitness equipment designers, functional abilities evaluators for insurance companies, food and nutrition researchers and developers, ergonomists and more.



When deciding on your next steps, particularly when choosing a career, it's best to begin with a clear understanding of what you're looking for. Defining the characteristics of your "ideal" job in advance helps focus your job search and provides a basis for assessing potential job descriptions. To define your "ideal" future, here are a few things to focus on:

- Your big interests—what you really enjoy doing and what truly inspires you
- Your talents and skills—the abilities you have that enable you to excel
- Situations and environments that appeal to you—the way you like to work and where
- Job tasks you enjoy, and ones you don't—the everyday routines, responsibilities and duties that would "make or break" your ideal job
- What will matter to you next year, in five years, or fifteen—it often takes time to gain the skills, experience and knowledge required to achieve your long-term objectives. Having a longer-term career plan helps you ensure that your next moves are stepping stones towards achieving your ultimate objectives.

Regardless of where you choose to go next, York's Faculty of Health wants you to succeed. On the following pages, we offer you a variety of sources of information to help you as you transition from student life.

Where would I work?

People with Kinesiology & Health Science degrees can be found working in a wide variety of places. They work in community settings, public health promotion, education, health program development, academic, medical, industrial, science and research institutions, clinics, hospitals, and in the fitness, gerontology and rehabilitation sectors.

What have others done with a degree in Kinesiology & Health Science?

Graduates of York's Faculty of Health work in the public sector, a variety of industries or operate their own businesses. They include health professionals, such as occupational therapists, physicians and chiropractors; teachers; researchers; and people working in the fields of fitness and recreation. Others participate in setting public policy.

We've invited a few graduates to tell us about their career choices and offer you further questions to ask yourself.



Interested in research and fitness?

Corinne Babiolakis
2012 Specialized BA
Kinesiology & Health Science
MA Biomechanics

Recipient of York University Continuing Student Scholarship, Lily D'Urzo Scholarship, Sport and Recreation Award, Arvo Tiidus Scholarship, Bobby Orr Entrance Scholarship, Stephen Ayton Scholarship and Faculty of Health Gold Medal for academic excellence and outstanding leadership

After completing an undergraduate degree in Kinesiology & Health Science, Corinne completed a Fitness Assessment & Exercise Counseling Certificate. As a first year student currently doing a Masters in Kinesiology & Health Science, Corinne's journey may still be underway but all it took was one biomechanics course for her to uncover her passion for studying the spine.

This played an instrumental role in guiding Corinne in her final year to work alongside Dr. Jennifer Kuk and Dr. Janessa Drake, the Director of Research at Southlake Regional Health Centre (SRHC) in the development of a research protocol for an ongoing study investigating the association between musculoskeletal fitness and back pain in nurses.

While completing her graduate studies, Corinne still continues to work in Dr. Drake's spine biomechanics laboratory at the Southlake Regional Health Centre. "The study I am working on combines my background in fitness as a Certified Exercise Physiologist with my passion for researching the spine as a graduate student in biomechanics. I will investigate the influence of the thoracic (upper and mid) spine on the lumbar (lower) spine using various types of biomechanical instruments. I will be using electromyography (EMG), force plates and a Vicon 3D motion analysis system to quantify the activation of trunk muscles as well as the kinetics and kinematics of the thoracic and lumbar spine."

Previously a three-year member of the Committee of Undergraduate Studies contributing to key decisions to enrich the Kinesiology & Health Science program, Corinne exemplifies the significant benefits of networking and taking the initiative to get involved. "My early involvement with the Kinesiology & Health Science Student Organization led to my involvement with several key initiatives," Corinne explains. "Administering aerobic fitness tests to firefighters, future NHL prospects and the Toronto Maple Leafs are easily some of the most exciting and rewarding experiences that I have had".



Passionate about assisting others recover from injuries?

Dr. Nadeem Masood
2007 Bsc Kinesiology/Psychology
Chiropractor

While acquiring an injury may be an inevitable part of life, Dr. Masood ensures that his patients are able to function once again at an optimal level.

As a practicing and licensed chiropractor in two multi-disciplinary clinics, Dr. Masood specializes in working with individuals suffering from musculoskeletal injuries. From the initial stages of providing a diagnosis to creating individualized treatment plans that integrate various therapeutic methods and practical tips, he strives towards improving the current state of patients and maintaining their achieved health.

“I am responsible for providing an evidence based, non-invasive approach to health care for patients who suffer from musculoskeletal injuries which includes any injury pertaining to the muscles, joints and nerves. I accomplish this by first performing a comprehensive history and physical exam followed by providing a diagnosis for patients. Next I develop a plan of management and communicate all my findings to the patient. Along with treating patients through adjustments, soft tissue therapy, modalities and acupuncture; I also develop exercise and stretch routines and provide nutritional advice for them.”

Dr. Masood advises that that alongside your academic studies, building your repertoire of experiences is a great way to increase your chances of finding a job. Before graduating in 2007 with a Bachelor of Science in Kinesiology, he had the opportunity to work at a Chiropractic clinic in his fourth year. Gaining this hands-on experience in addition to in-class knowledge from state-of-the-art resources and top professors played a key role in shaping Dr. Masood into the accomplished professional he is today. “I developed not only the social skills necessary to interact comfortably with the real world, but it also allowed me to build a good work ethic and laid down a solid foundation of knowledge which was easy to build upon”.

People-oriented and keen on working hands on with patients?

Dr. Khalid Hassan

2005 BSc Kinesiology

Orthopedic Surgery Resident, McMaster University
Recipient of Murray Ross Award, Kinesiology and Health
Science Award, Ruth Hill Award, and Michael Smith Award

Pursuing a career in medicine may have started off as a dream, but Dr. Hassan's determination, dedication, and strong will took him to his niche. "Some friends suggested I pursue medicine but I never thought it was an option for me. After giving it an honest effort, getting into medicine at the University of Toronto became one of my great life accomplishments."

Dr. Hassan is currently at McMaster University completing a surgical residency training program where he performs surgeries, assesses and treats patients in the emergency department, and works with patients in the fracture clinic.

While at York, he was able to acquire and refine fundamental skills that prepared him for his chosen field. "The education I received at York provided me with the foundation I needed to pursue a successful career in medicine. The Kinesiology & Health Science program provides a diverse education developing several useful and essential skills".

Investing in your talents and maintaining a positive attitude is the advice Dr. Hassan gives to students based on his experience: "Pursue what you love and be persistent and above all else believe in yourself".

"The education I received at York provided me with the foundation I needed to pursue a successful career in medicine. The kinesiology & Health Science program provides a diverse education developing several useful and essential skills"



Enjoy teaching sport and fitness?

Michelle Groat

2007 BA Kinesiology

2007 BEd

Teacher with the Durham District School Board

Today's focus on health promotion and wellness is something Michelle Groat is part of every day in her career as a teacher with the Durham District School Board.

"We teach students about the importance of an active, healthy lifestyle while introducing them to different physical activities, at least one of which we hope they will continue to pursue after their mandatory physical education class is over," says Michelle who teaches phys-ed and math. She also coaches her school's junior girls' basketball team, wrestling team, and junior and senior girls' soccer team.

Michelle has been in her current position for a year, after having spent the previous year as a supply teacher. "Teaching is tough to get into right away, so it's important to prepare for your career early," Michelle advises. She recommends joining as many programs at York as possible—student government, intramurals, etc.—which provide good experience for people going into leadership careers.

"Also try to get as much experience as possible with the age group you hope to teach," she says. "Volunteer in classrooms, coach kid's teams, tutor high school students, work at summer camps—it's better to get your experience now, rather than when you're applying for jobs. Then, when you do apply, submit applications to as many school boards as possible." Michelle also advises to be prepared to start as a supply teacher or a "long-term occasional" (a position filling in for a teacher on maternity leave or other extended leave of absence) before landing a full-time position.

Want to go on to a professional school?

York is a great place to prepare for a professional school.

What makes York such a great choice for pre-professional school education? Lots of things including:

- Personal contact with professors
- Interactive laboratories
- Tutorials and seminars that develop critical skills
- Availability of courses required by professional schools
- Flexibility to structure courses to suit your interests and goals
- Pre-professional academic advising
- Pre-professional student clubs
- Extensive student services including career information sessions, time management workshops, learning skills, mock interviews
- Volunteer and paid positions in research labs

Careers for Kinesiology & Health Science graduates

(with further education)

- Athletic Therapy
- Business
- Chiropractic
- Counselling
- Dentistry
- Education
- Engineering
- Law
- Massage Therapy
- Medical Imaging
- Medicine
- Nutrition/Dietitian
- Occupational Therapy
- Optometry
- Pharmacy
- Physiotherapy
- Speech-Language

What kind of salary can I expect?

Depends on the job! With so many variables this is a challenging question to answer, yet an important one to ask. The best way to learn about salaries is to check with an industry association or on the internet during the course of your career research.

Kinesiology & Health Science graduates have a wide range of career options in the fields of health education, recreation and leisure. Here are some examples:

Occupations in Kinesiology & Health Science

Fitness and Wellness

- Personal trainer
- Wellness coordinator
- Health club director
- Fitness consultant
- Strength & conditioning coordinator
- Fitness club manager
- Military fitness trainer

Rehabilitation

- Worker's compensation
- Athletic rehabilitation
- Cardiac rehabilitation
- Exercise physiologist
- Biochemist
- Clinical kinesiologist
- Vocational rehabilitation
- Industrial or insurance company functional abilities evaluator
- Work site analyst
- Special population adaptive specialists and designer

Exercise Science

- University professor
- Human factors engineer
- Equipment designer
- Fitness appraiser
- Exercise prescription counselor
- Private industry researcher (equipment and footwear)
- Ergonomist
- Pharmaceutical sales, researcher and developer
- Pharmaceutical regulator
- Food and nutrition researcher and developer
- Food and nutrition regulator

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 designer
- Consultant to private health clubs and organizations
- Research associate

Coaching

- School or 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 agent
- Program coordinator
- Athletic director
- Government sport/active living consultant

Occupations in Recreation and Leisure

Municipal Parks & Recreation

- Sport coordinator
- Fitness programs
- Services/programs for individuals with disabilities
- Seniors' programs
- Children's day camp
- Summer camps
- Aquatic activities
- Swimming pool, rink or other facility manager
- Community developer facilitator
- Special event coordinator Provincial/ Federal government
- Sport consultant
- Fitness/wellness consultant
- Facility design
- Programming consultant
- Program evaluation consultant
- Consultant for cultural activities
- Tourism promotion
- National and provincial park employee

Youth Service Agencies (Not-for-Profit)

- YMCA/YWCA youth program manager
- Recreation manager with youth correction agencies
- After school program coordinator
- Scouts/guides/ cadets recreation programmer
- Church sponsored programs
- Education sponsored programs

Institutions (including education)

- Senior citizens home recreation coordinator
- Hospital therapeutic recreation
- Prison recreation program coordinator
- Universities/ colleges
- Rehabilitation centres
- Leisure educator in universities/ colleges
- Recreation leisure researcher

Commercial recreation

- Corporate fitness centres
- Oil rig recreation
- Mining camp recreation
- Factory recreation programs
- Hotel recreation
- Fitness centre management
- Racquetball sport club manager
- Golf club manager
- Cruise ship recreation
- Entrepreneurial recreation

Camping and outdoor

- Outward bound schools
- Ski instructor
- Ecotourism
- Adventure tourism
- Ski hill manager
- Water safety instructor
- Camp administrator



Occupations in Health Education

Teaching

- Junior High, High School
- College, University
- Private health & wellness club

Volunteer sector

- Disease specific agencies
- Wellness program special populations
- Smoking/AIDS prevention organizations
- Fund raising
- Special projects coordinator
- Rehabilitation program
- YMCA/YWCA

Government

- Public health agencies
- Hospitals
- Rehabilitation units
- School boards
- Worker's compensation

Self-Employment

- Health behaviour consultant
- Writer of health related books and articles
- Health workshop presenter
- Software developer

Who can help me make my career decisions?

Ultimately, it's up to you! Parents, friends and teachers may provide advice. The media can be a source of information. Your job experiences will also shape your decisions. In the end, though, it comes down to you: it's your life, your work and your purpose.

It's your future, and it's a big choice. But you don't have to go it alone. York University students and recent alumni have access to the York University Career Centre, a team of career professionals who support you in the development of career self-management skills. The Career Centre delivers job search and career development programs to help you build success on your terms.

Check out www.yorku.ca/careers

Useful Websites

Canadian Academy of Sport Medicine

www.casm-acms.org

Canadian Association for Health, Physical Education, Recreation and Dance

www.cahperd.ca

Canadian Fitness and Lifestyle Research Institute

www.cflri.ca

Canadian Kinesiology Alliance

www.cka.ca

Canadian Society for Biomechanics

www.health.uottawa.ca/biomech/csb

Canadian Society for Psychomotor Learning and Sport Psychology

www.scapps.org

Canadian Wellness

www.canadianwellness.com

Kinesiology and Health Science Student Organization

www.yorku.ca/kahsso

Ontario Fitness Council

www.ofc-fpao.com

Ontario Kinesiology Alliance

www.oka.on.ca

Participaction

www.participaction.com

Pre-Med Society at York University

www.yorku.ca/ypms

The Canadian Society for Exercise Physiology

www.csep.ca

The College of Kinesiologists of Ontario

www.collegeofkinesiologists.on.ca

The Ontario Physical and Health Education Association

www.ophea.org

York University Career Centre

www.yorku.ca/careers

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