

KINESIOLOGY

# Experience Map



**PROMISE**  
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University  
of Windsor

KINESIOLOGY (MOVEMENT SCIENCE STREAM) **CO-OP**  
AVAILABLE

KINESIOLOGY (SPORT MANAGEMENT STREAM) **CO-OP**  
AVAILABLE

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# KINESIOLOGY

## SKILLS AND KNOWLEDGE OF KINESIOLOGY GRADUATES

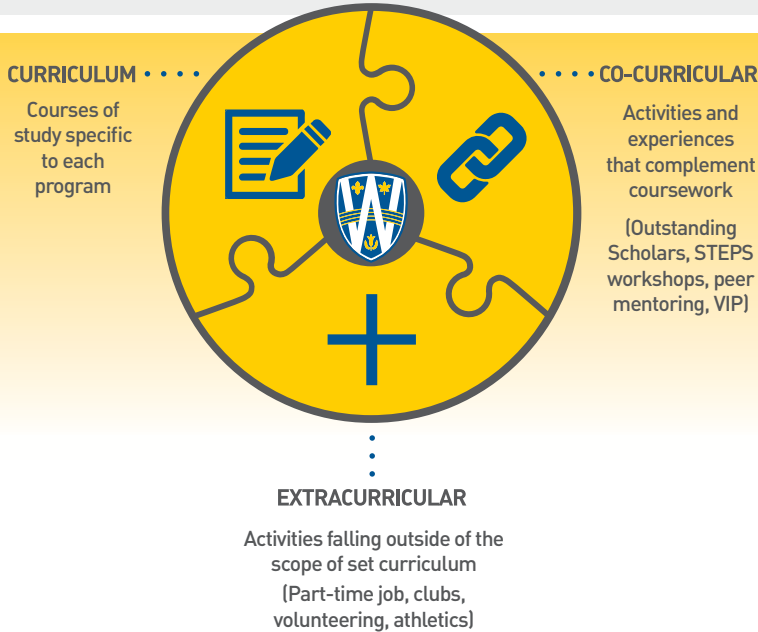
### PROGRAM HIGHLIGHTS

Our program offers a variety of courses and experiences during the first two years to help you choose a major for intensive study during your final two years in Movement Science or Sport Management. Upon graduation, you can continue your education in professional programs or graduate schools, or choose from such careers as scientists, or doctors, teachers, chiropractors and physiotherapists (with additional studies), ergonomists, directors of provincial and national sports organizations, and sports marketing specialists.

### FUNCTIONAL KNOWLEDGE

- Thoroughly understanding the anatomy, biomechanics, physiology, motor control, development and behaviour of humans, and the fundamental physical, cognitive and social factors that affect human movement

- Understanding the theories of sport management as they relate to events, facilities, personnel and consumers within the sport and recreation industries and society
- 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 based on best practices
- 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



### 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 GUIDE

Intentional career planning will help you prepare for your next step after graduation. It is a fluid, dynamic, and continuous process, meaning you can move on or return to an earlier stage at any time. You can even work through simultaneous cycles, like one for your long-term dream job and another for a summer job.



# Experience Map

## HOW TO USE THIS GUIDE

This guide is meant to help you explore various opportunities throughout the course of your UWindsor experience. It is intended to help you link academics, co-curricular, extra-curricular and career planning activities by suggesting some of the options available to you. This is to help you see what you can do, rather than what you are required to do!

## Academics



### First Year

- Take the common core of courses required for all kinesiology students
- Review degree course requirements
- Meet with the kinesiology undergraduate co-ordinator or experiential learning co-ordinator 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

## Experience



- Explore available upper-year Kinesiology internships and field placements\*
- Apply for a co-curricular experience such as the Volunteer Internship Program (VIP)\*
- Apply for Co-op in the winter semester to begin first work term in second year\*
- Investigate such research opportunities as the Outstanding Scholars program\*
- Research student exchange opportunities for middle years in such locations as Australia, Belgium, and the UK\*
- Attend career information sessions held by Human Kinetics alumni
- Join a club like the HK Student Society, Kin One or UWSA

## Career



- Create a list of things that you enjoy, areas in which you excel, and your skills
- Meet with Career & Employment Services (CES) to develop a plan for your future years
- Consider taking an interest assessment to help you identify possible career paths
- Attend a CES workshop to learn how to find a summer or part-time job
- Become familiar with the mySuccess online job search tool
- Attend a CES resumé and cover letter workshop to get your resumé critiqued

## Middle Years

- Take required courses and check in with academic advisor to make sure you are on the right path
- Look into completing an individual or thesis research project in the final two years★
- Decide whether you want to specialize in Movement Science or Sport Management and begin to take the required courses for your specialization
- Consider signing up for the Outdoor Recreation course to explore Algonquin Park in your final year★
- Seek out internships and courses that offer field experience★
- Consider declaring a minor

- Join a professional association in your field such as the Ontario Kinesiology Association or Association of Canadian Ergonomists
- Become involved with Kin One to help first-year students become oriented with the program
- Participate in the UWill Discover undergraduate research conference★
- Volunteer in a faculty research lab in such areas as biomechanics, sport psychology, motor control, and physiology
- 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

- Research career fields and occupations
- Explore opportunities and meet employers through a job fair or employer information session
- Attend the Graduate and Professional Schools Fair to explore further educational opportunities
- Analyze the requirements for graduate or professional schools
- Make an appointment with Career & Employment Services to explore career options
- Create a LinkedIn profile and have it critiqued
- Take part in informational interviews through sources such as Ten Thousand Coffees

## Final Year

- Meet with faculty and academic advisor to review degree requirements
- Complete all required courses to fulfill degree audit
- Apply to graduate through MyUWindsor 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★

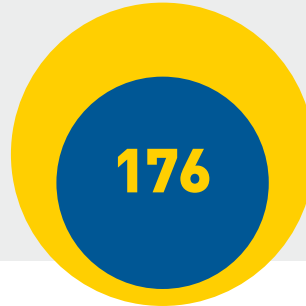
- Conduct field or laboratory research with a faculty member★
- Become a tutor for Students Offering Support (SOS)
- Gain valuable field experience through the Outdoor Recreation course★
- Attend a career information session held by Human Kinetics alumni
- Join the UWindsor Kinesiology team to compete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

- Consider applying to graduate or professional school and be aware of early application deadlines
- Meet with Career & Employment Services to prepare such application documents as a resumé, cover letter, CV or personal statement
- Attend an Interview Skills Workshop and Job Search Tips Workshop
- Set up a mock interview for professional school or job applications
- Meet employers at the annual job fair in January
- Compose a portfolio of relevant academic and work experience

★ High-Impact Practice: educational practices that include experiential learning as a basis for student engagement and successful scholarship

## LIFE AFTER GRADUATION

2016



Number of University of Windsor graduates from Kinesiology programs in 2016.



### COMMON INDUSTRIES FOR KINESIOLOGY GRADUATES

- Academia: University, college
- Business: Marketing, sales and human resources
- Clinical Kinesiology: Therapies, prosthetics and orthotics
- Education: Teaching, coaching, training
- Manufacturing: Ergonomics, human factors, health and safety
- Healthcare Professions: Medicine, chiropractic, therapies
- Health and Fitness: Training, exercise prescription, promotion
- Sport and Recreation: Managing, organizing, planning, sales, promotion

### CAREER TRACKS\*

Athletic therapist	Health and safety coordinator	Laboratory co-ordinator	Nutritionist/dietician	Recreation manager
Audiologist	Health educator	Lawyer	Occupational therapist	Research assistant
Chiropractor	Human factors specialist	Learning specialist	Personal trainer	Speech language pathologist
Ergonomist	Journalist	Life coach	Physiotherapist	Sports administrator
Events co-ordinator	Kinesiologist	Medical doctor	Professor	Teacher
Facility manager		Naturopathic doctor	Program director	

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

### CAREER-READINESS COMPETENCIES



#### Critical Thinking and Problem Solving: Using strategic and creative thinking to make decisions and evaluate solutions

- Interpreting information to efficiently and constructively support or challenge proposals, theories, ideas, and reports with a project's intended end goal in mind
- Leading and interacting with colleagues who reflect different backgrounds, learning styles, and approaches
- Applying prior knowledge/methodology to novel situations



#### Teamwork and Collaboration: Working as a productive member of a group and collaborating with others to achieve set goals

- Overseeing contributions to a project, determining outcomes, planning details, delegating, and completing tasks
- Identifying one's ideal role and contributing to the collective through leading, teaching, and motivating others
- Working in close physical proximity/contact with others



#### Professionalism and Work Ethic: Demonstrating personal management practices and a high level of integrity and ethical behaviour

- Working effectively in a high-pressure environment
- Managing time, data, and resources to meet deadlines
- Representing and listening to others effectively and positively



#### Communication: Appropriate and effective articulation of ideas and information to a range of audiences

- Creating effective, dynamic, and responsive schedules for group and individual activities
- Preparing engaging targeted formal and informal presentations
- Addressing members of the public persuasively



## CAMPUS RESOURCES

- Visit **Leddy Library** and the **Writing Support Desk** on the main floor for help with academic assignments
- Improve study skills through the **Skills To Enhance Personal Success (STEPS)** program
- Discover ways to get involved on campus through the **Student Success and Leadership Centre**
- Explore mentorship opportunities through the **Connecting4Success (C4S)** and **Bounce Back** programs
- Apply to the **Volunteer Internship Program (VIP)** to get involved in the community
- Look into the **Work Study** program for on-campus employment opportunities
- Broaden your cultural awareness through the **International Student Centre** and **Student Exchange Office**
- Get assistance developing your career plan and job search skills from **Career & Employment Services**
- Consult with the **EPICentre** if you are interested in starting your own business
- Seek out assistance with academic accommodation from **Student Accessibility Services**
- Tend to your health and wellness with support from **Student Health Services, Lancer Recreation** and the **Student Counselling Centre**

### Recruitment Office

Phone: 519-973-7014  
Toll-Free: 1-800-864-2860  
Email: [info@uwindsor.ca](mailto:info@uwindsor.ca)

### Department of Kinesiology

Phone: 519-253-3000, Ext. 2429  
Email: [hk@uwindsor.ca](mailto:hk@uwindsor.ca)

### Career and Employment Services

Phone: 519-253-3000, Ext. 3895  
Email: [careerservices@uwindsor.ca](mailto:careerservices@uwindsor.ca)  
[experience.uwindsor.ca](http://experience.uwindsor.ca)



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