

# EXERCISE AND HEALTH PHYSIOLOGY MAJOR

## Frequently Asked Questions

For a Bachelor of Science in Kinesiology degree.

### **Why is this the right major for me?**

Do you believe that activity and exercise are integral parts of a balanced lifestyle? If you want to work in the health and fitness industry or high-performance sport, you will find this program rewarding as you can share your enthusiasm for healthy living with others and help them realize their full physical potential.

### **Is this a good major to pursue further study?**

The program can also prepare students for professional degrees in medicine and physiotherapy, as well as post-graduate studies in clinical exercise physiology, sports medicine and chiropractic studies. You also can get certification in applied exercise physiology under the governing national body of the Canadian Society for Exercise Physiology (CSEP) such as the CSEP-CPT (Certified Personal Trainer) and CSEP-CEP (Certified Exercise Physiologist).

### **What if I already have the qualifications to teach a fitness or activity class?**

Whether you're in the middle of your career or just starting out, the program can increase your career opportunities by enhancing your theoretical and practical knowledge of the human body.

Many who enter the program already have certifications such as the Basic Fitness Leader Theory and Group Exercise Leader from the Alberta Fitness Leader Certification Association (AFLCA). This program also attracts individuals such as Registered Massage Therapists (RMT) and Emergency Medical Therapists (EMT) who want to round out their education by earning an Exercise and Health Physiology degree.

### **What skills will I develop with this degree?**

Graduates have specialized knowledge about the metabolic, systemic and structural functioning of the human body with respect to human movement. You will also develop strong research, communication and critical-thinking skills.

### **What other disciplines will I study through this major?**

The program features a compulsory science component consisting of courses in chemistry, computer science, mathematics, statistics and biochemistry.

### **Will I spend time in a laboratory with this major?**

Some courses within the kinesiology core program have a laboratory, activity or research component so you can develop first-hand knowledge of kinesiology fundamentals. This program also offers hands-on opportunities to work with technology, equipment and computer software specific to the Exercise and Health Physiology field.

### **Will I learn about research?**

Instructors incorporate their own and others' research into course lectures and presentations to provide you with current and relevant information. Many courses require you to participate, conduct and report on research in the kinesiology field.

### **How often do students interact with faculty members?**

Students interact with instructors, coaches and teaching assistants regularly in the KNES 201 and 203 core courses as they have multiple athletic activities, and health and performance modules.

KNES 465 – Adaptation to Environmental Stress - is a very interactive course where students are encouraged to exhibit creativity in utilizing, integrating and presenting course content into class presentations.

Faculty members also mentor Exercise and Health Physiology majors during the KNES 503, directed-studies projects, and KNES 490, honours projects.

### **What types of jobs could I do?**

You could work in the following jobs and sectors:

- Universities, colleges and professional sports programs: *Instructors, strength coaches, researchers and exercise physiologists*

- Sport medicine and rehabilitation centres
- Corporate wellness programs: *Managers and exercise leaders*
- Health and fitness clubs: *Personal trainers and instructors*
- Government: *Amateur sport coach, Health Canada*
- Occupational Fitness: *Police, fire, correctional services and emergency response organizations*
- Workers' Compensation Board: *Rehabilitation*
- Education/communication: *Fitness media/journalist, health promotion*
- Business: *Fitness entrepreneur, allied health, physiotherapy and chiropractic fields, cardiac rehabilitation, pharmaceutical sales*

*For a program overview, career opportunities, what courses you will take and admissions, [Learn more.](#)*