

Kinesiology

Why is it important to train the brain as well as the body?

How can improving the way individuals move and interact in the workplace prevent injury?

How does improving fundamental motor skills influence a child's physical, cognitive and social development?

Why is exercise beneficial for individuals with complex chronic conditions?

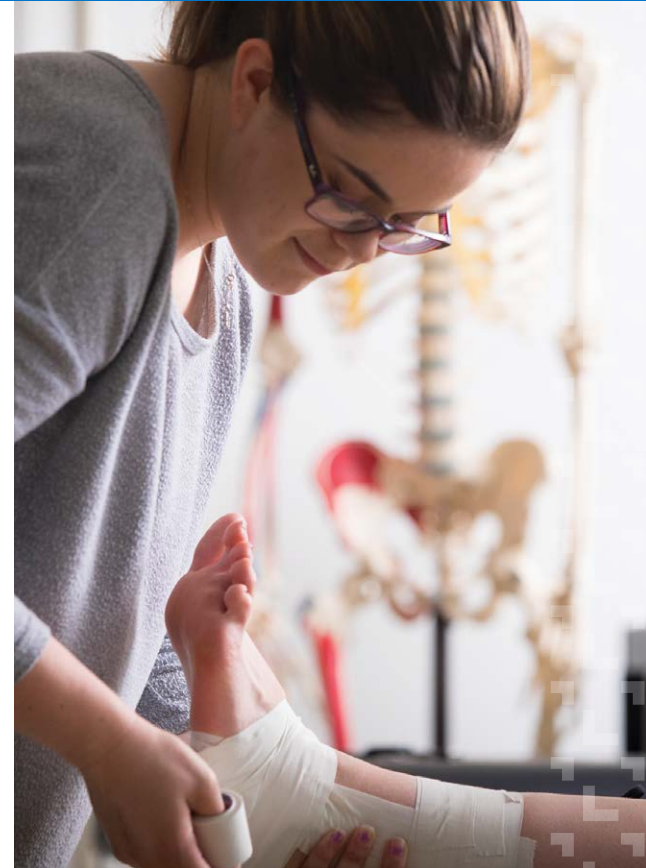
What environments do elite athletes grow up in and how do we design better processes to support their athletic development?

This multidisciplinary field of study focuses on understanding human movement, and the application of this knowledge to optimize performance and quality of life.

You'll study behavioural, biomechanical, neurological, physiological, and psychosocial aspects of human health and performance.

When you graduate, you're eligible for examinations that lead to registration as a Registered Kinesiologist or certification as an Exercise Physiologist.

Build a kinesiology career in rehabilitation, sport, exercise science, health promotion, and/or physical activity and health.



What will I study?

- Biomechanics
- Exercise Physiology
- Exercise Rehabilitation
- Health Promotion
- Human Anatomy
- Motor Development
- Motor Learning
- Movement Neuroscience
- Nutrition
- Sport and Exercise Psychology
- Sport Injury Management

What can I do with my degree?

You'll be prepared for graduate studies in Kinesiology and Health Sciences, professional programs in medicine and rehabilitation science, or a career in a variety of health and sport settings including:

- Registered Kinesiologist
- Certified Exercise Physiologist
- Certified Personal Trainer
- Chiropractor, Physiotherapist or Occupational Therapist
- Coaching
- Health promotion
- Skills acquisition
- Sport, Exercise or Health Psychologist
- Teaching
- Workplace ergonomics

Want more information?

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