

What can you do with a Degree in Kinesiology: Self-Exploration and Career Preparation

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Presentation Outline

- Purpose
- Administration
- Research
 - Self-assessment
 - Exploring the field
- Finding Work
- Success at Career Fair

Reasons to see a Career Advisor

Students come to see career advisors for many reasons, including:

- Job search strategies (permanent, part-time and summer jobs)
- C.V. and cover letter review
- Professional portfolio review
- International teaching and volunteer opportunities
- Teaching application process (local and international)
- Alternative careers for education graduates
- Interview preparation/mock (practice) interview
- Graduate school applications
- Job offers and salary negotiation
- Careers in various industries

Career and Planning Service (CaPS)

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3600 McTavish, Suite
2200, Brown Building
www.mcgill.ca/caps
(514) 398-3304

- Career Fairs
- Mentor Program
- Job Finding Club
- Resource Centre
- On-Campus
Recruitment
- Workshops- P.A.C.E

Get to know *myFuture*



Job Postings & Events
for McGill Students
and Alumni

<https://csm-caps.mcgill.ca/students/>

Diverse Careers with Kinesiology

What is Kinesiology?

“Also known as human kinetics, kinesiology is the scientific study of human movement” –Google

What do Kinesiologists do?

“Oversee and administer recreation, sports and fitness programs and activities, provide consulting services, conduct research and develop programs and policies related to recreation, sports and physical fitness. They are employed by federal, provincial and municipal governments, recreation, sports, fitness and health care facilities, retirement homes, community centres, sports and fitness consulting firms and organizations, or they may be self-employed” –www.workingincanada.gc.ca

The importance of research

- 1) Yourself
- 2) The field

Researching the Self

Self-Assessment

Skills?

What am I good at?
What are my soft & hard skills?

e.g. communication, language, negotiation, management

Values?

What matters to me?
e.g. helping others, money, health, environment,

Interests?

What do I enjoy?
e.g. music, working with people, planning events, culture

Personality?

e.g. How does your personality guide your decision making process?

What kinds of environments are a good fit for your personality?



What are your skills anyway?

Examples of your “hard skills” ...

- A thorough understanding of the various factors affecting human movement, such as biological, psychological, social and aesthetic
- Ability to effectively develop and administer injury prevention and rehabilitation plans, perform physical risk assessments regarding work, leisure and sporting activities
- Ability to create strategies for the maximization of human physical potential by applying knowledge of biomechanics
- Able to assess the quality and proper usage of athletic activities, equipment and environments
- Able to enhance the quality of life for individuals by developing, implementing and monitoring leisurely and recreational activities
- The ability to assess the physical and recreational needs of a community and make recommendations regarding the development of individual and community plans



“Soft skills”-transferable...

- Communication
- Collaboration/team work skills
- Analytical/assessment
- Problem solving
- Adaptable
- Professionalism
- Writing
- Creativity
- Attention to detail
- Self-motivation-independence
- Patience
- Organizational

*These skills are not to be listed on cv, rather, they are to be demonstrated through your experiences, through writing your cover letter, through your interview etc.

Must provide proof!

Researching the Field

Who would you like to work with?

- Children
- Persons with disabilities
- Injured persons/rehabilitation
- Adults
- Seniors
- Private clients or public
- Athletes

Where do you see yourself working?

- University, college, school setting
- Private clinic
- Gym or fitness centers
- Private clients in home based-gyms
- Community centers, parks & recreation
- Retirement centers/assisted living
- Administrative, government settings
- Sports associations
- Hospitals
- Resorts or hotels
- Sporting goods companies

What do you do?

- Develop, implement, create, plan...
- Monitor, assess, measure, evaluate...
- Enhance, improve, increase...
- Advise, consult, guide ...
- Instruct, coach, lead, train...
- Promote, educate, engage, motivate...

- Tip*These verbs describe your abilities: Your CV should include this type of language

Sample careers

Fitness Instruction, Personal Training, & Fitness Management

- Personal Trainer
- Group Exercise Instructor
- Strength & Conditioning Coach
- Fitness Center, Owner or Manager
- Health Promotion Specialist
- Fitness Leader in Gerontology Settings

Ex: Fitness Leader, Gerontology

- **Where?** Assisted living facilities, community centers, private health care centers, fitness centers
- **What?** Programs designed in consideration to medical conditions, arthritis, waning muscular strength and flexibility. Balance and mobility training, lower intensity exercise
- **Who/personal attributes?** Compassion, patience, support, friendly, creative, accommodative, observant
- **Education:** BSc.Kinesiology, Kinesiologist certification, CPR/First aid
- **Bonus:** Minor in gerontology or developmental psychology for example

Phys Ed., Sport Instruction, Coaching, Officiating, Sport Psychology

- Physical Education Teacher
- Sport Instructor
- Sport Official
- Coach
- Sport Psychologist

Ex: Sport Psychologist

- **Where?** University athletics, professional sports programs, private practice, university research
- **What?** Work with teams, develop team building strategies, anxiety and stress reduction, goal setting, career development in athletes
- **Who/personal attributes?** Social, interest in working with people, communication, sensitivity
- **Education:** BSc.Kinesiology, major/minor in psychology, Masters level or PhD level in Sport Psychology (dependent on province)
- **Bonus:** relevant research on area of sport psychology, interest in research and teaching, experience in athletics

Sport Marketing and Management

- Sport Administrator
- Sport Marketer
- Media and Public relations
- Professional Scout
- Sport Event Manager
- Sport Media Specialist
- Sport Facility Operations Manager
- Sports Equipment Marketer

Kinesiology as Pre-Professional Training

- Physical Therapist
- Occupational Therapist
- Medical & Osteopathic Physicians
- Chiropractor
- Physician Assistant
- Clinical Exercise Physiologist
- Sport Dietician
- Ergonomic services
- BioMechanics



Finding work

External
job sites

HR

Professional
Associations

Other Managers

Past Interns / Employees

Current Employees

The Hidden Job Market: How it works

Between 75-95% of job openings are never publicly advertised

24% direct contact (“cold” contacts”)

48% from referrals from friends, family and colleagues
(networking)

5% responding to classified ads

Who do you know?

- Start networking, keep networking
- Your professors, supervisors, support staff, colleagues/classmates
- Do information interviews.
- Ask people who they know and talk to them too! Keep asking.
- Get relevant volunteer experience
- Go to events, career fairs, join associations...



Tips for Success at a Career Fair

Career Fair Preparation

- Get your CV ready: make an appointment if you need a review! See tips here
<http://www.mcgill.ca/caps/publications/guides/>
- Research the organizations attending and show them you pay attention!
- Prepare examples of your experiences-you may get asked about your CV on the spot
- Prepare a 30 second introduction: Who are you, what are you studying, what are you interested in, when do you graduate and where do you see yourself going?

Career Fair: Day of

- Dress Professionally
- Wear presentable shoes, accessories
- Exercise moderation with scents, makeup & jewelry
- No gum, no cell phones, avoid carrying coffee
- Exude confidence & give a firm hand shake
- Be professional & friendly
- Bring your CV or business cards if you have them
- Take business cards and tell them how you will follow up

After the fair

- Send an e-mail or thank you note 1-3 days afterward; remind them that you met and what you spoke about
- Add the people you spoke with to your network and expand this list!
- Ask for information interviews and referrals to other professionals in the field

Resources

- <http://www.americankinesiology.org/featured-careers/featured-careers/careers-in-biomechanics>
- <http://www.mcgill.ca/caps/discipline?tid%5B%5D=371>
- www.careercruising.com
- <http://www.kinesiologue.com/>
- <http://www.kinesiology.net>
- <http://www.cka.ca/> (Canadian Kinesiology Alliance)

Need to make an appointment?

Contact Jillian Aucoin (until December)

Contact Andrea Taylor (returning December)

Career.education@mcgill.ca or 514-398-2484

Thank you & Good luck!