

# SCHOOL OF KINESIOLOGY



# PUT YOUR LOVE OF PHYSICAL ACTIVITY TO WORK

Regular physical activity is vital to living a long and healthy life. With people leading increasingly sedentary lifestyles, there's never been a better time to study kinesiology, a field that enables you to create solutions that help people live their healthiest lives.

## **GAIN A WELL-ROUNDED AND PRACTICAL EDUCATION**

You'll take classes in a variety of areas, including anatomy and physiology, biomechanics, leadership, health promotion, career and professional preparation, research methods and ethics.

## **CHOOSE YOUR OWN ADVENTURE**

We offer a bachelor's degree in kinesiology, with concentrations in exercise science and health promotion, so you can start and finish your credential at CapU, learning in a supportive environment with the guidance of CapU instructors. You also have the option of completing two years of the Kinesiology program and graduating with a diploma.

## **CAREER PATHS**

- Chiropractic
- Exercise physiology
- Health promotion
- Health and wellness leadership
- Kinesiology
- Occupational therapy
- Personal training
- Physiotherapy

## **PROGRAMS**

### **Bachelor of Kinesiology Degree – Exercise Science**

4 years | Full-time | Starts in September

### **Bachelor of Kinesiology Degree – Health Promotion**

4 years | Full-time | Starts in September