

Education and Career Opportunities in Sport

A career in the field of sport and recreation is often appealing to athletes. There are many post-secondary programs and careers within this field that are beyond physical education and kinesiology. Below is a list of universities and colleges in Alberta offering programs with a focus on sport and recreation. Clicking on the institution or program name will link you to their website.

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[University of Lethbridge](#)

[Faculty of Arts & Science- Kinesiology](#)

Career opportunities

- Athletics administration
- Coaching and athletic training
- Exercise prescription
- Health or wellness industry/program
- Physical or occupational therapy
- Sport nutrition
- Exercise physiology
- Orthopedic assistant
- Activity director
- Outdoor adventure education
- Sports management
- Injury prevention and rehabilitation



University of
Lethbridge

Lethbridge College

Exercise Science

Career opportunities

- Business entrepreneur
- Community facilities
- Fitness clubs
- Health/resort spas
- Medical clinics
- Personal fitness care
- Physiotherapy clinics
- Professional corporations
- Recreation groups
- Rehabilitation agencies
- Schools/outreach programs
- Senior centres
- Sport organizations
- Sport teams

Therapeutic Recreation- Gerontology

Career opportunities

- Community-based programs
- Group homes
- Hospital
- Lodges
- Long term care
- Mental health programs
- Rehabilitation programs
- Senior centres
- Supportive living



University of Alberta

Bachelor of Arts in Recreation, Sport, and

Tourism - This program includes a minor in one of the following areas:

- Community Development
- Sport and Recreation Management
- Tourism and Natural Environments

Career opportunities

- Recreation Therapist
- Recreation Facility Operator
- Event Coordinator
- Director of Provincial Sport Association
- Provincial or Municipal Recreation Coordinator and Sports Administrator



UNIVERSITY OF ALBERTA

Bachelor of Kinesiology

Adapted Physical Activity Career opportunities

- Adapted Physical Activity Specialist
- Exercise and Fitness Specialist
- Kinesiologist
- Paralympic Sports Coordinator
- Recreation Facility Operator
- Recreation, Parks and Culture Coordinator
- Strength and Conditioning Specialist
- Youth Sport and Physical Activity Research Assistant

Physical Activity and Health Career opportunities

- Exercise and Fitness Specialist
- Fitness and Lifestyle Consultant
- Kinesiologist
- Personal Trainer
- Recreation Facility Operator
- Strength and Conditioning Specialist
- Youth Sport and Physical Activity Research Assistant

Sport Coaching Career opportunities

- Athletics Coordinator
- Exercise and Fitness Specialist
- Kinesiologist
- Recreation Facility Operator
- Recreation and Sports Administrator
- Sport Coach

- Strength and Conditioning Specialist
- Youth Sport and Physical Activity Research Assistant

Sport Performance Career opportunities

- Biomechanics Technician
- Exercise Therapist
- Exercise and Fitness Specialist
- Kinesiologist
- Recreation Facility Operator
- Strength and Conditioning Specialist
- Youth Sport and Physical Activity Research Assistant

Bachelor of Science in Kinesiology - A specialized science degree with a focus in studying human movement as it relates to the enhancement of human performance, health promotion, and prevention and management of chronic disease.

Career opportunities

- Kinesiologist
- Exercise Therapist
- Certified Exercise Physiologist
- Rehabilitation Specialist

Bachelor of Kinesiology/ Bachelor of Education in Elementary Education

Education - Kinesiology - Elementary Career opportunities

- Child and Youth Program Coordinator
- Curriculum Consultant
- Elementary School Teacher
- Health Promotion Assistant
- Teacher
- Youth Sports Coordinator

Bachelor of Kinesiology/ Bachelor of Education in Secondary Education

Education - Kinesiology - Secondary Career opportunities

- Curriculum Consultant
- Fitness Programming and Coordination
- High School Teacher
- Hockey Coach
- Recreation and Sports Administrator
- Secondary School Teacher
- Teacher

University of Calgary
Bachelor of Kinesiology
Leadership in Pedagogy and Coaching



**UNIVERSITY OF
CALGARY**

Career opportunities

- Physical education
- Coaching and fitness consultation
- Government/Public: national sport coach, rehabilitation and therapy
- Education/Communication: physical education teacher, community activity leader
- Business: corporate wellness consultant, personal fitness consultant

Mind Sciences in Kinesiology Career opportunities

- Sport medicine and rehabilitation
- Recreation
- Health and fitness
- Research

Combined Degrees

- Bachelor of Kinesiology and Bachelor of Commerce in Management
- Bachelor of Kinesiology and Bachelor of Arts- Dance
- Bachelor of Kinesiology- Pedagogy concentration and Bachelor of Education

Bachelor of Science in Kinesiology

Mind Sciences Career opportunities

- Sport medicine and rehabilitation
- Recreation
- Health and fitness
- Research

Biomechanics Career opportunities

- Coaching
- Recreation
- Health and fitness
- Research

Exercise and Health Physiology Career opportunities

- Sport medicine and rehabilitation
- Recreation
- Health and fitness
- Research

Medicine Hat College



**MEDICINE HAT
COLLEGE**

Kinesiology

Career opportunities

- Coach
- Exercise physiologist
- Athletic therapist
- Fitness specialist
- Consultant
- Researcher
- Adaptive physical activity specialist
- Athletic director
- Recreation coordinator
- Registered kinesiologist

Occupational/Physical Therapist Assistant

Career opportunities

- Health regions/hospitals
- Rehabilitation centres
- Continuing care facilities
- Schools
- Community and government health agencies
- Vocational rehabilitation program

Nutrition and Food Sciences

Career opportunities

- Health Canada
- Canadian Food Inspection Agency
- School Systems
- Regional Hospitals and Health Care Centers
- Careers in the Food Industry
- Nutrition Management and Regulatory Affairs
- Project Coordination for Nutrition Companies
- Product Health Claims Research
- Pharmaceutical Companies
- Food and Nutrition Manager

Mount Royal University - Bachelor of Health and Physical Activity

Choose from the following 4 Majors

Athletic Therapy Career opportunities

- Certified Athletic Therapist

Research opportunities

- Assessment and treatment of injuries
- Epidemiology and injury prevention
- Concussion
- Medical education



Ecotourism and Outdoor Leadership Career opportunities

- **Outdoor guide**- lead groups of hikers, bikers, fishers, kayakers, skiers or climbers through the great outdoors
- **Park warden**- you can care for Canada's parks, assisting visitors and enforcing rules
- **Ecotourism program planner**- work internationally or locally on sustainable tourism initiatives. Plan programs, develop marketing plans or consult on sustainable operations for tourism agencies.

Physical Literacy Career opportunities *additional education, experience and/or training required

- Physical literacy coordinator
- Health educator
- Sport consultant
- Personal fitness trainer
- Program Director
- Physio/occupational therapist *
- Entrepreneur/business owner
- Health data scientist
- K-12 teacher *

Sport and Recreation Management

Career opportunities

- **Director of community relations**- promote teams and players throughout the community
- **Athletic services coordinator**- responsible for athlete training, travel & long-term development
- **Executive director**- take a leadership role in the overall operations of a sports and recreation company
- **Marketing manager**- use your detailed understanding of a company to create and implement a marketing strategy that will help move the organization forward

Research Opportunities

- Olympic bids
- Sport and recreation community program impact
- Marketing strategies within sport and recreation

Southern Alberta Institute of Technology

Health and Medical Programs



Nutrition for Healthy Lifestyles

Career opportunities

- Nutritional consultant
- Nutritionist
- Health coach
- Registered dietician *
- Food scientist

*Additional education required

Rehabilitation Therapy Assistant

Career opportunities

- Physical and occupational therapy assistant
- Rehabilitation therapy assistant