

## Kinesiology at Trent

Kinesiology is the scientific study of human movement with a focus on health and well-being, including prevention of injury and chronic disease. The focus of the degree program is human performance and function across the lifespan. Students gain the knowledge and skills to become a kinesiology practitioner, able to prescribe individualized exercise programs to improve or maintain the health, functional capacity, and well-being of a range of healthy and clinical populations. Students in this program have the opportunity to engage in a clinical/community practicum or research project during the fourth year of study. This degree provides the skills and knowledge to pursue multiple career pathways, including writing the competency exam to become a Registered Kinesiologist through the College of Kinesiologists of Ontario.

These explorations can take place both in the classroom and beyond – through the Kinesiology Co-op program, you can put skills to action across three paid work terms in professional settings.

## Kinesiology Co-op

Co-op is an opportunity for students to gain work-integrated experiential learning which will help them get a head start on a career. The Kinesiology Co-op assists graduating students in achieving a competitive edge while generating experience within a wide range of sectors. Specifically, co-op gives the students a chance to obtain 12-16 months of practical experience on the job, develop or enhance technical skills, explore career options, network with a variety of individuals and organizations, learn from mentors and tutors, enhance communication and presentation skills, and develop technical writing skills.

**Kinesiology Co-op is a competitive direct-entry program with a limited number of spaces.**

### Program Requirements for Admittance into Co-op:

- Minimum 75% cumulative average
- ENG4U with a minimum of 60%
- SBI4U
- One of: MHF4U, MCV4U or MDM4U
- SCH4U or SPH4U

### To remain in the co-op, students must:

- Successfully complete the required Co-op courses (COOP 2000H, 4000H)
- Maintain a minimum 75% cumulative average throughout their study terms
- Complete three co-op work terms (KINE 2100P, 3100P, 4100P, and optional 4800P)
- Receive satisfactory evaluations during each of their work terms

## Kinesiology Co-op Work Term Schedule

	Fall	Winter	Summer
Year 1	Study Term 1	Study Term 2	
Year 2	Study Term 3	Study Term 4	COOP 2000H
Year 3	Study Term 5	Study Term 6	Work Term 1
Year 4	Work Term 2	Work Term 3	Work Term 4 (Optional)
Year 5	Study Term 7	Study Term 8	

**All co-op students are encouraged to meet with an Academic Advisor for degree mapping and to ensure they are meeting all their program requirements. You can book an appointment on the Student Experience Portal ([trentu.ca/sep](http://trentu.ca/sep)) or by calling 705-748-1011 x7333.**

**Please Note:** Co-op is meant to prepare students for the real-world job application process and as such, the co-op process is competitive and dependent upon many factors including market conditions, the student's efforts to secure a work term, and the academic performance of a student. Every effort is made to find suitable co-op work terms for students, but a work term opportunity cannot be guaranteed for every student. Co-op students will secure positions through successful participation in the co-op interview process and/or their own job search activities. It is preferred that no more than two of the three work terms are with the same employer. Withdrawal from the co-op program will not normally be approved while a student is on a work term.

Students who are unable to obtain a suitable co-op opportunity in an upcoming work term are expected to continue with their academic program on a full-time basis. A missed work term can be made up. If a co-op student is unable to complete three work terms yet otherwise fulfills degree requirements, they will be awarded an Honours Bachelor of Science in Kinesiology.

Students do not pay tuition during each work term. Instead, students are required to co-op fees plus ancillary fees and levies. The Co-op Assistance Program is available to support students in financial need with co-op expenses. For more information, please reach out to [coop@trentu.ca](mailto:coop@trentu.ca).

**International Students** who are required to complete co-op work terms that are integral to their academic program must apply for a co-op work permit. Please reach out to [internationaladvising@trentu.ca](mailto:internationaladvising@trentu.ca) for more support.

**Students with Disabilities** are strongly encouraged to register with Student Accessibility Services (SAS). Please contact [sas@trentu.ca](mailto:sas@trentu.ca) for more support.

### Sample Work Term Areas for Kinesiology:

- Extended Care
- Sports & Recreation
- Injury Rehabilitation
- Universities
- Private Practice

### Potential Career Paths for an Kinesiology Graduate:

- Kinesiologist
- Athletic Trainer
- Sports Coach
- Physiotherapist
- Physical Therapist
- Occupational Therapist

