

Honours Bachelor of Health Sciences – Kinesiology and Health Promotion



Meet our students

Our students follow a multidisciplinary approach that borrows from the strengths of traditional kinesiology and health sciences curricula and enhances them with business management and lab experiences. This approach prepares our students to face real-world challenges and gain practical experience for the workplace. The skills they learn during this program are put into practice with two field placements and a 14-week work term.

Learn more about the classes these students take by visiting [the program webpage](#).

Core competencies and skills

- Providing leadership in the integration of health, wellness, and safety programming into corporate environments.
- Managing the financial, legal, and human resources necessary to operate a small business or to work within larger businesses.
- Working with professional ethics and practice, and within legal/organizational requirements.
- Understanding and applying knowledge from biomechanics, ergonomics, clinical exercise physiology, nutrition, strength and conditioning, wellness coaching, lifestyle assessment and counselling.
- Integrating research to make informed planning decisions on health, fitness and performance-related outcomes in diverse populations.

Work term availability

- Winter (January – April)

Work term capabilities

- Collecting and analyzing data from a variety of sources.
- Designing and implementing health promotion initiatives for a variety of outcomes.
- Assessing the health and fitness of individuals from varying backgrounds.
- Designing and implementing fitness plans for individuals of varying abilities.
- Monitoring strength and flexibility programs in a rehabilitation setting.
- Designing and implementing group fitness programs.
- Developing strategies to encourage the use of health and fitness resources.
- Counselling individuals on lifestyle changes.
- Applying ergonomic principles in workplace design.
- Supervising the operations of a health-related facility.
- Assessing the workplace for potential risks of acute or chronic orthopedic injury.
- Coaching basic technique in a sports conditioning setting.
- Administering basic first aid and CPR techniques.

Employer resources

- [Employer webpage](#)
- [Program information](#)
- [Program course schedule](#)

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