



KINESIOLOGY

POSSIBLE MODULES

- Kinesiology
- Clinical Kinesiology
- Sports Management
- Professional Kinesiology

Combined Degrees

- HBA (Ivey Business School)

Study areas such as human movement and rehabilitation, fitness and exercise, sport management and the cultural impact of sport.

Our program offers the broadest range of activity courses of any Kinesiology program in Canada with options including exercise for specific populations, personal training and team-based sports. Take the theory learned in the classroom and apply it in the field with an internship or practicum placement in fourth year.

BUILDING YOUR EXPERIENCE



Check the [Academic Calendar](#) and review your module requirements



Discuss your progression and future goals with an [Academic Advisor](#)



Talk to a [Career Educator](#) about your steps after Western in terms of further education, career goals, certifications, and more.



Get the experience you need through opportunities at Western using Mustang Maps and the [Experience Catalogue!](#)

ABOUT THIS MAP

This map can be used to plan your journey through your undergraduate degree. You can create your own custom map at mustangmaps.uwo.ca.

KINESIOLOGY

PROFESSIONAL COMPETENCIES

Engage in these opportunities to build competencies for your future, including:

FIRST YEAR

MIDDLE YEARS

FINAL YEAR

FUTURE-FOCUSED PLANNER

- Look into [Kinesiology](#) scholarships and awards
- Find a [summer or part-time job](#) and update your [resume](#)
- Check out Volunteer or [Leadership Fairs](#)
- Explore the many [opportunities](#) with Western Sport & Recreation

- Talk to a [Career Educator](#) about putting your degree into practice and [explore pathways after graduation](#)
- Think about next steps at the Career Directions Fair or [Professional Program Preview Day](#) events
- Look into [job opportunities](#), [graduate school](#) or other [further education](#)

- Update your [LinkedIn](#) profile and connect with employers through [information sessions](#) and [Career Fairs](#)
- Apply to [graduate school](#)

CRITICAL THINKER

- Explore future [research opportunities](#)
- Visit the [PAL Centre](#) for help with course work
- Learn about entrepreneurship through campus [clubs](#)

- Look into completing a [Practicum or Independent Study course](#) in your final year
- Look for research opportunities and apply for an [undergraduate student research award](#)
- Participate in [Hack Western](#), [SheHacks](#), or the [Proteus Innovation Competition](#)

- Get published in the [Western Undergraduate Research Journal](#)
- Compete in the [Industry Problem Solving Week](#)
- Submit your coursework for an [Undergraduate Award](#)
- Visit [Propel](#) for access to entrepreneurship resources and mentorship

ADAPTABLE PROBLEM SOLVER

- Sign up for a [LAMP](#) mentor
- Expand your understanding of mental health issues through [online learning modules](#)
- Learn more about mental health resources through the [Wellness Education Centre](#)
- Learn how to communicate better at the [Writing Support Centre](#)

- Get support from the [Peer Support Centre](#)
- Develop academic skills at the [Writing Support Centre](#) or [Learning Development & Success](#)
- Check out [drop-in recreation or intramural opportunities](#)

- Get involved with [Active Minds Western](#)
- Drop in to a [Laura Evans Wellness Workshop](#)
- Explore [Group Care and Workshops](#)
- Check out [FRESH](#) online nutrition resources

GLOBAL LEARNER

- Check out [International Week](#) events
- Participate in a [summer program abroad](#)
- Explore [scholarships and funding](#) for international opportunities
- Engage with a [club](#) focused on cultural and international interests

- Go on [exchange](#) or [study abroad](#) in year 3. Plan in Year 2
- Consider [faculty-led study abroad](#) opportunities like [Aging Globally: Lessons from Scandinavia](#)
- Volunteer with the [International & Exchange Student Centre](#)
- For more opportunities, [click here](#)

- Be an [International Learning Ambassador](#)
- Participate in the [World's Challenge Challenge](#)
- Submit your [Global and Intercultural Engagement Honour](#) requirements

GLOBAL AND INTERCULTURAL ENGAGEMENT HONOUR (GIEH)

COMMUNITY BUILDER

- Attend [Indigenous Awareness Week](#)
- Join a [USC Club](#), the [Faculty of Health Sciences Students' Council \(FHSSC\)](#), or the [Kinesiology Students' Association](#)
- Become a [Western Peer Leader](#)
- Look into [Impact Experience](#) opportunities

- Get involved with the [Canadian Centre for Activity and Aging](#) or other organizations in London
- Join the [Student Emergency Response Team \(SERT\)](#)
- Be an [Academic and Leadership Programmer](#) in residence
- Be a [Mustang fan](#) at the many free sporting events

- Participate in the Kin Games competition
- Join the [Ontario Kinesiology Association](#) or the [Exercise is Medicine® Canada \(EIMC\)](#) chapter on campus

INNOVATIVE LEADER

- Attend workshops as part of the [Learn to Lead Program](#)
- Apply to be a [residence](#) or [orientation student leader](#)
- Explore [leadership and work opportunities](#) with the USC

- Make a difference with [Friends of Doctors Without Borders \(MSF\)](#)
- Attend the [Learn to Lead Summit](#)
- Get [safeTALK](#) and/or [ASIST](#) trained
- Be a peer mentor through the [Leadership and Academic Mentorship Program](#)

- Become a tutor at the [PAL Center](#)
- Consider becoming a [Peer Writing Advisor](#)
- Finish your requirements for the [Learn to Lead Leadership Certificates](#)

- **Goal-orientation**
- **Motivation**
- **Organization**
- **Self-direction**

- **Curiosity**
- **Engagement**
- **Reflection**

- **Hopefulness**
- **Self-confidence**
- **Resourcefulness**
- **Creativity**

- **Equity**
- **Global awareness**
- **Social responsibility**

- **Authenticity**
- **Empathy**
- **Collaboration**
- **Self-awareness**

- **Integrity**
- **Judgement**
- **Intercultural communication**

PREPARE FOR YOUR FINAL YEAR PRACTICUM



PLACES TO CONNECT

- Academic Support & Engagement
- Careers & Experience
- Indigenous Student Centre
- Propel Entrepreneurship
- Sport & Recreation
- University Students' Council
- Western International
- Wellness & Well-being
- Western Libraries

Remember, these maps are intended to outline experiences that you could do. They are meant to help you find ways to enrich and personalize your Western experience. You should explore the maps based on your goals and interests, while keeping in mind your own capacity and personal boundaries.



WESTERN'S THRIVING CAMPUS

We want you to thrive throughout your time here at Western. We aim to make every student feel they have a community in which they can discover their interests, and engage with new ideas and people.

Helping you engage in your learning through practical experiences is just a fraction of what we offer; we have a wide breadth of services designed to help you address the challenges you might face along the way, including academic and career advice, and mental health resources.



TRACKING YOUR EXPERIENCE

Exploring opportunities to enhance your learning doesn't end with Mustang Maps. As you participate in co-curricular experiences, consider these tools to track your engagement and articulate your transferrable skills:

Western's Co-Curricular Record helps you showcase your experiences outside of the classroom to potential employers and graduate schools.

STUDENT EXPERIENCE
studentexperience@uwo.ca

FACULTY OF HEALTH SCIENCES
fhsgo@uwo.ca

SCHOOL OF KINESIOLOGY
kinug@uwo.ca