

Co-op Program

# KINESIOLOGY



Companies and fitness centers can now count on true experts in the field of health, physical activity and sports to promote healthy living, to design fitness and wellness programs in the workplace, and to launch innovative projects related to sports and physical activity at every level.

In addition, the UdeS bachelor program in Kinesiology prepares students to identify and implement strategies for stress management and promotion of health-conscious lifestyle. Our future specialists learn to make recommendations and plan programs for various client groups. And with such knowledge and skills, they are sure to become a strong and sound investment for your organization!

## WHAT OUR STUDENTS CAN DO FOR YOU

### Promotion

- Set up and run health booths
- Organize and hold conferences
- Introduction to new trends and practices in the field of physical activity and stress management
- Write articles and health news flashes (e-newsletter, online magazine, brochure)
- Encourage and organize physical activity breaks
- Organize a walk club

### Management and organization

- Design and implement workplace health and wellness programs
- Large-scale sporting events
- Implement active lifestyle activities
- Collaborate in the implementation of corporate health standards

### Prevention

- Identify risk factors
- Workplace analysis
- Training in ergonomics
- Stress management workshops
- Injury prevention
- Design preventive exercises and microbreaks

### Collaboration

- Work in health care multidisciplinary teams
- Work in partnership with health and safety teams
- Fitness within companies
- Recommend and design specific and general training programs
- Physical training for athletes
- Collaborate with a research team
- Individual and group motivation-building behavioral counseling
- Support community organizations
- Develop customized tools and training



## KNOWLEDGE AND SKILLS

Term	Description
S-1	Introduction to physical activity intervention; understanding human structure and function; movement observation; fitness assessment and healthy lifestyle promotion; physical training methodology; safe exercise counseling and recommendation; first aid; human, financial and material resources management basis.
S-2	
S-3	
S-4	Consolidation of physical activity intervention; application of knowledge in nutrition for various client groups; changing habits to adopt and maintain a healthy lifestyle; project mapping to introduce annual training planning; injury prevention and risk identification in the workplace.
S-5	Further concentration; stress management; completing a health/wellness or sports project; training programs for elderly people, pregnant women and overweight persons; ergonomic workplace assessment; health and safety regulations; overall development for athletes.
S-6	Concentration results; business start-up tools; workplace prevention and rehabilitation efforts; integration of computer tools in professional practice; public health network; pedagogical supervision in sports training.

## ORGANIZATION OF STUDY (S) AND WORK TERM (W)

1st year			2nd year			3rd year			4th year
FALL	WIN	SUM	FALL	WIN	SUM	FALL	WIN	SUM	FALL
S-1	S-2	-	S-3	W-1	S-4	W-2	S-5	W-3	S-6