

## 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. 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 a 12-month paid work term in a professional setting.

## 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 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 80% cumulative average
- ENG4U with a minimum of 60%
- SBI4U, SCH4U or SPH4U
- One of: MHF4U, MCV4U or MDM4U

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

- Successfully complete the required Co-op courses: COOP 2000H with a grade of 70%+ and COOP 4000H with a grade of 65%+
- Maintain a minimum 75% cumulative average throughout their study terms
- Complete the single 12-month work term experience (COOP 2100P, 3100P, 4100P)
- Receive satisfactory evaluations during their co-op work term

## Kinesiology Co-op Work Term Schedule

|        | Fall         | Winter       | Summer    |
|--------|--------------|--------------|-----------|
| Year 1 | Study Term 1 | Study Term 2 | Off       |
| Year 2 | Study Term 3 | Study Term 4 | Off       |
| Year 3 | Study Term 5 | Study Term 6 | Work Term |
| Year 4 | Work Term    | Work Term    | Off       |
| Year 5 | Study Term 7 | Study Term 8 | Off       |

Students in the Kinesiology Co-op follow the co-op continuing model where they complete one 12-month work term with a single employer.

**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](https://trentu.ca/sep)) or by calling (705) 748-1011 ext. 1488.**

**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 a suitable 12-month work term for students, but a work term cannot be guaranteed for every student. Co-op students will secure their position through successful participation in the co-op interview process and/or their own job search activities. 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 are expected to continue with their academic program on a full-time basis. The missed work term experience would be delayed to the Fall of Year 4 if a student is unable to secure their work term. If a co-op student is unable to complete their 12-month continuous co-op work term 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. Students are required to pay 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** As of April 1, 2026, international post-secondary students no longer need a co-op work permit to participate in a mandatory work component of their study program. To be eligible for student work placements, you must have a valid study permit that includes authorization to work on campus. For full eligibility requirements and updates on working in Canada as an international student, visit [Immigration, Refugees, and Citizenship Canada](https://www.canada.ca/en/immigration-refugees-citizenship/2023/06/working-in-canada-as-an-international-student.html).

**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

