

SCHOOL OF KINESIOLOGY



PUT YOUR LOVE OF PHYSICAL ACTIVITY TO WORK

Regular physical activity is vital to living a long and healthy life. With people leading increasingly sedentary lifestyles, there's never been a better time to study kinesiology, a field that enables you to create solutions that help people live their healthiest lives.

GAIN A WELL-ROUNDED AND PRACTICAL EDUCATION

You'll take classes in a variety of areas, including anatomy and physiology, biomechanics, leadership, health promotion, career and professional preparation, research methods and ethics.

CHOOSE YOUR OWN ADVENTURE

We offer a bachelor's degree in kinesiology, with concentrations in exercise science and health promotion, so you can start and finish your credential at CapU, learning in a supportive environment with the guidance of CapU instructors. You also have the option of completing two years of the Kinesiology program and graduating with a diploma.

CAREER PATHS

- Chiropractic
- Exercise physiology
- Health promotion
- Health and wellness leadership
- Kinesiology
- Occupational therapy
- Personal training
- Physiotherapy

PROGRAMS

Bachelor of Kinesiology Degree – Exercise Science
4 years | Full-time | Starts in September

Bachelor of Kinesiology Degree – Health Promotion
4 years | Full-time | Starts in September

[CAPILANO.U.CA/KINESIOLOGY](https://capilano.ca/kinesiology)

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