

Kinesiologist

Movement, exercise and rehab science. A popular 4-year degree that opens doors, but the degree alone pays modestly.

TYPICAL PAY

\$67,000

a year, full time

PAY RANGE

\$46k to \$103k

starting to experienced

TIME TO QUALIFY

4 years

after high school

DEMAND

Moderate

job outlook

LICENCE NEEDED

No

anyone can do it

WHERE YOU WORK

Rehab clinics, gyms, workplaces, hospitals

How you get there

- 1 High school** Grades 11 and 12
Biology, chemistry, math, physical education. Admission averages are moderate, 75% to 85%.
- 2 Bachelor of kinesiology** 4 years
Four years: anatomy, physiology, biomechanics, exercise science, sport psychology, plus labs and placements. Offered at most Canadian universities.
- 3 Register in Ontario** A few months
If you practise in Ontario, write the CKO (College of Kinesiologists of Ontario) exam and register to use the title R.Kin (registered kinesiologist).
- 4 Certify elsewhere** A few months
Outside Ontario, employers look for CSEP (Canadian Society for Exercise Physiology) certification or CKA (Canadian Kinesiology Alliance) membership.
- 5 Decide on the next step** Years 1 to 5
Within a few years most kinesiologists either specialize (ergonomics, cardiac rehab, strength coaching) or apply to physio, OT (occupational therapy), chiro or medicine.

Pros and cons

- + Active, hands-on work with people getting stronger
- + Moderate admission, 4 years, modest tuition
- + The best base for physio, OT (occupational therapy), chiro or medicine
- Low pay ceiling with the degree alone
- Many grads compete for the same clinic and gym jobs
- Unregulated outside Ontario, so the title carries less weight

Optional boosts

CSEP-CEP (Canadian Society for Exercise Physiology certified exercise physiologist). Ergonomics certification. Strength and conditioning (CSCS, certified strength and conditioning specialist). Cardiac and pulmonary rehab.

Where these numbers come from

Job Bank: Kinesiologists and other therapy and assessment occupations, wages (updated Nov 2025)
College of Kinesiologists of Ontario
Canadian Kinesiology Alliance
Canadian Society for Exercise Physiology

Numbers checked September 2026. Pay figures are typical full-time annual amounts in Canadian dollars, based on Government of Canada Job Bank wage data and published salary grids. They vary by province, employer and experience. Tuition is for domestic students. Sources, links and the click-through version: <https://career.help/ca/careers/kinesiologist>

Good to know

Waterloo started it

The University of Waterloo opened the world's first kinesiology department in 1967. The degree began in Canada.

Ontario only, since 2013

Kinesiology became a regulated health profession in Ontario on April 1, 2013. No other province has followed yet.



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