



**UNIVERSITY
OF ALBERTA**

KINESIOLOGY, SPORT, AND RECREATION

VIEWBOOK 2024 - 2025



WE ARE

championing the value of movement, sport, recreation and tourism for the better health and well-being of our communities.

Territorial Acknowledgement

The University of Alberta acknowledges that we are located on Treaty 6 territory, and respects the histories, languages, and cultures of First Nations, Métis, Inuit, and all First Peoples of Canada, whose presence continues to enrich our vibrant community.



TOP 20

IN THE WORLD FOR
SPORTS-RELATED
SUBJECTS

Inspiring outstanding achievements with 60 years of teaching & research excellence

We are pushing what's possible in health, wellness, sport, recreation and tourism.

Facilities that come first

Our facilities rank among the best in Canadian universities.

Boredom isn't a thing

Our facilities span two campuses (North and South Campus) and cover over 800,000 square feet in 37 sport facilities! Students have access to an ice arena, multiple gymnasiums, curling rinks, tennis courts, two pools, indoor and outdoor track and field facilities, turf and grass fields, squash and racquet courts, dance studios and a state-of-the-art fitness and climbing centre.

THE FACULTY OF

KINESIOLOGY, SPORT, AND RECREATION

 **THE ONLY**
MASTER OF COACHING
GRADUATE DEGREE
IN CANADA

 **43**
ANNUAL
SCHOLARSHIPS

 **OVER \$1.5M**
UNDERGRADUATE
FINANCIAL
ASSISTANCE

We are one of only two faculties in the College of Health Sciences that accepts students directly from high school!

Our interdisciplinary undergraduate degrees focus on three areas: the study of movement (kinesiology), the study of sport management and the study of recreation and tourism.

At the U of A, you'll have access to the resources, facilities and world renowned researchers of a large university – but take classes in a small, interactive faculty.

FACULTY BY NUMBERS

- 1,350 undergraduate students
- 145 graduate students
- Degree programs: 4 Undergraduate, 3 Master's and 1 PhD
- 2 faculty-specific undergraduate embedded certificates
- 33 annual undergraduate scholarships
- \$1.3M in research & innovation funding
- 2 Canada research chairs
- 250+ students gaining experience at the Steadward Centre – through in field learning placements, community service learning courses and volunteer placements
- Our faculty is celebrating its 60th anniversary in 2024

FACULTY BY LEGACY

The Faculty of Kinesiology, Sport, and Recreation at the University of Alberta is one of the premier faculties of its kind. Our 60 years of excellence in research and teaching spans a rich array of topics, including kinesiology, sport, exercise, health, tourism, sport rehabilitation, recreation, sport management and more. The diversity in our work is remarkable – we approach these subjects from biological, mechanical, behavioural and sociocultural perspectives.

Our reputation is built on a strong foundation of discovery in research and excellence in education supporting our overall goal to

improve the quality of life for individuals and communities. We ensure students receive the very best in education through challenging and innovative programs that push their academic, personal and professional growth. Our students connect with award-winning professors who are actively contributing new knowledge to kinesiology, recreation and leisure on a global scale. Through hands-on learning experiences – including labs, activity-based courses, community service learning, and a wide range of placement opportunities – our students have every opportunity to build practical skills to make a difference in the community.

Areas of Research:

- Adapted Physical Activity
- Coaching Studies and Sport Psychology
- Health Psychology and Behavioural Medicine
- Neuroscience and Movement
- Physiology
- Recreation, Sport and Tourism
- Sociocultural Studies

STUDENT SPOTLIGHTS



DANAE ERENTZ

BKIN STUDENT



This faculty is unique because of its rich, extensive history and its drive to advance the knowledge available in the field of kinesiology. Innovative researchers in this faculty are well respected in their fields and also invest their time and energy into cultivating young leaders of the future.

I was initially drawn to the sport performance major because I felt it would offer me the best opportunities to pursue graduate studies. With interests in both physical therapy and sport psychology, I think this is a good springboard for either route."

ERIN MACDONALD

BARST STUDENT



KSR has phenomenal professors, who not only have extraordinary passion for what they teach but also take the time to get to know the students. The KSR faculty may be small in size, but in my mind that is one of its biggest strengths.

So many of my courses made me feel even more prepared and knowledgeable going into the sport and recreation field. My final goal was to get into Occupational Therapy at the U of A, and I thought this program would not only prepare me for the program but also give me the best chances for acceptance. I am happy to announce I will be starting the U of A Occupational Therapy program in September!"



NATHAN LENTZ

BCKIN STUDENT



The uniqueness of the faculty comes from more than just the size, but also from the culture of students that it attracts. Students and faculty members alike are surrounded by driven individuals all who have a special interest in physical activity, human performance and physical wellness. This faculty is a team, willing to work, help and excel together.

I've had a fascination for mechanical things — how different parts of a system work together to perform movement, and how different systems work together to perform an action. Coupling that with my interest in physiology and healthcare, a BSc Kinesiology was a perfect fit."

FOUR

DEGREES



BKIN VS BSC KIN

BKin

- Focus on both the **Art and Science** of human movement
- Multi-discipline degree with opportunities to major in specific areas
- Flexible high school subject requirements for admission

BSc Kin

- **Strong scientific focus** on the biological and physical science of human movement (CHEM, BIOCHEM, PHYS)
- Specialized science degree with specific focus on human movement
- Requires Physics 30 for admission

Both degrees are **eligible to certify as a kinesiologist** with the Alberta Kinesiologist Association.

BACHELOR OF KINESIOLOGY (BKIN)

CAREERS

KINESIOLOGIST
EXERCISE AND FITNESS SPECIALIST
STRENGTH AND CONDITIONING SPECIALIST/COACH

Further study possible in Medicine, Physical Therapy or Occupational Therapy

Are you ready to take a multidisciplinary approach to the study of human movement? This degree spans the humanities, social sciences, and applied sciences, as they relate to exercise, athletic performance and the promotion of long term health outcomes.

MAJORS

- Adapted Physical Activity
- Physical Activity and Health
- Sport Performance
- Individualized Major self-designed (requires faculty approval)

EXCITING COURSES IN THIS DEGREE

- KIN 100 Human Anatomy
- KIN 200 Physiology of Exercise
- KIN 240 Introduction to Sports Injury Management
- KIN 303 Psychology of Sport and Physical Activity
- KIN 401 Applied Ethics in Sport, Physical Activity and Exercise
- KRLS 204 Canadian History of Leisure, Sport and Health
- KRLS 304 Advanced Sociology of Sport and Leisure

BACHELOR OF SCIENCE IN KINESIOLOGY (BSCKIN)

The BSCKin degree is a specialized science degree focused on studying human movement as it relates to the enhancement of human performance, promotion of health, and the prevention and management of chronic disease. This program provides the freedom to customize your course selection in your later study years.

EXCITING COURSES IN THIS DEGREE

- KIN 100 Human Anatomy
- KIN 101 Introduction to Human Physiology
- KIN 103 Integrative Human Physiology
- KIN 306 Quantitative Biomechanics of Human Movement
- KIN 334 Physical Activity, Nutrition and Energy Balance
- KIN 434 Physical Activity and Chronic Disease Management
- BIOCH 200 Introductory Biochemistry
- CHEM 261 Organic Chemistry

CAREERS:

KINESIOLOGIST
CERTIFIED EXERCISE PHYSIOLOGIST
REHABILITATION SPECIALIST

Further study possible in Medicine, Physical Therapy or Occupational Therapy

Admission information at uab.ca/programs

FOUR

DEGREES

(CONTINUED)



A DEGREE FOR “SPARKING JOY, COMMUNITY AND FUN.”

- Professor Elizabeth Halpenny

BACHELOR OF KINESIOLOGY/ BACHELOR OF EDUCATION (BKIN/BED)

CAREERS

ELEMENTARY/JUNIOR HIGH/HIGH SCHOOL TEACHER

CURRICULUM CONSULTANT

RECREATION AND SPORT ADMINISTRATOR

EDUCATOR IN PUBLIC, NON-PROFIT OR PRIVATE INDUSTRIES

The BKin/BEde five-year program is a one-of-a-kind opportunity to combine an interest in kinesiology with a professional degree in education. After completing three years in the Faculty of Kinesiology, Sport, and Recreation and two years in the Faculty of Education, you will graduate with both a Bachelor of Kinesiology and a Bachelor of Education degree.

EXCITING COURSES IN THIS DEGREE

- KIN 100 Human Anatomy
- KIN 101 Introduction to Human Physiology
- KIN 205 Introduction to Outdoor Environmental Education
- KIN 240 Introduction to Sports Injury Management
- KIN 245 Introduction to the Profession of Coaching
- KIN 320 Structure and Strategy of Games
- KRLS 371 Assessment and Evaluation in Physical Activity for Children and Youth
- EDPY 304 Adolescent Development and Learning
- EDPS 410 Ethics and Law in Teaching

BACHELOR OF ARTS IN RECREATION, SPORT, AND TOURISM (BARST)

Not only does a BARST degree focus on studying what brings people happiness, but it also prepares you for a career in the world's fastest growing and largest industries: tourism, sport, and recreation! Take an interdisciplinary look at the concept of leisure while exploring community engagement and quality of life. With the program's many applied fundamental courses and in field learning, students obtain valuable targeted business skills. The insights they gain enable graduates to work with diverse populations and succeed at the forefront of the thriving tourism sector or build a recreation-related business.

EXCITING COURSES IN THIS DEGREE

- RLS 100 Life, Leisure and the Pursuit of Happiness
- KRLS 104 Introduction to Sociology of Sport and Leisure in Canadian Society
- KRLS 105 Introduction to the Management of Sport, Physical Activity & Recreation Programs
- KRLS 204 Canadian History of Leisure, Sport and Health
- KRLS 207 Adapted Physical Activity and Leisure for Diverse Populations
- KRLS 305 Financial Management in Recreation, Sport and Tourism
- RLS 122 Leadership in Recreation and Leisure Organizations
- RLS 232 Marketing for Recreation, Sport and Tourism
- RLS 451 Nature Based Tourism
- RLS 452 Parks and Protected Areas Planning and Management

CAREERS

FITNESS DIRECTOR/MANAGER

PARKS & RECREATION MANAGER

TOURISM OPERATOR OR ENTREPRENEUR

ECONOMIC DEVELOPMENT OFFICER

ARTS & CULTURE DEVELOPMENT OFFICER

PROVINCIAL SPORT ASSOCIATION DIRECTOR

SPORTS MARKETER

SPECIAL EVENTS OR FESTIVAL MANAGER

Admission information at uab.ca/programs

READY, SET, APPLY!

HIGH SCHOOL SUBJECT REQUIREMENTS BY FACULTY AND PROGRAM

ACADEMIC DEGREE:	REQUIREMENTS (5 COURSES TOTAL)
BACHELOR OF KINESIOLOGY	<ol style="list-style-type: none"> English Language Arts 30-1 Choose two of: <ul style="list-style-type: none"> > Aboriginal Studies 30 > Biology 30 > Chemistry 30 > Mathematics 31 > Physics 30 > Mathematics 30-1 or Mathematics 30-2 > Science 30 > Computing Science Advanced-Level Career and Technology Studies (5 credits) > Social Studies 30-1 > Macroeconomics/Microeconomics 30 > 30-level Language other than English (only one Language other than English will be accepted) Choose one of: <ul style="list-style-type: none"> > Biology 30 > Chemistry 30 > Mathematics 31 > Physics 30 > Mathematics 30-1 or Mathematics 30-2 > Science 30 > Computing Science Advanced-Level Career and Technology Studies (5 credits) Choose one of: <ul style="list-style-type: none"> > Biology 30 > Chemistry 30 > Mathematics 31 > Physics 30 > Mathematics 30-1 or Mathematics 30-2 > Science 30 > Computing Science Advanced-Level Career and Technology Studies (5 credits) > Fine Arts subject > Physical Education 30 (5 credits) or Recreation Leadership (REC) Advanced-Level Career and Technology Studies (5 credits) <p>PLUS: Spoken English Language Proficiency is required for the Bachelor of Kinesiology / Bachelor of Education (Elementary or Secondary) Combined program</p>
BACHELOR OF KINESIOLOGY / BACHELOR OF EDUCATION (Elementary and Secondary routes) COMBINED	<p>Applicants to the Bachelor of Kinesiology / Bachelor of Education Elementary Route must present Mathematics 30-1 or Mathematics 30-2. This course does not have to be presented for admission but is required to complete 3 units Mathematics as part of the degree program (Math 160 recommended)</p>

ACADEMIC DEGREE:	REQUIREMENTS (5 COURSES TOTAL)
BACHELOR OF SCIENCE IN KINESIOLOGY	<ol style="list-style-type: none"> English Language Arts 30-1 Chemistry 30 Physics 30 Mathematics 30-1 Choose one of: <ul style="list-style-type: none"> > Biology 30 or Physical Education 30 (5 credits) or Recreation Leadership (REC) Advanced-Level Career and Technology Studies (5 credits)
BACHELOR OF ARTS IN RECREATION, SPORT, AND TOURISM	<ol style="list-style-type: none"> English Language Arts 30-1 Choose one of: <ul style="list-style-type: none"> > Aboriginal Studies 30 > Biology 30 (recommended) > Chemistry 30 > Mathematics 31 > Physics 30 > Mathematics 30-1 or Mathematics 30-2 > Science 30 > Computing Science Advanced-Level Career and Technology Studies (5 credits) > Social Studies 30-1 > Macroeconomics or Microeconomics 30 > 30-level Language other than English (only one language other than English will be accepted) Choose one of: <ul style="list-style-type: none"> > Aboriginal Studies 30 > Social Studies 30-1 > Macroeconomics or Microeconomics 30 > 30-level Language other than English > Fine Arts subject Choose one of: <ul style="list-style-type: none"> > Biology 30 (recommended) > Chemistry 30 > Mathematics 31 > Physics 30 > Mathematics 30-1 or Mathematics 30-2 > Science 30 > Computing Science Advanced-Level Career and Technology Studies (5 credits) Choose one of: <ul style="list-style-type: none"> > Aboriginal Studies 30 > Biology 30 > Chemistry 30 > Mathematics 30-1 or Mathematics 30-2 > Mathematics 31 > Physics 30 > Science 30 > Computing Science Advanced-Level Career and Technology Studies (5 credits) > Social Studies 30-1 > Macroeconomics or Microeconomics 30 > 30-level Language other than English > Physical Education 30 (5 credits) or Recreation Leadership (REC) Advanced-Level Career and Technology Studies (5 credits)

EXPERIENTIAL LEARNING AND MORE

Experiential learning is the process of learning by doing. Hands-on experiences are curated for students to connect theories and knowledge learned in the classroom to real-world situations.

In Field Learning Placements

Each student who is in the Bachelor of Kinesiology, Bachelor of Science in Kinesiology and Bachelor of Arts in Recreation, Sport, and Tourism completes in field learning placements as an integral part of their degree starting in the third year of the program. In field learning placements connect classroom concepts to a work environment provided by community organizations.

Students in the BKin/BEd degree complete a teaching practicum through the Faculty of Education.

Research

Working alongside outstanding researchers, students will have an opportunity to investigate topics such as:

- Effects of exercise and movement on cells and neurons
- Use of physical activity to promote health and fight disease
- Ways in which people engage in recreation, leisure, and tourism
- Sport science and adapted physical activity
- Societal influences and impacts on sport and physical activity

Community Service-Learning Courses

Community Service-Learning (CSL) courses add real world examples to classroom discussion and practice. The courses are collaboratively designed between instructors who are subject matter experts, and community partners. Examples include: Neuroscience Considerations for Adapted Physical Activity (KIN 372) and Play Around the World (KRLS 440/441).

Interactive Centres and Units

The Faculty of Kinesiology, Sport, and Recreation is directly affiliated with a number of centres and units that play a key role in linking faculty members and research to external communities. The centres and units serve as “living laboratories,” providing enriched learning environments for undergraduate students.

Centres and Units:

- The Steadward Centre
- Behavioural Medicine Laboratory
- U of A Sport Performance Centre
- Sport and Health Assessment Centre (SHAC)
- Work Physiology Laboratory

Embedded Certificates

Embedded certificates provide students the opportunity to pursue more specialized knowledge and skills during their degree. KSR students can pursue the following certificates:

- Certificate in Indigenous Sport & Recreation
- Research Certificate in Kinesiology (BScKin and BKin students)
- Certificate in Leadership
- Certificate in Sustainability
- Certificate in Innovation and Entrepreneurship
- Certificate in Community Engagement and Service Learning
- Certificate in Global Citizenship, Certificate in International Learning

Student Employment Opportunities

Athletics and Campus & Community Recreation also provide a wide range of employment and leadership opportunities in sport, exercise, health and physical education that are a great fit for KSR students. They are among the largest student employers on campus, providing students with an easy and flexible way to work part-time and gain valuable work experience.




FIND YOUR **PURPOSE**

uab.ca/ksr

ASK US

You've got questions,
and we've got advisors.
ksr.recruiting@ualberta.ca
uab.ca/advising

FOLLOW US

 @UAlbertaKSR
 @UAlbertaKSR
 @UAlbertaKSR



**UNIVERSITY
OF ALBERTA**

**Faculty Of Kinesiology,
Sport, and Recreation**
3-134 University Hall,
Van Vliet Complex
Edmonton, AB T6G 2H9