



**UNIVERSITY  
OF ALBERTA**



**FACULTY OF  
KINESIOLOGY, SPORT,  
AND RECREATION**

**VIEWBOOK 2025-2026**

# WE ARE

Connecting the art and science of human movement, performance and play.

## 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 3**  
IN CANADA



**& TOP 15**  
IN THE WORLD

FOR **SPORTS-RELATED**  
**SUBJECTS\***

\*2024 QS World Rankings by Subject

## A 60-year legacy.

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. Students connect with award-winning professors who are actively contributing new knowledge to kinesiology, recreation, sport and leisure on a global scale.

Through hands-on learning — including labs, activity-based courses, community service learning, and a wide range of in-field learning experiences — our students have every opportunity to build practical skills to make a difference in the community.

Exterior of Physical Activity and Wellness (PAW) Centre and entrance to Van Vliet Complex.



# FACULTY OF KINESIOLOGY, SPORT, & RECREATION

Our multidisciplinary undergraduate degrees focus on the study of movement (kinesiology), recreation, sport 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 close-knit, interactive faculty.

## DEGREE PROGRAMS

- 4 UNDERGRADUATE
- 3 MASTERS
- 1 PHD

**OVER \$1.4M**  
UNDERGRADUATE  
FINANCIAL ASSISTANCE  
AVAILABLE JUST FOR KSR STUDENTS

*KSR students gathering before class in the Van Vliet Complex atrium.*

## The Steadward Centre

Annually serving more than 1,000 children and adults experiencing disabilities, the Steadward Centre is part of the Faculty of Kinesiology, Sport, and Recreation. With expertise in adapted physical activity and para sport development, the centre's research and education focus allows it to deliver innovative programs and share knowledge with community fitness and sport leaders across Alberta.

## FACULTY BY THE NUMBERS



**1,400**  
UNDERGRAD  
STUDENTS



**130**  
GRADUATE  
STUDENTS

## DID YOU KNOW?

250+ students gain experience at the Steadward Centre – through in-field learning placements, community service learning courses and volunteer placements annually.



KSR Students deepen their understanding of the human body in the Anatomy Lab on North Campus.

# DEGREES

## Bachelor of Kinesiology (BKin)

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 healthy behaviours for disease prevention and improved well-being.

### MAJORS:

- Adapted Physical Activity
- Physical Activity and Health
- Sport Performance
- Individualized Major Self-Designed (requires faculty approval)

### COURSE SPOTLIGHT IN THIS DEGREE:

- KIN 100:** Human Anatomy
- KIN 240:** Introduction to Sports Injury Management
- KIN 303:** Psychology of Sport and Physical Activity

## 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, the 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.

### COURSE SPOTLIGHT IN THIS DEGREE:

- KIN 306** Quantitative Biomechanics of Human Movement
- KIN 334:** Physical Activity, Nutrition and Energy Balance
- KIN 434:** Physical Activity and Chronic Disease Management

### CAREERS

- Kinesiologist
- Strength and Conditioning Specialist/Coach
- Certified Exercise Physiologist
- Exercise Specialist



### BKin vs BScKin

Both degree paths allow you to work in a variety of professions, participate in research and pursue graduate programs.

#### BKin

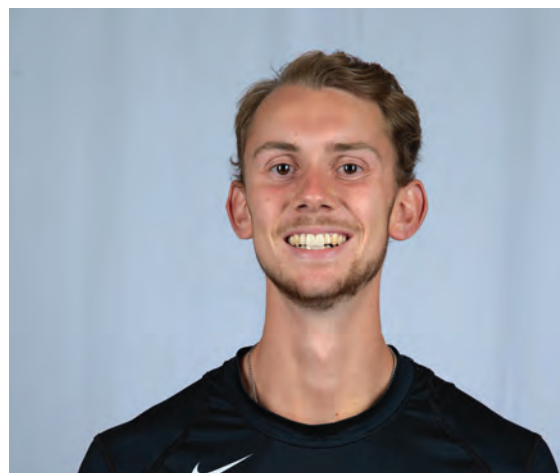
- Focus on the art and science of human movement
- Multi-discipline degree with opportunities to major in specific areas
- Flexible high school subject requirements for admission

#### BScKin

- Science-focused degree
- Strong focus on the biological and physical science of human movement (chemistry, biochemistry and physics)
- Requires Physics 30 for admission

With a BKin or BScKin degree, further study is possible in medicine, physical therapy or occupational therapy.

Admission information at [uab.ca/programs](https://uab.ca/programs)



There are a lot of amazing courses and professors who will help deepen your knowledge, but so much learning in our field comes from practical experiences. Find as many areas [as possible] where you can surround yourself with like-minded people and develop a wide range of skills."

### CAM

2023 BKin Grad from Edmonton, AB



I was always interested in body image and how that relates to exercise and well-being, but I had never heard of a kinesiology degree until I got to the U of A. Once I heard about it I knew it could help me explore my interests in weight stigma and how it relates to fitness."

### KORA

4th Year BScKin student from Seoul, South Korea

## Bachelor of Kinesiology / Bachelor of Education (BKin / BEd Combined)

The BKin/BEd 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.

### COURSE SPOTLIGHT IN THIS DEGREE:

- **KIN 207:** Physical Growth and Psychomotor Development
- **KRLS 371:** Assessment and Evaluation in Physical Activity for Children and Youth
- **EDPY 304:** Adolescent Development and Learning

### CAREERS

Elementary/Junior High/ High School Teacher  
 Curriculum Consultant  
 Recreation and Sport Administrator  
 Educator In Public, Non-Profit or Private Industries



**As I prepare to start my second teaching practicum, I feel extremely lucky to have been influenced by so many amazing people I have met through extracurricular activities. My advice to incoming students is to get involved. It may seem scary at first, but I promise it is worth it!"**

### KATIA

4th Year BKin/BEd combined student from Edmonton, AB

## Bachelor of Arts in Recreation, Sport, and Tourism (BARST)

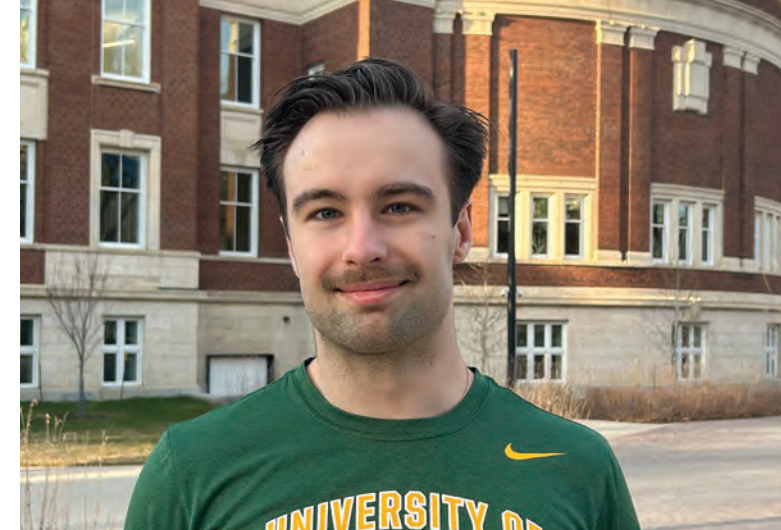
A BARST degree prepares you for a career in the world's fastest-growing and largest industries: tourism, sport and recreation. Take an interdisciplinary look at the concept of leisure while exploring community engagement and quality of life. With the program's many applied fundamental courses and in-field learning, students obtain valuable targeted business skills. The insights gained enable graduates to work with diverse populations and succeed at the forefront of the thriving tourism sector or build a recreation-related business.

### COURSE SPOTLIGHT IN THIS DEGREE:

- **RLS 100:** Life, Leisure and the Pursuit of Happiness
- **KRLS 207:** Adapted Physical Activity and Leisure for Diverse Populations
- **RLS 232:** Marketing for Recreation, Sport and Tourism

### CAREERS

Parks & Recreation Manager  
 Tourism Operator or Entrepreneur  
 Economic Development Officer  
 Arts & Culture Development Officer  
 Provincial Sport Association Director  
 Special Events or Festival Manager



**If you love being outside, you're passionate about any kind of recreation, tourism and sport and you want to make a difference, this program is for you. It is what you make it. If you give 100 per cent in your classes and in your research, then you'll get 100 per cent back. If you're ready, then do it. It's worth it."**

### COLTON

4th Year BARST student from Edmonton, AB



*KSR students developing teamwork skills through game play in the Education Gym on North Campus*

# EXPERIENTIAL LEARNING & MORE



*KSR students Kimberlie and Mia work with Greg during their regular Physical Activity Led by Students (PALS) session at The Steadward Centre.*

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.

## Intercultural Field Placements

Develop a sense of global awareness and citizenry through collaboration with international schools, orphanages, community-based organizations and government agencies. Students prepare by focusing on intercultural training, play, physical activity and leadership theories, intercultural communication and global citizenship.

### Field placements will vary but include:

- Antigua
- Cambodia
- Thailand
- Peru
- The Northwest Territories

## Prepare to Launch Your Career

Students receive foundational career skills and the opportunity to take classroom concepts into work environments. Students in the BKin/BEd degree complete a teaching practicum through the Faculty of Education.

- **KRLS 290: Career Explorations & Interpersonal/ Interdisciplinary Competency Building**  
Gain essential skills and strategies for job searches, resumé writing and interviews. Practice conflict resolution, networking and enhancing self-awareness while developing intercultural competence and diversity appreciation.
- **KRLS 291: Introduction to Professional Practice**  
Participate in multiple short-term group placements that encompass diverse aspects of kinesiology, sport and recreation careers. Practice work specific skills and reflect on how to apply academic knowledge, along with practical experience, to career decisions.

## Community Service-Learning Courses (CSL)

Make a difference in the community through courses that are collaboratively designed between expert instructors and community partners.

Examples include:

- Through the Steadward Centre, students in **KIN 471** and **KIN 472** support the delivery of adapted physical activities with participants
- In collaboration with the U of A Community Service-Learning program, students in **KRLS 421** are placed with a CSL partner organization to plan physical activities for children and/or youth

# TAKE YOUR EDUCATION FURTHER



KSR students Kazuki and Ria Mae conduct VO2 max (maximal oxygen consumption) testing as part of their KIN 200 lab on North Campus.

## Embedded Certificate in Indigenous Sport & Recreation

In partnership with the Faculty of Native Studies, students have the opportunity to pursue more specialized knowledge and skills during their degree with the Certificate in Indigenous Sport & Recreation. This certificate brings together knowledge of sport, recreation and physical activity with Indigenous culture as instruments to improve community health.

## Undergraduate Research Opportunities

Working alongside world-renowned researchers, students will have an opportunity to investigate topics across seven research areas:

- Adapted Physical Activity
- Coaching Studies and Sport Psychology
- Health Psychology and Behavioral Medicine
- Neuroscience and Movement
- Physiology
- Recreation, Sport and Tourism
- Sociocultural and Sociological concepts across a range of human movement contexts

## Transformative Research

KSR is dedicated to the pursuit of transformative research that shapes the understanding of physical activity, leisure and sport in many ways, from creating programs that increase recreation opportunities in Indigenous communities to laboratories that directly impact the lives of people in areas such as disability, cancer, diabetes, pregnancy, postpartum health and athletic performance. Research opportunities available to undergraduate students include:

### BEHAVIOURAL MEDICINE LABORATORY

Generating new knowledge on how physical activity can help cancer patients prepare for and cope with treatments, recover post-treatment and improve long-term quality of life and survival.

### PHYSICAL ACTIVITY DIABETES LAB (PADL)

Study the benefits of physical activity in preventing and managing diabetes and related conditions.

### PROGRAM FOR PREGNANCY AND POSTPARTUM HEALTH (PPPH)

A multi-site research program with the mission of conducting research to improve the life-long health of pregnant and postpartum women and their children.

**READY,  
SET,  
APPLY!**

Historical admission average by faculty:  
[uab.ca/averages](https://uab.ca/averages)

Apply for scholarships & awards:  
[uab.ca/awards](https://uab.ca/awards)

First Nations, Métis and Inuit students can also enter this faculty through the University of Alberta's Transition Year Program (TYP)  
[uab.ca/typ](https://uab.ca/typ)

Important deadlines and to apply: [uab.ca/apply](https://uab.ca/apply)

# ADMISSION REQUIREMENTS

Programs and admission requirements (including non-direct entry programs):  
[uab.ca/programs](https://uab.ca/programs)

ACADEMIC DEGREE	REQUIREMENTS	FIVE COURSES REQUIRED FOR ADMISSION 1 2 3 4 5
FACULTY OF KINESIOLOGY, SPORT, & RECREATION  BACHELOR OF ARTS IN RECREATION, SPORT, AND TOURISM	<b>1</b> English Language Arts 30-1 <b>2</b> CHOOSE ONE OF: <input type="checkbox"/> Aboriginal Studies 30 <input type="checkbox"/> Biology 30 <input type="checkbox"/> Chemistry 30 <input type="checkbox"/> Mathematics 31 <input type="checkbox"/> Physics 30 <input type="checkbox"/> Mathematics 30-1 or Mathematics 30-2 <input type="checkbox"/> Science 30 <input type="checkbox"/> Computing Science Advanced-Level Career and Technology Studies (5 credits) <input type="checkbox"/> Social Studies 30-1 <input type="checkbox"/> Macroeconomics and Microeconomics 30 <input type="checkbox"/> 30-level Language other than English (only one language other than English will be accepted)	<input type="checkbox"/> Physics 30 <input type="checkbox"/> Mathematics 30-1 or Mathematics 30-2 <input type="checkbox"/> Science 30 <input type="checkbox"/> Computing Science Advanced-Level Career and Technology Studies (5 credits) <b>5</b> CHOOSE ONE OF: <input type="checkbox"/> Aboriginal Studies 30 <input type="checkbox"/> Biology 30 <input type="checkbox"/> Chemistry 30 <input type="checkbox"/> Mathematics 30-1 or Mathematics 30-2 <input type="checkbox"/> Mathematics 31 <input type="checkbox"/> Physics 30 <input type="checkbox"/> Science 30 <input type="checkbox"/> Computing Science Advanced-Level Career and Technology Studies (5 credits) <input type="checkbox"/> Social Studies 30-1 <input type="checkbox"/> Macroeconomics and Microeconomics 30 <input type="checkbox"/> 30-level Language other than English <input type="checkbox"/> Physical Education 30 (5 credits) or Recreation Leadership (REC) Advanced-Level Career and Technology Studies (5 credits) Mathematics 30-2 is acceptable for admission as a Group C subject, however only one of Mathematics 30-1 and Mathematics 30-2 may be used for admission purposes.
	<b>3</b> CHOOSE ONE OF: <input type="checkbox"/> Aboriginal Studies 30 <input type="checkbox"/> Social Studies 30-1 <input type="checkbox"/> Macroeconomics and Microeconomics 30 <input type="checkbox"/> 30-level Language other than English <input type="checkbox"/> 30-level Fine Arts subject <b>4</b> CHOOSE ONE OF: <input type="checkbox"/> Biology 30 (recommended) <input type="checkbox"/> Chemistry 30 <input type="checkbox"/> Mathematics 31	
	<b>BACHELOR OF KINESIOLOGY</b> <b>BACHELOR OF KINESIOLOGY / BACHELOR OF EDUCATION (ELEMENTARY AND SECONDARY) COMBINED</b> 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 Mathematics as part of the degree program (Math 160 recommended).	<input type="checkbox"/> Mathematics 30-1 or Mathematics 30-2 <input type="checkbox"/> Science 30 <input type="checkbox"/> Computing Science Advanced-Level Career and Technology Studies (5 credits) <b>5</b> CHOOSE ONE OF: <input type="checkbox"/> Biology 30 <input type="checkbox"/> Chemistry 30 <input type="checkbox"/> Mathematics 31 <input type="checkbox"/> Physics 30 <input type="checkbox"/> Mathematics 30-1 or Mathematics 30-2 <input type="checkbox"/> Science 30 <input type="checkbox"/> Computing Science Advanced-Level Career and Technology Studies (5 credits) <input type="checkbox"/> Fine Arts subject <input type="checkbox"/> Physical Education 30 (5 credits) or Recreation Leadership (REC) Advanced-Level Career and Technology Studies (5 credits) <b>+</b> PLUS: Spoken English Language Proficiency is required for students in the BKin / BEd program. Mathematics 30-2 is acceptable for admission as a Group C subject, however only one of Mathematics 30-1 and Mathematics 30-2 may be used for admission purposes.
<b>BACHELOR OF SCIENCE IN KINESIOLOGY</b>	<b>1</b> English Language Arts 30-1 <b>2</b> Chemistry 30 <b>3</b> Physics 30 <b>4</b> Mathematics 30-1	<b>5</b> CHOOSE ONE OF: <input type="checkbox"/> Biology 30 or Physical Education 30 (5 credits) or Recreation Leadership (REC) Advanced-Level Career and Technology Studies (5 credits)






# FIND YOUR **PURPOSE**

[uab.ca/ksr](http://uab.ca/ksr)

## ASK US

You've got questions.  
We've got advisors.  
[ksr.recruiting@ualberta.ca](mailto:ksr.recruiting@ualberta.ca)  
[uab.ca/advising](http://uab.ca/advising)

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