



# Bachelor of Arts in Recreation, Sports and Tourism

A liberal arts degree focusing on the relationship between leisure and enhanced quality of life.

## Program Information

In the BARST (Bachelor of Arts in Recreation, Sport, and Tourism) degree program, you'll explore the world of recreation and leisure. Recreation, sport, and tourism are all forms of leisure, that represent the things we do when we can do whatever we want. As such, they are powerful determinants of the quality of life we enjoy as individuals and in communities. From sport tourism to mountain history, from fitness and active living programs to arts, culture and heritage—a BARST degree offers a broad field of study that will provide significant career opportunities in one of the world's largest and fastest growing industries.



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

# Types of Courses

- Introduction to Sociology of Sport & Leisure in Canadian Society
- Introduction to the Management of Sport, Physical Activity & Recreation Programs
- Leadership in Recreation & Leisure Organizations
- Canadian History of Leisure, Sport & Health
- Adapted Physical Activity & Leisure for Diverse Populations
- Marketing for Recreation, Sport & Tourism
- Advanced Sociology of Sport & Leisure
- Advanced Analysis of Sport and Leisure Organizations
- Human Resource Management in Recreation, Sport & Physical Activity
- Philosophies of Leisure

For information on subject equivalents for provinces other than Alberta as well as more detailed information on what subjects are eligible in each category, please visit this page and select your province from the drop-down box under the “View Requirements and Cost” heading.



## ADMISSIONS INFORMATION

### IMPORTANT DATES

- » **OCTOBER 1:** Fall 2021 Undergraduate Application Opens ([uab.ca/apply](http://uab.ca/apply))
- » **DECEMBER 15:** Awards Application Deadline
- » **FEBRUARY 15:** Update New Final Marks
- » **MARCH 1:** Fall 2021 Admission Application Deadline
- » **APRIL:** Registration for Fall 2021 Semester Courses opens
- » **APRIL 30:** Deadline to Apply to Residence for Guaranteed Housing
- » **MAY 1:** Deadline to Accept Admission Offer (unless otherwise stated) ([uab.ca/accept](http://uab.ca/accept))
- » **AUGUST 1:** Deadline to Submit Admission Documents

# Faculty of Kinesiology, Sport, and Recreation

The Faculty of Kinesiology, Sport, and Recreation at the University of Alberta is one of the premier faculties of its kind. We are proud to boast excellence in teaching and research—both of which were recently recognized in the QS World University Rankings by Subject where the Faculty was named #7 in the world in sports-related subjects, the fourth year in a row in a top 10 position.

Our strength in research and teaching is our diversity in these areas. Our excellence in research and teaching encompasses work we do in the areas of sport, exercise, physical activity, health, tourism, sport rehabilitation, recreation, sport management and more. Our diversity extends to the aspect of the areas studied - biological, mechanical, behavioural and sociocultural.

Through our research, teaching and various service arms within the Faculty, we pride ourselves on being dedicated to improving the quality of life and the health of our communities through physical activity, sport and recreation for more than 56 years.

### 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

### Professional Practicum Program

During the final year of your program, you will have the opportunity to fuse classroom concepts and theory with practice by completing a required professional practicum (non-paid work experience program) under the guidance and supervision of practitioners in the field. You will receive credit for the practicum toward your degree and build employable skills!

### Contact Information

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