

ACTIVITY CORE ELECTIVE LIST

Students may not have access to all courses included in this list as course restrictions exist for some of these courses (i.e., course prerequisites, student program eligibility). Students should refer to Beartracks to check course restrictions and consult with an Academic Advisor.

A single course cannot be used to satisfy more than one degree program requirement.

DAC - Dance Activity

DAC 125 - Social Dance

DANCE - Dance

DANCE 200 - The Spectrum of Dance in Society

DANCE 340 - Modern Dance

DANCE 431 - Study of Dance for Children (*Prerequisite: KIN 293 or 338 or consent of Faculty*)

KIN - Kinesiology

KIN 102 - Foundations of Human Movement

KIN 104 - Individual Movement Pursuit Foundations (not being offered in 26/27)

KIN 106 - Movement Foundations of Game Play

KIN 110 - Introduction to Movement Foundations in Aquatic Environments (not being offered in 26/27)

KIN 156 - Introduction to Movement Foundations in Fitness

KIN 205 - Introduction to Outdoor Environmental Education

KIN 245 - Introduction to the Profession of Coaching

KIN 293 - Introduction to the Movement Activities of Children

KIN 294 - A Conceptual Approach to Physical Activity

KIN 302 - Human Motor Control (*Prerequisite: KIN 103*)

KIN 306 - Quantitative Biomechanics of Human Movement (*Prerequisite: KIN 206 or PHYS 124*)

KIN 320 - Structure and Strategy of Games (*Prerequisite: Successful completion of a minimum of 30 units*)

KIN 325 - The Study of Games for Children and Youth (*Prerequisite: Successful completion of a minimum of 30 units*)

Note: Coursework in childhood development is strongly recommended (eg. KIN 293 or KIN 207).

KIN 335 - Advanced Conditioning Methodology (*Prerequisite: KIN 200*)

KIN 338 - Physical Activity and Sport Participation in Children and Youth

KIN 356 - Advanced Practices and Program Development in Fitness Instruction (*Prerequisite: KIN 156*) (not being offered in 26/27)

KIN 365 - The Study of Gymnastics for Children and Youth (*Prereq: Successful completion of a minimum of 60 units*)

KIN 435 - Applied Resistance Training (*Prerequisite: KIN 335*)

KIN 436 - Applied Endurance Training (*Prerequisite: KIN 335*)

KRLS - Kinesiology, Recreation, Leisure and Sport

KRLS 323 - Indigenous Perspective on Activity, Health, and Wellness in Canada (*Prerequisite: KRLS 104 or NS 111*)

KRLS 370 - Assessment and Service Delivery for Adapted Physical Activity and Therapeutic Recreation (*Prerequisites: KRLS 207 and KIN 109 or RLS 210 or STAT 151*)

KRLS 371 - Assessment and Evaluation in Physical Activity for Children and Youth (*Prerequisites: KIN 207 and KRLS 207, and successful completion of 30 units*)

KRLS 421 - Play Leadership

KRLS 497 - Selected Topics: contact ksradvis@ualberta.ca to register

- Fall 2026: Physical Activity and Mental Health (prerequisite: KIN 209)
- Winter 2027: Women and Girls in Sport

RLS - Recreation and Leisure Studies

RLS 100 - Life, Leisure, and the Pursuit of Happiness

RLS 331 - Leisure Education