

ADAPTED PHYSICAL ACTIVITY MAJOR

This major provides students with theoretical knowledge and practical skills to facilitate physically active lifestyles for people with impairments. Emphasis is placed on gaining instructional and leadership skills in physical activity, fitness and sport programs for individuals along the continuum of impairments and across all age groups and environments.

Students Please Note:

1. Please refer to the University Calendar to determine the specific course prerequisites.
2. Some of the courses listed may not be offered in a given year; students should plan their programs accordingly.
3. If you have questions about your major, the selection of appropriate courses, or discover errors in this document, please contact your Academic Advisor (ksradvisors@ualberta.ca) in the [KSR Student Service Office](#).

1. Required Major Core (12 units)

KIN	372	Neuroscience Considerations for Adapted Physical Activity (Prereqs: KRLS 207 and KIN 200)
KIN	385	Physical Activity and the Aging Adult
KRLS	370	Assessment and Service Delivery in Adapted Physical Activity and Therapeutic Recreation (Prereqs: KRLS 207 and KIN 109 or STAT 151 or RLS 210)

Choose one of:

KIN	471	Physical Activity for Individuals with Developmental Impairments (Prereq: KRLS 207)
OR		
KIN	472	Physical Activity for Individuals with Physical Impairments (Prereq: KRLS 207)

2. Major Options (6 units)

ASL	111	Beginner's American Sign Language I
ASL	112	Beginner's American Sign Language II (Prereq: ASL 111)
EDPY	446	Hope and the Helping Relationship
EDPY	454	Teaching Students with Challenging Behaviours
EDPY	472	Introduction to Language Development
EDPY	474	Introduction to American Sign Language
HECOL	313	Family Dynamics
HECOL	315	Interviewing and Counseling
HE ED	320	Social Dimensions of Health and Health Promotion
HE ED	321	Psychological Dimensions of Health Promotion
INT D	403/408	Foundations of Collaborative Practice (1 unit)/Variable Topic (2 units), consult with your advisor
KIN	293	Introduction to the Movement Activities of Children
KIN	302	Human Motor Control (Prereq: KIN 103)
KIN	471	Physical Activity for Individuals with Developmental Impairments (Prereq: KRLS 207)
KIN	472	Physical Activity for Individuals with Physical Impairments (Prereq: KRLS 207)
KRLS	371	Assessment and Evaluation in Physical Activity for Children and Youth (Prereqs: KIN 207 and KRLS 207)
KRLS	421	Play Leadership
NEURO	210	Introduction to Clinical Neuroscience (pre-req: PSYCH 275)
PSYCH	239	Abnormal Psychology (Prereq: PSYCH 105)
PSYCH	275	Brain and Behaviour (Prereq: PSYCH 104)
PSYCH	329	Adult Development and Aging (Prereq: PSYCH 223)
PSYCH	377	Human Neuropsychology (Prereq: PSYCH 275)
PSYCH	381	Principles of Learning (Prereq: PSYCH 282 and STAT 151)
PSYCH	459	Human Aging: Cognitive Processes (Prereq: PSYCH 258 and a 300-level PSYCH course)
RLS	331	Leisure Education (Prereq: RLS 100)

RLS	473	Principles and Processes in Therapeutic Recreation (Prereq: KRLS 207)
SOC	224	Sociology of Deviance and Conformity
SOC	225	Criminology
SOC	271	Introduction to the Family
SOC	375	Sociology of Aging
SOC	377	Sociology of Youth
SOC	382	Sociology of Health and Illness (Prereq: SOC 100)
SOC	486	Sociology of Mental Illness (Prereq: SOC 224 or SOC 382)

3. In Field Learning (9 units*)

KRLS 290 (3 units) - take in Fall term of Year 3

KRLS 493 (6 units) - In Field Learning Coursework

**Students admitted in 2024/2025 and 2025/2026 may be able to take KRLS 492, please consult with your academic advisor*