

# Graduate Certificate in Indigenous Sport and Recreation

## What is it?

The focus of this certificate is the health and well-being of Indigenous people through sport and recreation. The certificate is offered in partnership between the Faculty of Kinesiology, Sport, and Recreation and the Faculty of Native Studies.

The Certificate is designed for working professionals who want to further their knowledge in the areas of Indigenous studies, sport and recreation. The certificate is delivered using a combination of online instruction, and a one week, face-to-face learning experience. This enables students to complete most of the certificate with minimal travel and disruption to work and family and provides an opportunity to meet and learn with other students.

The certificate is offered using a cohort model; students will complete the three courses and face-to-face learning experience together and will take the courses in the prescribed order over a 10 month period. The number of enrollments will be limited.

## Who is it for?

This program will be of interest to:

- Recreation professionals, Kinesiologists, Exercise Specialists
- Educators, Elementary & Secondary
- Allied Health Professionals
- Physicians, Nurses
- Law Enforcement Officials
- Programmers/Program Directors
- Non-profit Sport Organizations

## What knowledge and skills will I gain?

- An in-depth study on historical and contemporary issues in the areas of health and wellness, recreation management and physical activities as it relates to Indigenous communities.
- The ability to identify and discuss key policies that influence recreation, sport and physical activity programs in Indigenous communities.
- The ability to better engage communities.
- The potential role of physical activity in the promotion of Indigenous peoples' holistic health.
- The opportunity to meet, connect, and learn with others in the cohort and share experiences and knowledge.

# Graduate Certificate in Indigenous Sport and Recreation

## What are the requirements?

- Eligible students will have an Undergraduate Degree, with a GPA of 3.0 (if you do not meet this requirement, please contact the Manager, Community Education at [ksrcertificates@ualberta.ca](mailto:ksrcertificates@ualberta.ca)).
- A minimum of 2 years work experience.
- A current curriculum vitae/resume.
- A letter of intent.

## What courses will I take?

- **Indigeneity and Settler Colonialism:** This introductory course will cover an outline of historical and contemporary issues relevant to Indigenous peoples in settler/colonial states.
- **Managing Recreation, Sport, and Physical Activity Programs in Indigenous Communities:** In this second course, students will acquire a strong knowledge of management concepts in sport, recreation, and physical activity.
- **Indigenous Peoples' Physical Activity:** The third and final course will describe the historical and contemporary roles of physical activity and sport (sport, recreation and leisure practices) in the lives of Indigenous peoples.

## How much does the certificate cost?

Tuition is \$5,100 for the three graduate level courses that comprise the certificate, plus non-instructional fees. Registrants are also responsible for the costs associated with the one-week learning experience.

## The Truth and Reconciliation Report

The certificate supports the recommendations of The Truth and Reconciliation Commission Report which speaks directly to sport, education, and leadership including point number 89- *We call upon the federal government to amend the Physical Activity and Sport Act to support reconciliation by ensuring that policies to promote physical activity as a fundamental element of health and well-being, reduce barriers to sports participation, increase the pursuit of excellence in sport, and build capacity in the Canadian sport system, are inclusive of Aboriginal peoples.*

## Need additional information?

Please contact Jill Cameron at [ksrcertificates@ualberta.ca](mailto:ksrcertificates@ualberta.ca).

Learn more about the Graduate Certificate in Indigenous Sport and Recreation by visiting [UAB.CA/KSRCert](http://UAB.CA/KSRCert)



UNIVERSITY OF ALBERTA  
FACULTY OF NATIVE STUDIES



UNIVERSITY OF ALBERTA  
FACULTY OF KINESIOLOGY,  
SPORT, AND RECREATION