



INTERNATIONAL SUMMER SCHOOL



UNIVERSITY OF ALBERTA
FACULTY OF KINESIOLOGY,
SPORT, AND RECREATION

uab.ca/KSR





MESSAGE FROM THE DEAN

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, up three spots from 2017's rankings.

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 50 years.

We welcome you to explore our extraordinary Faculty, its many facets and outstanding opportunities for study, and see why we are recognized as an expert in physical activity, sport and recreation!

A stylized, handwritten signature in yellow ink, appearing to read 'W. Kerry Mummery'.

W. Kerry Mummery

PhD | FASMF | Professor and Dean



SUMMER SCHOOL

with the Faculty of Kinesiology, Sport, and Recreation

The University of Alberta, Faculty of Kinesiology, Sport, and Recreation's International Winter School Program is an interactive program where participating students will have the opportunity to experience North American style teaching, and participate in a variety of activities that will give them an experience of a lifetime!

Students will attend lectures given by Faculty Professors who are experts in their fields from a variety of disciplines.

Students will have the opportunity to participate and try new sports and activities, both in our world-class facilities, but also throughout Edmonton and Alberta. Canadian activities such as climbing, curling, floor hockey and lacrosse will be highlighted.

A number of cultural and sport excursions are planned for students to experience the fantastic summer in

Edmonton that truly immerses students in Canadian culture. Students will attend a football game, the City's largest carnival, numerous parks and outdoor excursions through the River Valley and visit West Edmonton Mall, one of the world's biggest shopping centres.

Students will also experience one of Canada's best highlights, the Canadian Rocky Mountains for an overnight excursion that won't disappoint.



WE ARE UALBERTA



39,000+ students



150+ countries



400+ student groups



260,000+ alumni

1 COMMUNITY

WHY UALBERTA?

We are one of the top 5 universities in Canada and top 100 in the world!

We are home to state-of-the-art learning and research facilities, award-winning teachers and professors, a warm, welcoming student community, and opportunities for students you won't find anywhere else.

Come and study in Canada at the University of Alberta! UAlberta is one of Canada's leading universities, known for innovative research, world-renowned discoveries, and a vibrant and inspiring campus community.



\$250 MILLION
in physical assets



127
GRADUATE STUDENTS

970
UNDERGRADUATE STUDENTS

63
INTERNATIONAL STUDENTS



*3 Undergraduate Degrees,
3 Masters and 1 PhD*



571 FACULTY AND
STAFF MEMBERS

*17 Full Professors,
15 Associate Professors
& 7 Assistant Professors*



24 VARSITY
ATHLETICS
TEAMS

22 CLUB
SPORT
TEAMS



Athletics has won
**212 CANADA WEST CHAMPIONSHIPS
& 76 NATIONAL CHAMPIONSHIPS**



Over 500
STUDENT-ATHLETES

BY THE #'S

12,208 intramural participants in
49 different sport and physical activities

OFFERED TO UNIVERSITY STUDENTS, STAFF,
ALUMNI AND COMMUNITY MEMBERS



\$2.6 MILLION

*raised through CCR program registration
and membership fees annually*



Over 800,000 sq ft
of facility floor space



37

SPORT AND PHYSICAL
ACTIVITY FACILITIES

4,500 CHILDREN
participate in Green & Gold
Sport System annually

\$4.1M
in research funding



19,000 visits
TO THE
Aquatics Centre

2 MILLION
COMMUNITY VISITS

to South Campus recreation
sport facilities annually



760,000 visitors
TO THE HANSON FITNESS
AND LIFESTYLE CENTRE
ANNUALLY



10 REASONS TO COME AND DISCOVER

- 1 Edmonton is the capital city of Alberta and one of the fastest-growing cities in Canada with a metro population of over one million.
- 2 Enjoy city life in a beautiful outdoor environment. You can bike, hike, ski, and more in the river valley.
- 3 Edmonton is a friendly, multi-cultural city.
- 4 Exciting weekend road trips! Explore Alberta's prairies, canyons and mountains.
- 5 The Alberta blue sky and sunshine - Edmonton is one of the sunniest cities in Canada, even during the winter!
- 6 Canada's "Festival City" enjoy live music, art, theatre, carnivals, sports and more.
- 7 Explore the land dinosaurs used to roam.
- 8 Experience the breath taking Rocky Mountains - Banff and Jasper National Parks.
- 9 A creative city where ideas and innovation come to life.
- 10 Have a great Canadian Experience!



DID YOU KNOW?

Fast facts about Edmonton:

#1

URBAN PARK

The North Saskatchewan River Valley is the largest urban park in North America!

60+

FESTIVALS

National Geographic recently named Edmonton as one of its "Best Summer Trips."

3H

The world-famous Rocky Mountains are only a three-hour drive away.

EDMONTON, ALBERTA, CANADA



AREAS OF EXPERTISE - RESEARCH

Faculty teaching and research interests touch on biomechanical, historical, neuromotor, pedagogical, philosophical, physiological, psychological, and sociocultural perspectives of human movement, physical activity, and exercise.

Adapted Physical Activity

Researchers in this area study issues related to children's and adults' engagement and inclusion in physical activity, recreation, and sport settings.

Behavioral Medicine

Behavioral medicine combines concepts from medicine and psychology to examine relations between physical activity and health. Some of our researchers in this area also examine links between sedentary behavior and health outcomes.

Coaching & Sport Psychology

Researchers in this area study participation and performance in sport (from youth sport to elite sport).

Neuromuscular

Researchers in this area examine human movement from neurological and neuromuscular perspectives in a range of complex environments among members of different populations.

Sociocultural

The sociocultural area includes a diverse group of researchers who study sociological concepts across a range of human movement contexts, including sport, physical activity, and recreation. This area also includes scholars who study sport, recreation, and public history.

Recreation, Sport & Tourism

Our researchers in this group use a variety of disciplinary perspectives to study issues including sport tourism, outdoor recreation, conservation, and leisure behaviour.

Physiology

Our exercise physiologists examine mechanisms associated with physical activity in a range of different populations, including but not limited to athletes, pregnant women, and individuals in physically demanding professions (e.g., firefighters).



SAMPLE DAY SCHEDULE

Schedule is subject to change depending on availability and dates chosen to attend the summer school. Schedules can be customized.

WEDNESDAY	
TIME	ACTIVITY
08:30 - 10:00	Breakfast on campus
10:00 -12:00	Orientation
12:00 -13:00	Catered lunch and guest speaker
13:00 -15:00	Campus Ambassador Tours
15:00 - 17:00	Sport and Physical Activity Facility Tours
17:00 - 18:00	Dinner
18:00 - 21:00	Free Time

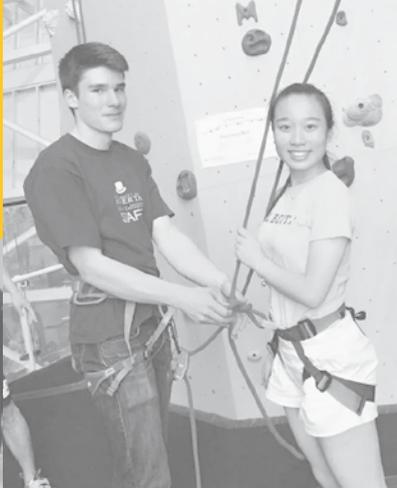
THURSDAY	
TIME	ACTIVITY
08:30 - 10:00	Breakfast on campus
10:00 -12:00	Faculty Lecture
12:00 -13:00	Catered lunch and guest speaker
13:00 -15:00	Learn to curl
15:00 - 17:00	River Valley Hike
17:00 - 18:00	Dinner
18:00 - 21:00	Free Time

FRIDAY	
TIME	ACTIVITY
08:30 - 09:00	Breakfast on campus
09:00 -10:45	Faculty Lecture
11:00 - 13:00	Lunch at residence
13:00 -14:00	Lecture with Athletic Director
14:00 - 16:00	Sign Making & Face Painting
16:00 - 18:00	Dinner
18:00 - 21:00	Edmonton Eskimos Football Game

SATURDAY	
TIME	ACTIVITY
08:30 - 10:00	Sleep In
10:00 -12:00	Free Time
12:00 -13:00	Lunch
13:00 -17:00	Heritage Days Festival
17:00 - 19:00	Dinner at restaurant
19:00 - 21:00	Free Time
18:00 - 21:00	Free Time



INTERNATIONAL SUMMER SCHOOL



“The blue skies were brilliant!”

MARK, BSU STUDENT



“We have the opportunity to be very close to, to touch and feel nature. It is amazing and so beautiful! So I think Edmonton is an amazing place, I would be more than happy to come visit again if I have the chance!”

DANNI, BSU STUDENT



“Canadians are really friendly and warm. they respect each other and are nice to each other”

KEVIN, BSU STUDENT

“I feel like K-Days was the best experience! there were many exciting activities and events”

ANDREA, BSU STUDENT





ROCKY MOUNTAINS

The Canadian Rocky Mountains - Glaciers. Canyons. Turquoise lakes. Moose in the meadows. Live the mountain adventure of your dreams. Here's your insider Canadian Rockies checklist!

Banff and Jasper National Park: Take a scenic drive that leads to some of the most popular national parks in the world. Everywhere you look is a perfect picture from a glossy travel book. Dazzling glaciers, big animals, alpine meadows and turquoise lakes are all right here in one of our national parks.

Hike, cycle, or go by horseback to explore thousands of kilometres of trails and watch for wildlife. Paddle, raft or fish the waterways. Climb a mountain. Take pictures of dazzling peaks, lush alpine meadows, turquoise lakes, virgin forest, towering water walls and wildlife galore.



ACTIVITIES AND EXCURSIONS

West Edmonton Mall - North America's largest entertainment and shopping centre with 800-plus shops, dining, and world-famous attractions.

Watchable Wildlife Tours - Embark on a remarkable excursion with Watchable Wildlife Tours.

Edmonton Folk Festival

Old Strathcona and Whyte Ave - city's celebrated art and cultural community - unique local boutiques, one-of-a-kind art galleries and music shops and trendy restaurants and cafes.

Heritage Day Festival - From Afghanistan to Zimbabwe, and Brazil to Vietnam, Servus Heritage Festival brings together over 85 cultures in a culmination of aromas, performances and international delicacies. You'll feel as though you've traveled around the world in just a single weekend!

K-Days - Experience awe-inspiring rides, skill testing games and delicious midway treats during the day and musical acts and fireworks at night. Horse racing and Chuck wagon racing at Northlands Park

Street Performers Festival - For 10 exciting days of summer, street performers from around the world will bring their best acts to Edmonton! These unique artists will fill Churchill Square with unicycles, burning hoops, tightropes and much more.





CAMPUS LIFE

- Access to sport and physical activity facilities include: pools, courts, gyms, climbing wall, fitness centre, tracks, ice arenas and more!
- 500 Campus and Community Recreation activities with over 28,000 participants - yoga, pilates, basketball, muscular strength classes, curling, lacrosse and archery.
- Art exhibits, concerts and theatres.
- Residences located right on campus.
- Proximity to great shopping, restaurants and Edmonton attractions.
- Easy access to public transportation.



WHY CHOOSE US

- 1 Experience a new country and culture in the beautiful and safe city of Edmonton and live on the UAlberta Campus.
- 2 The opportunity to participate/try a variety of sports and activities that students would not otherwise experience.
- 3 Learn about Canadian perspectives in sport and recreation from experts in their respective fields.





[@UAlbertaKSR](#)

KSRinternational@ualberta.ca
uab.ca/KSR



UNIVERSITY OF ALBERTA
FACULTY OF KINESIOLOGY,
SPORT, AND RECREATION