



FACULTY OF KINESIOLOGY, SPORT, AND RECREATION

UNDERGRADUATE PROGRAMS



UNIVERSITY
OF ALBERTA

uab.ca/KSR

WHY CHOOSE THE FACULTY OF KINESIOLOGY, SPORT, AND RECREATION AT THE UNIVERSITY OF ALBERTA?

1

The University of Alberta is ranked as one of the Top 5 universities in Canada and one of the top 110 in the world.

2

The Faculty of Kinesiology, Sport, and Recreation is a recognized leader in the field, now celebrating over 50 years of excellence in teaching and research.

3

Our students have access to the resources, facilities and world renowned researchers of a large university but take classes in a small interactive faculty.

4

A professional practicum is included in each degree program, allowing students to gain work-integrated experience in their desired areas of interest.

5

Interdisciplinary focused undergraduate programming, across 4 different degree pathways in 1 of the 2 faculties with direct-entry undergraduate programs in the College of Health Sciences at the University of Alberta.



FACULTY BY THE NUMBERS

\$3,099,615 TOTAL
IN RESEARCH FUNDING

OVER 22,800 MOUNTAINS 101 REGISTRANTS from over **120 COUNTRIES** around the world

Faculty is over 58 YEARS OLD

Top 20 in the world
for Sports-Related Subjects

First PhD of its kind in the **BRITISH COMMONWEALTH**

2

Canada
Research Chairs

VALUE OF SPORT AND RECREATION FACILITY SPACE:
\$250,000,000

1.6 MILLION visitors through
Physical Activity and Wellness Centre annually



1,350
UNDERGRADUATE
STUDENTS

128
GRADUATE
STUDENTS

VALUE OF ALL GRADUATE AND UNDERGRADUATE SCHOLARSHIPS AWARDED:
\$1.1 MILLION

33 UNDERGRADUATE SCHOLARSHIPS
AWARDED PER YEAR

ONLY
MASTER OF COACHING
graduate degree
in Canada



250
STUDENTS

gained experience at the Steadward Centre through practicum placements, Community Service Learning courses and volunteer placements



*4 Undergraduate Degrees,
3 Masters and 1 PhD*

AVERAGE OF
\$5.34 MILLION
in donations received
annually



555,000

HANSON FITNESS AND LIFESTYLE CENTRE
VISITORS ANNUALLY

\$250 MILLION
in physical assets



37

SPORT AND PHYSICAL
ACTIVITY FACILITIES



FACULTY FACTS

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 have been recognized in the QS World University Rankings by Subject for the past five years where the Faculty has remained in the top 20 position in the world in sports-related subjects.

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 55 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





Danae Frentz - BKin

What makes this faculty unique?

"I think that this faculty is unique because of its rich, extensive history and its incessant drive to advance the knowledge available in the field of kinesiology. Innovative researchers in this faculty are well respected in their fields and also invest their time and energy into cultivating young leaders of the future."

What attracted you to your degree program?

"I was initially drawn to the sport performance major because I felt that it would offer me the best opportunities to pursue further graduate studies. With interests in both physical therapy and sport psychology, I felt that this major would serve as a good spring board for either route."



Erin MacDonald - BARST

What makes this faculty unique?

"The faculty is unique due to the phenomenal professors, who not only have extraordinary passion for what they teach, but also take the time to get to know the students. The KSR faculty may be small in size, but in my mind that is one of its biggest strengths. The Faculty of KSR maintains a sense of community and a drive for continuous learning, exploration, and advancement of the field of sport, recreation, and tourism."

What attracted you to your degree program?

"The courses offered cover a wide range of areas, all while still working in line with each other. So many of my courses made me feel even more prepared and knowledgeable going into the sport and recreation field. My final goal was to get into Occupational Therapy at the U of A, and I thought this program would not only prepare me for the program but also give me the best chances for acceptance. I am happy to announce I will be starting the U of A Occupational Therapy program in September."



Nathan Lentz - BScKin

What makes this faculty unique?

"The uniqueness of the faculty comes from more than just the size, but also from the culture of students that it attracts. Students and faculty members alike are surrounded by driven individuals all who have a special interest in physical activity, human performance, and physical wellness. This faculty is one like a team, willing to work, help, and excel together."

What attracted you to your degree program?

"I've had a fascination for mechanical things - how different parts of a system work together to perform movement, and how different systems work together to perform an action. Coupling that with my interest in physiology and healthcare, a BSc Kinesiology was a perfect fit."

STUDENT SPOTLIGHTS



TYPES OF COURSES IN THIS DEGREE

- KIN 100** Human Anatomy
- KIN 103** Integrative Human Physiology
- KIN 200** Physiology of Exercise
- KRLS 204** Canadian History of Leisure, Sport and Health
- KIN 209** Research Methods in Kinesiology
- KIN 240** Introduction to Sports Injury Management
- KIN 303** Psychology of Sport and Physical Activity
- KRLS 304** Advanced Sociology of Sport and Leisure
- KIN 401** Applied Ethics in Sport, Physical Activity and Exercise
- KIN 435** Applied Resistance Training

Admission information at
uab.ca/start

BACHELOR OF KINESIOLOGY (BKIN)

The BKin degree provides a multidisciplinary approach to the study of human movement that includes both the art (e.g. psychology, sociology, history) and science (e.g. physiology, motor learning and control, biomechanics) of human movement, as it relates to exercise science, athletic performance and promotion of long term health outcomes. In this program students select one of the following majors, enabling them to focus their learning in senior courses according to a specialized area of interest:

Adapted Physical Activity, Physical Activity and Health, Sport Performance, or a self-designed individualized major.

Career opportunities:

- Kinesiologist
- Exercise and Fitness Specialist
- Strength and Conditioning Specialist
- Further study in areas such as Medicine, Physical Therapy or Occupational Therapy



DID YOU KNOW?

Embedded certificates give students the opportunity to pursue more specialized knowledge and skills during their degree. These include a Certificate in Indigenous Sport & Recreation and Research Certificate in Kinesiology, as well as many other possibilities at the University of Alberta (e.g., Certificate in Leadership, Certificate in Sustainability, Certificate in Innovation and Entrepreneurship, Certificate in Community Engagement and Service Learning, Certificate in Global Citizenship, Certificate in International Learning.)



TYPES OF COURSES IN THIS DEGREE

- KIN 100** Human Anatomy
- KIN 101** Introduction to Human Physiology
- KIN 103** Integrative Human Physiology
- MATH 134** Calculus for the Life Sciences
- BIOCH 200** Introductory Biochemistry
- KIN 209** Research Methods in Kinesiology
- CHEM 261** Organic Chemistry
- KIN 306** Quantitative Biomechanics of Human Movement
- KIN 334** Physical Activity, Nutrition and Energy Balance
- KIN 434** Physical Activity and Chronic Disease Management

Admission information at
uab.ca/start

BACHELOR OF SCIENCE IN KINESIOLOGY (BScKin)

The **BScKin degree** is a specialized science degree with a specific focus in studying human movement as it relates to the enhancement of human performance, promotion of health, and the prevention and management of chronic disease. This degree focuses on the high-level science behind human movement. Majors are not offered in this program, however students are able to customize their course selection in their later years to specialize their studies even further.

Career opportunities:

- Kinesiologist
- Exercise Therapist
- Certified Exercise Physiologist
- Rehabilitation Specialist
- Graduates also have an excellent foundation for advanced study in health fields such as Medicine, Physical Therapy and Chiropractics



DID YOU KNOW?

Working alongside outstanding researchers, students will have an opportunity to study topics such as: the effects of exercise and movement on cells and neurons; the use of physical activity to promote health and fight disease; ways in which people engage in recreation, leisure, and tourism; sport science, adapted physical activity; how society influences (and is influenced by) discourses, events, and current issues surrounding sport and physical activity.



TYPES OF COURSES IN THIS DEGREE

- EDU 100** Contexts of Education
- KIN 100** Human Anatomy
- KIN 101** Introduction to Human Physiology
- KIN 205** Introduction to Outdoor Environmental Education
- KIN 240** Introduction to Sports Injury Management
- KIN 245** Introduction to the Profession of Coaching
- EDPY 304** Adolescent Development and Learning
- KIN 320** Structure and Strategy of Games
- KRLS 371** Assessment and Evaluation in Physical Activity for Children and Youth
- EDPS 410** Ethics and Law in Teaching

Admission information at
uab.ca/start

BACHELOR OF KINESIOLOGY/ BACHELOR OF EDUCATION (BKIN/BED)

The BKin/BEd five-year program is a unique opportunity to combine an interest in human movement, exercise science and athletic movement with a professional degree in education. Students in this program specialize in elementary or secondary education while at the same time developing a strong background in kinesiology. Students in this program graduate with both a Bachelor of Kinesiology and a Bachelor of Education degree.

Career opportunities:

- Elementary/Junior High/High School Teacher
- Curriculum Consultant
- Personal Trainer
- Recreation and Sport Administrator
- Educator in public, non-profit or private industries



DID YOU KNOW?

Our facilities rank among the best-equipped for teaching, research, sport and recreation of any university in Canada. The Physical Activity and Wellness Centre features a new 27,500 sq ft fitness centre and an 8,400 sq ft climbing centre. Facilities include an ice arena, multiple gymnasiums, two pools, indoor and outdoor track and field facilities, turf and grass fields, squash and racquet ball courts, dance studios, newly renovated lab and meeting/study spaces.



TYPES OF COURSES IN THIS DEGREE

- KRLS 104** Introduction to Sociology of Sport and Leisure in Canadian Society
- KRLS 105** Introduction to the Management of Sport, Physical Activity and Recreation Programs
- RLS 122** Leadership in Recreation and Leisure Organizations
- KRLS 204** Canadian History of Leisure, Sport and Health
- KRLS 207** Adapted Physical Activity and Leisure for Diverse Populations
- RLS 232** Marketing for Recreation, Sport and Tourism
- KRLS 304** Advanced Sociology of Sport and Leisure
- KRLS 350** Advanced Analysis of Sport and Leisure Organizations
- RLS 335** Human Resources Management in Recreation, Sport and Tourism
- RLS 400** Philosophies of Leisure

Admission information at
uab.ca/start

BACHELOR OF ARTS IN RECREATION, SPORT, AND TOURISM (BARST)

In the BARST degree program, you'll explore the wide 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. In this program students can also select one of the following optional minors: **Community Development, Sport and Recreation Management or Tourism and Natural Environments.**

Career opportunities:

- Sport Tourism Coordinator
- Recreation Facility Operator
- Director of Provincial Sport Association
- Provincial or Municipal Recreation Coordinator
- Sports Administrator
- Event Coordinator



DID YOU KNOW?

The Faculty of Kinesiology, Sport, and Recreation along with alumni and donors provide over \$1,113,436 in new and continuing student scholarships and awards each year. In addition to this is \$34 million in scholarships and awards provided centrally across the University of Alberta.

 **OCTOBER 15: ATTEND OPEN HOUSE**

 **MARCH: ATTEND REGISTRATION 101**

2022

OCTOBER 1

Opening Date for Applications

2023

JANUARY 11

Deadline to Apply for Entrance Scholarships

MARCH 1

Deadline to Apply for Admission

APRIL

Course Registration Opens

APRIL 30

Deadline to Apply for a Guaranteed Spot in Residence

CHART 1 HIGH SCHOOL SUBJECT REQUIREMENTS BY FACULTY AND PROGRAM

FIVE COURSES REQUIRED FOR ADMISSION FOR EACH FACULTY **1** **2** **3** **4** **5**

ACADEMIC DEGREE	REQUIREMENTS (5 COURSES TOTAL)	
<p>BACHELOR OF ARTS IN RECREATION, SPORT, AND TOURISM</p>	<p>1 English Language Arts 30-1</p> <p>2 CHOOSE ONE OF:</p> <ul style="list-style-type: none"> > Aboriginal Studies 30 > Biology 30 (recommended) > Chemistry 30 > Mathematics 31 > Physics 30 > Mathematics 30-1 or Mathematics 30-2 > Science 30 > Computing Science Advanced-Level Career and Technology Studies (5 credits) > Social Studies 30-1 > Macroeconomics or Microeconomics 30 > 30-level Language other than English (only one language other than English will be accepted). <p>3 CHOOSE ONE OF:</p> <ul style="list-style-type: none"> > Aboriginal Studies 30 > Social Studies 30-1 > Macroeconomics or Microeconomics 30 > 30-level Language other than English > Fine Arts subject 	<p>4 CHOOSE ONE OF:</p> <ul style="list-style-type: none"> > Biology 30 (recommended) > Chemistry 30 > Mathematics 31 > Physics 30 > Mathematics 30-1 or Mathematics 30-2 > Science 30 > Computing Science Advanced-Level Career and Technology Studies (5 credits) <p>5 CHOOSE ONE OF:</p> <ul style="list-style-type: none"> > Aboriginal Studies 30 > Biology 30 > Chemistry 30 > Mathematics 30-1 or Mathematics 30-2 > Mathematics 31 > Physics 30 > Science 30 > Computing Science Advanced-Level Career and Technology Studies (5 credits) > Social Studies 30-1 > Macroeconomics or Microeconomics 30 > 30-level Language other than English > Physical Education 30 (5 credits) or Recreation Leadership (REC) Advanced-Level Career and Technology Studies (5 credits)



MAY 1
Deadline to Accept your Admission Offer
unless otherwise stated

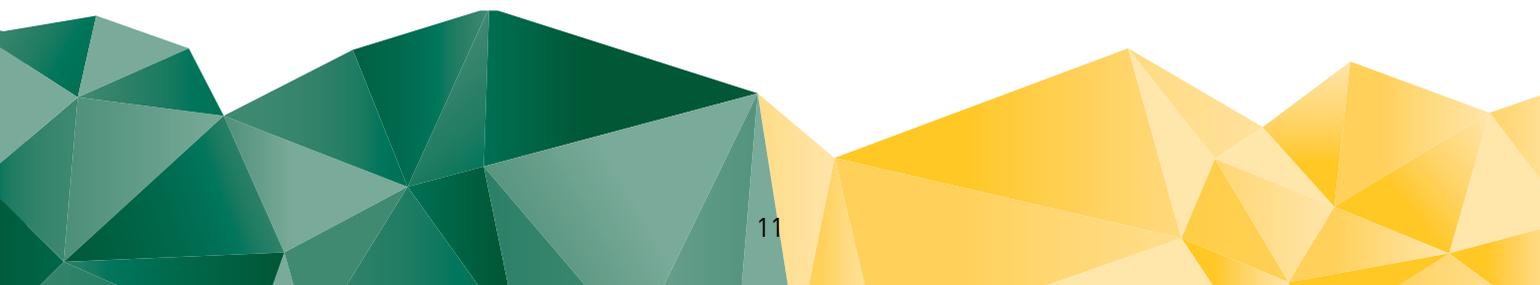
AUGUST 1
Deadline to Submit Admission Documents

LATE AUGUST
Faculty Orientation Day

SEPTEMBER
Classes Begin!

<p>BACHELOR OF KINESIOLOGY</p> <hr/> <p>BACHELOR OF KINESIOLOGY / BACHELOR OF EDUCATION (Elementary and Secondary routes) COMBINED</p> <p>Applicants to the Bachelor of Kinesiology / Bachelor of Education Elementary Route must present Mathematics 30-1 or Mathematics 30-2. This course does not have to be presented for admission but is required to complete Mathematics as part of the degree program (Math 160 recommended)</p>	<p>1 English Language Arts 30-1</p> <p>2 3 CHOOSE TWO OF:</p> <ul style="list-style-type: none"> > Aboriginal Studies 30 > Biology 30 > Chemistry 30 > Mathematics 31 > Physics 30 > Mathematics 30-1 or Mathematics 30-2 > Science 30 > Computing Science Advanced-Level Career and Technology Studies (5 credits) > Social Studies 30-1 > Macroeconomics or Microeconomics 30 > 30-level Language other than English (only one Language other than English will be accepted) <p>4 CHOOSE ONE OF:</p> <ul style="list-style-type: none"> > Biology 30 > Chemistry 30 > Mathematics 31 > Physics 30 > Mathematics 30-1 or Mathematics 30-2 	<ul style="list-style-type: none"> > Science 30 > Computing Science Advanced-Level Career and Technology Studies (5 credits) <p>5 CHOOSE ONE OF:</p> <ul style="list-style-type: none"> > Biology 30 > Chemistry 30 > Mathematics 31 > Physics 30 > Mathematics 30-1 or Mathematics 30-2 > Science 30 > Computing Science Advanced-Level Career and Technology Studies (5 credits) > Fine Arts subject > Physical Education 30 (5 credits) or Recreation Leadership (REC) Advanced-Level Career and Technology Studies (5 credits) <p>+ PLUS: Spoken English Language Proficiency is required for the Bachelor of Kinesiology / Bachelor of Education (Elementary or Secondary) Combined program</p>
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<p>BACHELOR OF SCIENCE IN KINESIOLOGY</p>	<p>1 English Language Arts 30-1</p> <p>2 Chemistry 30</p> <p>3 Physics 30</p> <p>4 Mathematics 30-1</p>	<p>5 CHOOSE ONE OF:</p> <ul style="list-style-type: none"> > Biology 30 or Physical Education 30 (5 credits) or Recreation Leadership (REC) Advanced-Level Career and Technology Studies (5 credits)
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PROFESSIONAL PRACTICUM PROGRAM

As part of your BKin, BScKin and BARST* degree in the Faculty of Kinesiology, Sport, and Recreation, you are required to complete a professional practicum. This typically takes place in your final year of study once you have met the curricular requirements.

The practicum is a work-integrated learning experience in which you develop practical skills with an approved agency while completing work under the supervision and mentorship of a practitioner in the field. Students have the opportunity to connect classroom concepts with real-life situations and gain resume building experience.

Your practicum is typically 14 weeks in duration, spanning one term. A diverse selection of opportunities from a wide range of agencies are available each semester to match your interests, learning and career goals, ensuring a quality practicum experience in your chosen field.

Many excellent practicum opportunities are available in Alberta and Canada, and we also encourage students to consider international practicums which provide a robust, stimulating experience in another culture.

* Students in the BKin/BEEd degree will complete their practicum through the Faculty of Education

Examples of practicum agencies where our students are placed include:

Alberta Recreation and Parks Association

Alberta Sport Development Centre

CBI Health Clinics

Centre For Lung Health

Golden Bears and Pandas Athletics

Edmonton Police Service

Elk Island National Park

Lifestyle Options

Millard Health

Paralympic Sports Association

Peak Power Sport Development

River Valley Health

Sport Health and Assessment Centre

The Steadward Centre

Total Cardiology

Various Physiotherapy Clinics

UAlberta Research Labs

YMCA



Sarah Rintoul - BScKin
Norwegian School of Sport Science

INTERNATIONAL EXPERIENCES

Have you thought of traveling outside of Canada during your university years?

Our faculty provides many outstanding study abroad opportunities with university partners in Norway, the Czech Republic, England and Germany. You will be able to gain University of Alberta academic credits while immersing yourself in a new environment where you can learn, discover and explore new cultures and foster valuable friendships that make for an unforgettable life experience.

Study abroad opportunities include exchange programs for 1-2 semesters as well as short-term courses offered abroad. In addition to the Faculty offerings, University of Alberta International offers over 160 exchange opportunities.

Play Around the World

Play Around the World (PAW) is a service-learning course offered through the Faculty, designed to provide a global education and cross-cultural experience to University of Alberta students in the area of physical activity and play.

Multi-disciplinary teams of students contribute to a learning community during the PAW experience: a four-month preparatory course followed by three months immersed in another culture working with agencies in either Cambodia, Thailand, Peru or Northern Canada. KSR students can complete this as course credit, a volunteer experience or part of their professional practicum.

More details online at uab.ca/KSR

Always one for adventure and challenging herself, Sarah decided to do a semester abroad at the Norwegian School of Sport Sciences in Norway. Through the combination of lectures, practical experiences and camping and hiking trips, Sarah immersed herself in "Friluftsliv", a Norwegian term meaning "open, air, life". She also had her very first experience solo-camping, an activity that she describes as very memorable. "It really summed up a lot of what I had learned throughout my exchange. Being by myself and having to be independent and aware of my surroundings".

Amidst all the action in Norway, Sarah made time to complete a final research essay on adapted physical activity. Nature and physical activity are often seen as tasks that favor "survival of the fittest" and requires an individual be "strong and physical". Sarah admired Norway's efforts to make nature more accessible, as described in her essay on the evolution of Norwegian infrastructure. "You can go out on a Sunday walk with your grandparents, or use a wheelchair paved pathway, and it doesn't take away from your experience of nature".



EXPERIENTIAL LEARNING

Community Service-Learning

Community Service-Learning (CSL) mixes classroom theory with real-world practice, giving students hands-on experience working with local organizations. CSL is integrated into a course through collaboration between instructors and community partners. CSL opportunities in the Faculty of Kinesiology, Sport, and Recreation include KIN 372: Neuroscience Considerations for Adapted Physical Activity, Play Around the World, and The Steadward Centre for for Personal and Physical Achievement.

Interactive Centres and Units

The Faculty of Kinesiology, Sport, and Recreation is directly affiliated with a number of centres and units, each with their own mandate and purpose, that play a key role in linking faculty members and research to external communities. The centres and units serve as “living laboratories,” providing enriched learning environments to engage our students in their fields of study. Being able to facilitate research through our partnerships with these centres and units enables us to translate our research into practice, allowing us to positively impact the community.



DID YOU KNOW?

The Kinesiology, Sport, and Recreation Student Society (KSRSS) is a group of student representatives that organizes social, academic and charitable events with the goal of improving student life and community development within our faculty and community. KSRSS organizes welcome events for new students to ensure everyone feels a part of the Faculty.



RECREATION AND ATHLETICS

The University of Alberta offers many opportunities to take part in recreation and athletic programs inside and outside of the classroom.

Campus & Community Recreation **(uab.ca/recreation)**

Campus & Community Recreation seeks to engage every student on campus through a wide range of physical activity programs. With over 500 sport and fitness programs, led by qualified instructors in world-class facilities, our goal is to foster an active and healthy campus community. Our programs cater to diverse recreational interests and all skill levels and abilities.

Golden Bears & Pandas Athletics **(uab.ca/athletics)**

University of Alberta Golden Bears and Pandas Athletics is one of the most comprehensive and successful programs across Canadian university sport. Our athletics department serves more than 500 student-athletes competing on 24 teams in 12 different sports. Golden Bears and Pandas athletes have won 657 national championship titles, which is third highest in Canadian university sport history, and we lead the nation in total number of Academic All-Canadian athletes.

Student Employment Opportunities

Campus & Community Recreation and Athletics also provide a wide range of employment and leadership opportunities in sport, exercise, health and physical education. The two departments are among the largest student employers on campus, providing students with an easy and flexible way to work part-time and gain valuable work experience in their field.



**HAVE MORE QUESTIONS OR
WANT TO LEARN MORE?**

**GET VIRTUAL ADVISING AND
SUPPORT. EMAIL US AT
KSR.RECRUITING@UALBERTA.CA**

   
@UALbertaKSR

ksr.recruiting@ualberta.ca
uab.ca/advising



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OF ALBERTA**