



FACULTY OF KINESIOLOGY, SPORT, AND RECREATION

VIEWBOOK 2025-2026

WE ARE

Connecting the art and science of human movement, performance and play.

Territorial Acknowledgement

The University of Alberta acknowledges that we are located on Treaty 6 territory, and respects the histories, languages, and cultures of First Nations, Métis, Inuit, and all First Peoples of Canada, whose presence continues to enrich our vibrant community.





VAN V

Our reputation is built on a strong foundation of discovery in research and excellence in education, supporting our overall goal to improve the guality of life for individuals and communities. Students connect with award-winning professors who are actively contributing new knowledge to kinesiology, recreation, sport and leisure on a global scale.

Through hands-on learning – including labs, activitybased courses, community service learning, and a wide range of in-field learning experiences – our students have every opportunity to build practical skills to make a difference in the community.

Exterior of Physical Activity and Wellness (PAW) Centre and entrance to Van Vliet Complex.



TOP 3 IN CANADA & TOP 15 FOR SPORTS-RELATED SUBJECTS*

*2024 QS World Rankings by Subject

A 60-year legacy.

UNIVERSITY OF ALBERTA

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FACULTY OF KINESIOLOGY SPORT ULE E 8 RECREATION

GOLDEN BEARS

Our multidisciplinary undergraduate degrees focus on the study of movement (kinesiology), recreation, sport and tourism.

At the U of A, you'll have access to the resources, facilities and world-renowned researchers of a large university – but take classes in a close-knit, interactive faculty.

DEGREE PROGRAMS

- **4** UNDERGRADUATE
- **3**MASTERS
- **1** PHD

OVER \$1.4M UNDERGRADUATE FINANCIAL ASSISTANCE AVAILABLE JUST FOR KSR STUDENTS KSR students gathering before class in the Van Vliet Complex atrium.

The Steadward Centre

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Annually serving more than 1,000 children and adults experiencing disabilities, the Steadward Centre is part of the Faculty of Kinesiology, Sport, and Recreation. With expertise in adapted physical activity and para sport development, the centre's research and education focus allows it to deliver innovative programs and share knowledge with community fitness and sport leaders across Alberta.

FACULTY BY THE NUMBERS



1,400 UNDERGRAD STUDENTS



130 GRADUATE STUDENTS

DID YOU KNOW?

250+ students gain experience at the Steadward Centre through in-field learning placements, community service learning courses and volunteer placements annually.

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DEGREES

understanding of the human body in the Anatomy Lab on North Campus.

Bachelor of Kinesiology (BKin)

Are you ready to take a multidisciplinary approach to the study of human movement? This degree spans the humanities, social sciences and applied sciences, as they relate to exercise, athletic performance and the promotion of healthy behaviours for disease prevention and improved well-being.

MAJORS:

- Adapted Physical Activity •
- Physical Activity and Health
- Sport Performance
- Individualized Major Self-Designed (requires faculty approval)

COURSE SPOTLIGHT IN THIS DEGREE:

- KIN 100: Human Anatomy
- KIN 240: Introduction to Sports Injury Management
- KIN 303: Psychology of Sport and Physical Activity

Bachelor of Science in Kinesiology (BScKin)

The BScKin degree is a specialized science degree focused on studying human movement as it relates to the enhancement of human performance, the promotion of health and the prevention and management of chronic disease. This program provides the freedom to customize your course selection in your later study years.

COURSE SPOTLIGHT IN THIS DEGREE:

- KIN 306 Quantitative Biomechanics of Human Movement
- KIN 334: Physical Activity, Nutrition and Energy Balance
- KIN 434: Physical Activity and Chronic **Disease Management**

CAREERS

Kinesiologist Strength and Conditioning Specialist/Coach Certified Exercise Physiologist **Exercise Specialist**



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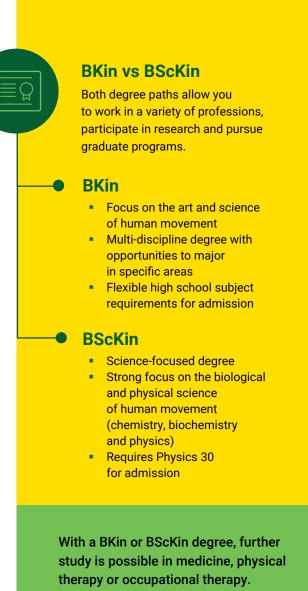
There are a lot of amazing courses and professors who will help deepen your knowledge, but so much learning in our field comes from practical experiences. Find as many areas [as possible] where you can surround yourself with like-minded people and develop a wide range of skills."

CAM 2023 BKin Grad from Edmonton, AB



I was always interested in body image and how that relates to exercise and well-being, but I had never heard of a kinesiology degree until I got to the U of A. Once I heard about it I knew it could help me explore my interests in weight stigma and how it relates to fitness."

KORA 4th Year BScKin student from Seoul, South Korea



Admission information at uab.ca/programs

Bachelor of Kinesiology / Bachelor of Education (BKin / BEd Combined)

The BKin/BEd five-year program is a one-of-a-kind opportunity to combine an interest in kinesiology with a professional degree in education. After completing three years in the Faculty of Kinesiology, Sport, and Recreation and two years in the Faculty of Education, you will graduate with both a Bachelor of Kinesiology and a Bachelor of Education degree.

COURSE SPOTLIGHT IN THIS DEGREE:

- KIN 207: Physical Growth and Psychomotor Development
- KRLS 371: Assessment and Evaluation in Physical Activity for Children and Youth
- EDPY 304: Adolescent Development
 and Learning

CAREERS

Elementary/Junior High/ High School Teacher Curriculum Consultant Recreation and Sport Administrator Educator In Public, Non-Profit or Private Industries



As I prepare to start my second teaching practicum, I feel extremely lucky to have been influenced by so many amazing people I have met through extracurricular activities. My advice to incoming students is to get involved. It may seem scary at first, but I promise it is worth it!"

KATIA

4th Year BKin/BEd combined student from Edmonton, AB



Bachelor of Arts in Recreation, Sport, and Tourism (BARST)

A BARST degree prepares you for a career in the world's fastest-growing and largest industries: tourism, sport and recreation. Take an interdisciplinary look at the concept of leisure while exploring community engagement and quality of life. With the program's many applied fundamental courses and in-field learning, students obtain valuable targeted business skills. The insights gained enable graduates to work with diverse populations and succeed at the forefront of the thriving tourism sector or build a recreation-related business.

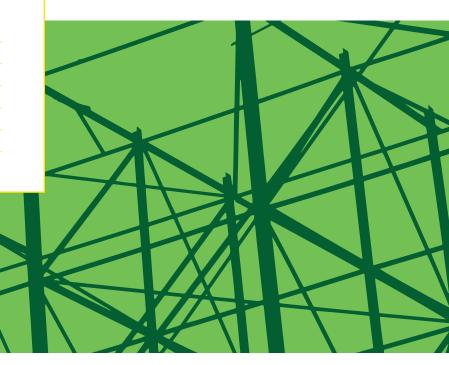
COURSE SPOTLIGHT IN THIS DEGREE:

- RLS 100: Life, Leisure and the Pursuit of Happiness
- KRLS 207: Adapted Physical Activity and Leisure for Diverse Populations
- RLS 232: Marketing for Recreation, Sport and Tourism

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CAREERS

Parks & Recreation Manager Tourism Operator or Entrepreneur Economic Development Officer Arts & Culture Development Officer Provincial Sport Association Director Special Events or Festival Manager



If you love being outside, you're passionate about any kind of recreation, tourism and sport and you want to make a difference, this program is for you. It is what you make it. If you give 100 per cent in your classes and in your research, then you'll get 100 per cent back. If you're ready, then do it. It's worth it."

COLTON

4th Year BARST student from Edmonton, AB

UNIVERSITY OF ALBERTA

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EXPERIENTIAL LEARNING & MORE

MONAR! Rehab Trainer ABIT

KSR students Kimberlie and Mia work with Greg during their regular Physical Activity Led by Students (PALS) session at The Steadward Centre.

Experiential learning is the process of learning by doing. Hands-on experiences are curated for students to connect theories and knowledge learned in the classroom to real-world situations.

Intercultural Field Placements

Develop a sense of global awareness and citizenry through collaboration with international schools, orphanages, community-based organizations and government agencies. Students prepare by focusing on intercultural training, play, physical activity and leadership theories, intercultural communication and global citizenship.

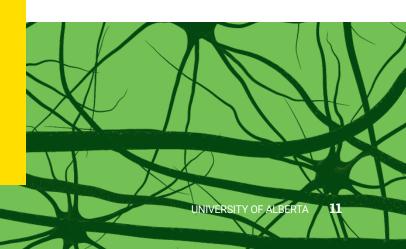
Field placements will vary but include:

- Antigua
- Cambodia
- Thailand
- Peru
- The Northwest Territories

Community Service-Learning Courses (CSL)

Make a difference in the community through courses that are collaboratively designed between expert instructors and community partners. **Examples include:**

- Through the Steadward Centre, students in **KIN 471** and **KIN 472** support the delivery of adapted physical activities with participants
- In collaboration with the U of A Community Service-Learning program, students in KRLS 421 are placed with a CSL partner organization to plan physical activities for children and/or youth



Prepare to Launch Your Career

Students receive foundational career skills and the opportunity to take classroom concepts into work environments. Students in the BKin/BEd degree complete a teaching practicum through the Faculty of Education.

KRLS 290: Career Explorations & Interpersonal/ Interdisciplinary Competency Building

Gain essential skills and strategies for job searches, resumé writing and interviews. Practice conflict resolution, networking and enhancing self-awareness while developing intercultural competence and diversity appreciation.

KRLS 291: Introduction to Professional Practice

Participate in multiple short-term group placements that encompass diverse aspects of kinesiology, sport and recreation careers. Practice work specific skills and reflect on how to apply academic knowledge, along with practical experience, to career decisions.

TAKE YOUR **EDUCATION** FURTHER

Embedded Certificate in Indigenous Sport & Recreation

In partnership with the Faculty of Native Studies, students have the opportunity to pursue more specialized knowledge and skills during their degree with the Certificate in Indigenous Sport & Recreation. This certificate brings together knowledge of sport, recreation and physical activity with Indigenous culture as instruments to improve community health.

Undergraduate Research Opportunities

Working alongside world-renowned researchers, students will have an opportunity to investigate topics across seven research areas:

- Adapted Physical Activity
- Coaching Studies and Sport Psychology •
- Health Psychology and Behavioral Medicine
- Neuroscience and Movement
- Physiology
- Recreation, Sport and Tourism
- Sociocultural and Sociological concepts across a range of human movement contexts

Transformative Research

KSR is dedicated to the pursuit of transformative research that shapes the understanding of physical activity, leisure and sport in many ways, from creating programs that increase recreation opportunities in Indigenous communities to laboratories that directly impact the lives of people in areas such as disability, cancer, diabetes, pregnancy, postpartum health and athletic performance. Research opportunities available to undergraduate students include:

PHYSICAL ACTIVITY DIABETES LAB (PADL) Study the benefits of physical activity in preventing and managing diabetes and related conditions.

HEALTH (PPPH) A multi-site research program with the mission of conducting research to improve the life-long health of pregnant and postpartum women and their children.

(SR students Kazuki and Ria Mae conduct VO₂ max (maximal oxygen consumption) testing part of their KIN 200 lab on North Campus.



BEHAVIOURAL MEDICINE LABORATORY

Generating new knowledge on how physical activity can help cancer patients prepare for and cope with treatments, recover post-treatment and improve long-term quality of life and survival.

PROGRAM FOR PREGNANCY AND POSTPARTUM

READY, SET, APPLY!

Historical admission average by faculty: <mark>uab.ca/averages</mark>

Apply for scholarships & awards: uab.ca/awards

First Nations, Métis and Inuit students can also enter this faculty through the University of Alberta's Transition Year Program (TYP) uab.ca/typ

Important deadlines and to apply: uab.ca/apply

ADMISSION REQUIREMENTS

ACADEMIC DEGREE	REQUIREMENTS
BACHELOR OF ARTS IN RECREATION, SPORT, AND TOURISM	 English Language Arts 30-1 CHOOSE ONE OF: Aboriginal Studies 30 Biology 30 Chemistry 30 Mathematics 31 Physics 30 Mathematics 30-1 or Mathematics Science 30 Computing Science Advanced-Lew and Technology Studies (5 credits) Social Studies 30-1 Macroeconomics and Microeconce 30-level Language other than English will be CHOOSE ONE OF: Aboriginal Studies 30 Social Studies 30-1 Macroeconomics and Microeconce 30-level Language other than English will be CHOOSE ONE OF: Aboriginal Studies 30 Social Studies 30-1 Macroeconomics and Microeconce 30-level Language other than English will be CHOOSE ONE OF: Biology 30 (recommended) Chemistry 30 Mathematics 31
BACHELOR OF KINESIOLOGY BACHELOR OF KINESIOLOGY / BACHELOR OF EDUCATION (ELEMENTARY AND SECONDARY) COMBINED 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 * 3 Mathematics as part of the degree program (Math 160 recommended).	 English Language Arts 30-1 CHOOSE TWO OF: Aboriginal Studies 30 Biology 30 Chemistry 30 Mathematics 31 Physics 30 Mathematics 30-1 or Mathematics Science 30 Computing Science Advanced-Lew and Technology Studies (5 credits) Social Studies 30-1 Macroeconomics and Microecond 30-level Language other than English will be Language other than English will be CHOOSE ONE OF: Biology 30 Chemistry 30 Mathematics 31 Physics 30
BACHELOR OF SCIENCE IN KINESIOLOGY	 English Language Arts 30-1 Chemistry 30 Physics 30 Mathematics 30-1

Programs and admission requirements (including non-direct entry programs): uab.ca/programs

	FIVE COURSES REQUIRED FOR ADMISSION
	 Physics 30 Mathematics 30-1 or Mathematics 30-2 Science 30 Computing Science Advanced-Level Career and Technology Studies (5 credits)
cs 30-2 evel Career ts) nomics 30 glish (only one be accepted) nomics 30 glish	 CHOOSE ONE OF: 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 and 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)
	C subject, however only one of Mathematics 30-1 and Mathematics 30-2 may be used for admission purposes.
cs 30-2 evel Career	 Computing Science Advanced-Level Career and Technology Studies (5 credits) CHOOSE ONE OF: Biology 30 Chemistry 30 Mathematics 31 Physics 30 Mathematics 30-1 or Mathematics 30-2 Science 30
ts) nomics 30 glish (only one l be accepted)	 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)
	 PLUS: Spoken English Language Proficiency is required for students in the BKin / BEd program. Mathematics 30-2 is acceptable for admission as a Group C subject, however only one of Mathematics 30-1 and Mathematics 30-2 may be used for admission purposes. CHOOSE ONE OF: Biology 30 or Physical Education 30 (5 credits)
	or Recreation Leadership (REC) Advanced-Level Career and Technology Studies (5 credits)

FIND YOUR PURPOSE

uab.ca/ksr

ASK US

You've got questions. We've got advisors. ksr.recruiting@ualberta.ca uab.ca/advising









