

KINESIOLOGY SPORT RECREATION



UNIVERSITY OF ALBERTA
FACULTY OF KINESIOLOGY,
SPORT, AND RECREATION





MISSION, VISION AND VALUES

VISION

Outstanding achievements in learning, discovery and citizenship that contribute to the quality of life and health of our communities through physical activity, sport and recreation.

MISSION

The Faculty of Kinesiology, Sport, and Recreation creates and shares the best understandings and applications of physical activity, sport and recreation for the public good.

VALUES

Excellence – in teaching, research, and creative activity that enriches learning experiences and advances knowledge

Discovery and Innovation – creativity and innovation from the genesis of ideas through to the dissemination of knowledge

Citizenship – empower and enable each member to positively contribute to the greater good

Diversity and Inclusion – across and among our staff, student, campuses and disciplines

Lifelong Learning – valuing learners at all stages of life and striving to provide an intellectually rewarding educational truth

Collaboration and Collegiality – united in a common purpose and respecting each other abilities

History and Tradition – celebrating the Faculty and University's history with pride – our people, achievements and contributions to society.



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DEAN'S MESSAGE



The Faculty of Kinesiology, Sport, and Recreation at the University of Alberta is one of the premier faculties of its kind in the world. 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, teachings 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!

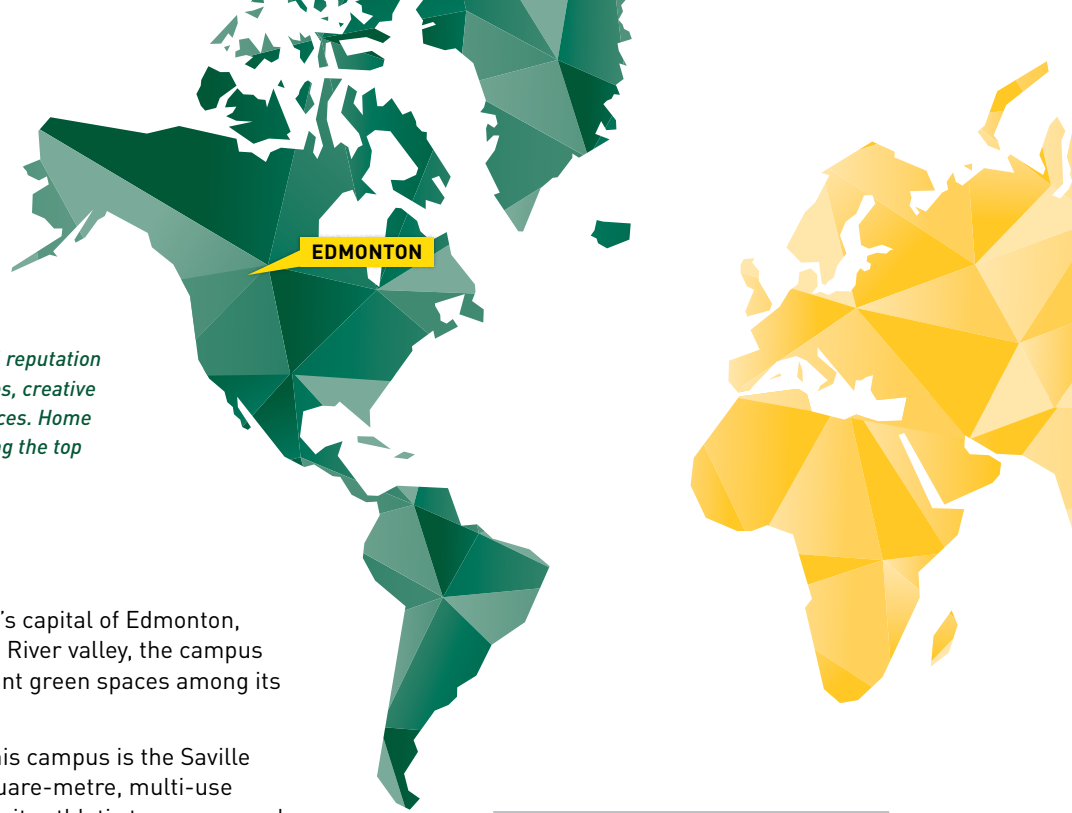
W. Kerry Mummery

PhD | FASMF | Professor and Dean



UALBERTA FAST FACTS

The University of Alberta has an international reputation for excellence across the humanities, sciences, creative arts, business, engineering, and health sciences. Home to 38,000 students, the university ranks among the top five in Canada and the top 100 worldwide.



CAMPUSES

North Campus: Located in the province's capital of Edmonton, on the edge of the North Saskatchewan River valley, the campus covers about 50 city blocks with abundant green spaces among its 150 buildings.

South Campus: A prominent sight on this campus is the Saville Community Sports Centre, a 32,516-square-metre, multi-use recreation centre that is home to 14 varsity athletic teams, several community sports clubs, and the Canadian women's national basketball team. Much of the university's agricultural research in areas such as food safety and crop use for food and industrial products takes place at the Edmonton Research Station.

38,311 students from 148 countries

CLASS SIZES

AMONG THE
SMALLEST AT
MAJOR CANADIAN
UNIVERSITIES

388
UNDERGRADUATE PROGRAMS

500
GRADUATE PROGRAMS

18 FACULTIES

COMMUNITY SERVICE LEARNING

– students gain hands-on experiences and draw real-life connections to social issues while giving back to the community.

Close to 450
students groups

ARE ACTIVE ON CAMPUS IN
NEARLY EVERY AREA OF INTEREST:
ACADEMIC, CULTURAL,
RECREATIONAL AND SOCIAL.

GREEN & GOLD UNIVERSITY COLOURS

Inspiration: autumn colours of river valley; prairie land flanked by deep spruce forests

Top 5 in University Rankings in Canada

Academic Ranking of World Universities #5

Centre for World University Rankings #4

Quacquarelli Symonds #4

Times Higher Education #6

Top 150 in World University Rankings

Academic Ranking of World Universities #101-150

Centre for World University Rankings #96

Quacquarelli Symonds #109

Times Higher Education #119



Faculty of Kinesiology, Sport, and Recreation TIMELINE

JANUARY 1, 2018

The Faculty changes its name to the Faculty of Kinesiology, Sport, and Recreation

2015

Campus Recreation changes its name to Campus & Community Recreation to better reflect the services and programs they provide to both the university campus and Edmonton community

2015

The Faculty changes the Bachelor of Physical Education to the Bachelor of Kinesiology

2013

The Faculty introduces the first Master of Coaching degree. The Faculty was and still is the only Canadian university to offer a master's degree specializing in coaching

1996

PhD in Recreation and Leisure Studies is inaugurated

1983

The Division of Support Services was created to manage the Van Vliet Complex. The divisions were Golden Bears and Pandas Athletics, Campus Recreation and Operations

1978

The first Master of Arts degree in Recreation is established

1976

The Faculty changes its name to the Faculty of Physical Education and Recreation

1968

The Faculty creates the Department of Recreation Administration

1967

The first PhD program in Physical Education begins (first such doctoral degree in the Commonwealth)

1964

The status changed from School to Faculty, making it the first Faculty of its kind in the Commonwealth

1954

The Department of Physical Education became the School of Physical Education

1945

The name Pandas was established for the female varsity teams

1945

The Faculty is first established as an academic department within the Faculty of Education

1935

The name Golden Bears was established for men's varsity teams

1908

Sports teams and organized physical training were part of the University of Alberta's activities since its establishment in 1908, with the varsity ice hockey men's team being the very first high performance team on campus

FACULTY HISTORY

The Faculty of Kinesiology, Sport, and Recreation has been dedicated to improving the quality of life and health of our communities through physical activity, sport and recreation for more than 50 years. First established as an academic department within the Faculty of Education, the Faculty has evolved over the years, educating and training generations of researchers, coaches, teachers, kinesiologists and sport, recreation and leisure professionals.

Comprising three distinct, yet integrated units—academics, Golden Bears and Pandas Athletics and Campus & Community Recreation—our faculty offers a unique academic opportunity to interweave our studies and research with unique applied and interdisciplinary opportunities both in and out of the classroom. This has enabled the Faculty to achieve and maintain a stellar reputation both in Canada and internationally.



Physical Education Faculty Members, 1951

FACULTY BY THE NUMBERS

\$3,789,365 TOTAL
IN RESEARCH FUNDING

Faculty is over
50 YEARS
OLD

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

Ranked **7th** in the world
for **Sports-Related Subjects**

(AS PER THE 2018 QS WORLD
UNIVERSITY RANKING BY SUBJECT)

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

2

Canada
Research Chairs

VALUE OF SPORT AND
RECREATION FACILITY SPACE:

\$250,000,000



223 Canada West
Championships

4,177

youth athletes
participate annually
IN THE GREEN & GOLD SPORT CAMPS

1,004
UNDERGRADUATE
STUDENTS

128
GRADUATE
STUDENTS

VALUE OF ALL GRADUATE
AND UNDERGRADUATE
SCHOLARSHIPS AWARDED:
\$878,880

33 UNDERGRADUATE SCHOLARSHIPS
AWARDED PER YEAR

1.6 MILLION visitors through
Physical Activity and Wellness Centre annually

ONLY
MASTER OF COACHING
graduate degree in Canada

351
STUDENTS
gained experience at the
Steadward Centre through
practicum placements, Community
Service Learning courses and
volunteer placements

Graduate students from:
CANADA, BRAZIL,
CHILE, CHINA, FINLAND,
IRAN, JAPAN, KOREA,
KYRGYZSTAN, NORWAY,
UNITED KINGDOM and
UNITED STATES

AVERAGE OF
\$7.65 MILLION
in donations received
annually

555,000

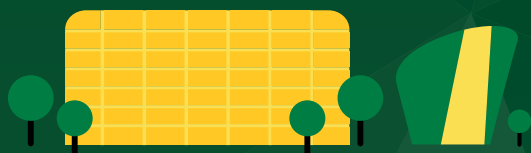
HANSON FITNESS AND LIFESTYLE CENTRE
VISITORS ANNUALLY

500 STUDENT ATHLETES
on **22** varsity sport teams

TOTAL OF
2,100 club sport athletes
across 24 different Club Sports



GOLDEN BEARS AND PANDAS ATHLETICS have
won at least one national championship
team title 25 years in a row.



32,755.56
SQUARE FEET
OF HARDWOOD
ACTIVITY SPACE

+
and

11,279.87
SQUARE FEET OF
HARDWOOD IN THE
RACQUET COURTS

=
for a
total of

44,035.43
SQUARE FEET OF
HARDWOOD IN THE
VAN VLIET COMPLEX



RESEARCH

The Faculty of Kinesiology, Sport, and Recreation offers a world-class research environment. Our professors, postdoctoral fellows, graduate and undergraduate students conduct research that makes valuable contributions to society – locally, provincially, and internationally.

The Faculty offers seven areas of research:

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. Our adapted physical activity researchers use a range of innovative approaches drawn from the fields of sport, recreation, dance, creative arts, nutrition, medicine, and rehabilitation.

Coaching & Sport Psychology

Researchers in this area study participation and performance in sport (from youth sport to elite sport) using psychological, management and sociocultural perspectives. Our researchers look at coaches, athletes, parents and sport systems.

Health Psychology and Behavioral Medicine

Health psychology and 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.

Neuroscience and Movement

Researchers in this area study a broad range of topics, from biomechanics to basic neurophysiological processes required for movement and sensation to the interaction between how the body moves and thinks.

RESEARCH HIGHLIGHTS



\$3.8 million

in total research funding annually

KERRY COURNEYA Tier 1 Canada Research Chair in Physical Activity and Cancer

TANYA BERRY Tier II Canada Research Chair in Physical Activity Promotion

VALERIE CARSON Canadian Institute of Health Research New Investigator Award

MARGARET DAVENPORT-STEINBACK Heart and Stroke National New Investigator Award

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).

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.

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.



“Cancer is one of the most feared and difficult diseases of our time. If my research can help patients cope with the disease and treatments, improve their quality of life, and maybe even improve survival, then it will be worth all the time and effort.”

PROFESSOR PROFILE: KERRY COURNEYA

When Dr. Kerry Courneya first began his research program in the early 1990s, physical activity was not recognized as an important component of cancer care. Since then, Kerry has effectively changed the landscape of exercise oncology research through substantial contributions to advancing knowledge and translating his research into improved health outcomes for cancer patients. As a professor in the Faculty of Kinesiology, Sport, and Recreation and as Canada Research Chair in Physical Activity and Cancer, Kerry’s vision is to have physical activity programs implemented as an essential component of cancer care. His research focuses on understanding how physical activity may help cancer patients prepare for, cope with and recover after treatments, and improve long-term survival.

Over his career, Kerry has conducted some of the most influential studies that have had substantial impact on both research and practice. One such study, coined the AMBER (the Alberta Moving Beyond Breast Cancer) Study, is the first prospectively designed cohort study examining the associations between objectively-measured physical activity, sedentary behavior, health-related fitness and breast cancer outcomes in 1,500 newly diagnosed breast cancer patients. Starting in 2012, the AMBER Study includes a 15-year follow-up plan. To-date, Kerry and colleagues have recruited over 1,300 breast cancer patients and have follow-up data on 90% of patients. So far, results have demonstrated that patients are willing and able to complete an extensive and physically demanding exercise program soon after breast

cancer diagnosis. Kerry is also conducting trials in colon cancer patients (CHALLENGE Trial), prostate cancer patients (INTERVAL Trial and ERASE Trial) and rectal cancer patients (EXERT Trial).

The trials Kerry has executed throughout his career have demonstrated the safety and efficacy of physical activity for improving health-related fitness and quality of life in various cancer patient groups during and after treatments. Over the past decade, Kerry has shifted the focus of his work to lead pivotal studies designed to change clinical practice by focusing on cancer outcomes (i.e., disease recurrence, progression, and death from cancer). The goal of which is to use evidence to have physical activity be adopted into widespread clinical oncology practice.

Not only is Kerry passionate about translating research results into practice, he is a highly valued mentor to the next generation of exercise oncology researchers. Many of Kerry’s graduate students have gone on to very successful careers, where they carry on his research vision through studies of their own. Kerry’s contributions to exercise oncology are world-renown, and have earned him recognition as one of the most prolific and impactful researchers in his field. Having published over 500 refereed journal articles and been cited over 25,000 times (Scopus), and being dedicated to translating knowledge into practice, Kerry has made a significant impact on not only the physical activity and cancer research field, but on the lives of patients who have benefited from his life’s work.

UNDERGRADUATE PROGRAMS

Bachelor of Kinesiology (BKin) – A multidisciplinary degree that focuses on the study of physical activity, exercise, health and sport. In this program students select one of the following majors: Adapted Physical Activity, Physical Activity and Health, Sport Performance, Sport Coaching, or a self-designed Individualized Major.

Bachelor of Science in Kinesiology (BScKin) – A science degree specifically focusing on how exercise and physical activity affect health and the human body, with emphasis on the biological and physical sciences. BScKin students study human movement as it relates to the enhancement of human performance, promotion of health, and the prevention and management of chronic disease.

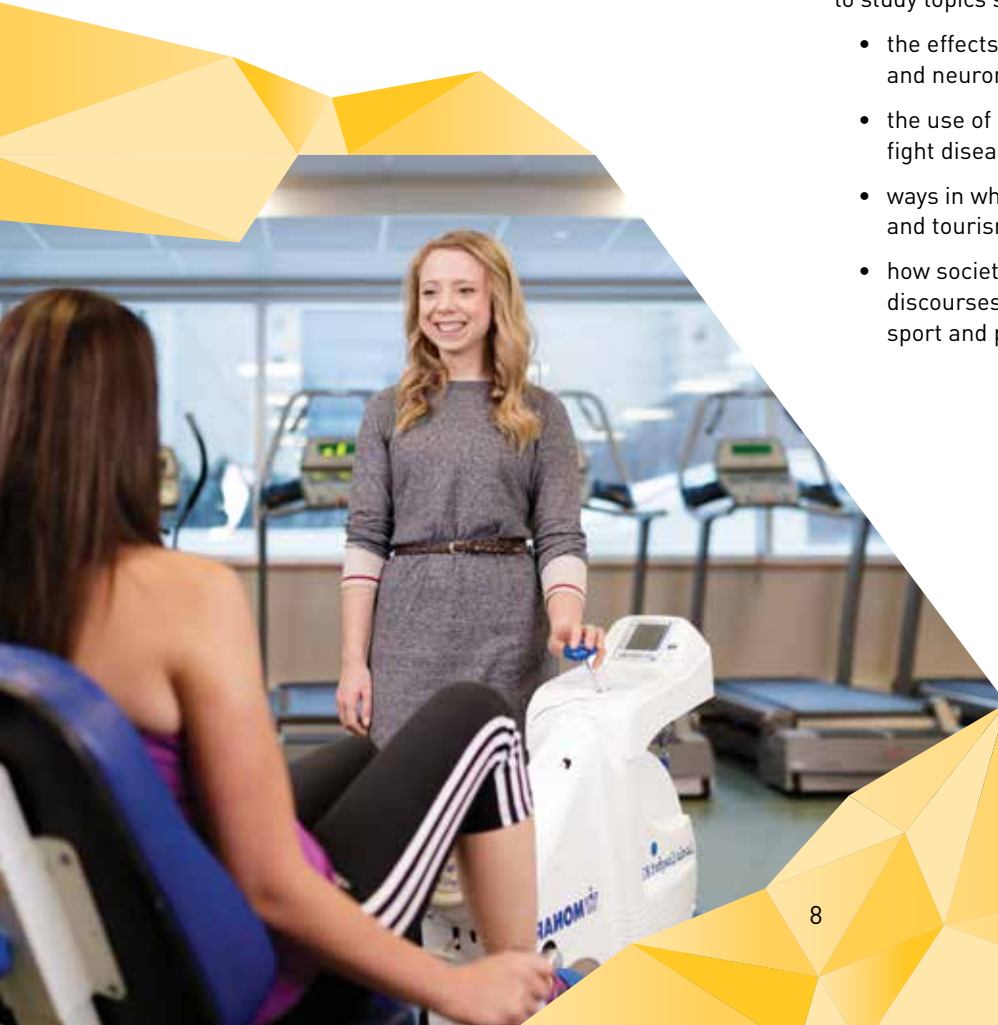
Bachelor of Kinesiology/Bachelor of Education (BKin/BEd) – A five year combined degree focusing on preparing graduates to teach physical education. This program is offered jointly with the Faculty of Education with both elementary and secondary routes. The five year program combines an interest in human movement, exercise science and athletic movement with a professional degree in Education.

Bachelor of Arts in Recreation, Sport, and Tourism (BARST) – A liberal arts degree focusing on the relationship between leisure and enhanced quality of life. BARST students explore the wide world of recreation and leisure. 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.

Professional Practicum – An important element of our undergraduate programs is the requirement for a practicum experience (with the exception of the BKin/BEd combined degree). This is a non-paid work-experience program in which students are placed with an approved agency. The ideal practicum placement will provide students with a work experience that complements their pattern or concentration, previous work and volunteer history as well as their personal learning objectives.

Undergraduate Research – Faculty of Kinesiology, Sport, and Recreation undergraduate students have the unique opportunity to be involved in the Faculty's world-class research environment. Working alongside outstanding principal 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



UNDERGRADUATE STUDENT SPOTLIGHTS



Sarah Forand

BACHELOR OF SCIENCE IN KINESIOLOGY

What makes the Faculty of Kinesiology, Sport, and Recreation unique?

"The energy and friendliness of the students in the faculty is one of the greatest things about it. If you attend Orientation, you will certainly be drawn to the Kinesiology, Sport, and Recreation students. They are dressed in tight-and-bright, running around and greeting each other with hugs! Our faculty is small, so the students quickly become close, unlike other faculties where every class is a whole new set of people. I come from a graduating class of 60, and I did not know anyone in the faculty when I started. By the end of my first year, I had friends that I am still very close with!"



Donovan Jang

BACHELOR OF KINESIOLOGY

What attracted you to your program?

"The idea of studying a field that appealed to many of my interests was very attractive. I love the idea of not completely separating personal life from work, as I believe that for work to be enjoyable, it should involve what I enjoy outside of the work environment as well. I also talked to several graduates from the faculty who were professionals such as physical education teachers, occupational therapists, and physiotherapists. The common theme amongst all these people was that they very much enjoyed their time as a Bachelor of Kinesiology student, which further encouraged me to start on a similar path."



Mathew Blundell

BACHELOR OF ARTS IN SPORT, RECREATION AND TOURISM

Why did you choose the Faculty of Kinesiology, Sport, and Recreation for your undergraduate degree?

"After high school, I spent years travelling and trying to decide what I wanted to do for a career. Eventually I settled on chasing a dream job in the downhill mountain biking industry. While living in Toronto, I was working for a technician in the industry and he told me it would be a good idea to get some more practical experience as well as a degree in sport tourism or recreation to give me an advantage coming into the industry. I was initially interested in kinesiology and was looking to enter the Faculty for that program. However, while researching the Faculty I found the Bachelor of Arts in Sport Recreation and Tourism degree and decided that that fit my needs more specifically for what I wanted to do, and on top of that it would allow me to study some of the arts that I also have a passion for."



GRADUATE PROGRAMS

Master of Science

This full-time thesis-based program allows students to explore knowledge in the areas of exercise physiology and biochemistry; biomechanics; neurophysiology; behavioral medicine; and analysis of human movement and motor control.

Master of Arts

This program is offered in both a thesis- and course-based format and allows students to explore knowledge in areas such as recreation and leisure studies; exercise and sport psychology; tourism; active, healthy children; sociocultural studies of sport and leisure; and sport management.

Master of Coaching

This course-based program allows students to advance their knowledge and understanding of coaching through a curriculum tailored to student specific learning needs.

Doctor of Philosophy

This research-intensive program prepares graduates to be independent scholars, inspirational teachers, and highly qualified leaders in their academic and professional careers. Doctoral students can study in any one of our Faculty's seven areas of research.

The Faculty of Kinesiology, Sport, and Recreation is committed to providing graduate assistantship funding to new and continuing students in return for service to the Faculty. This service may be in the form of teaching, research, or other academic duties.



120
GRADUATE STUDENTS



\$2.1 MILLION

has been awarded to the Faculty's graduate students in the past three years in the form of scholarships, awards, and graduate assistantships.

GRADUATE STUDENT SPOTLIGHTS



Farshid Mirzaalian

Hailing from Esfahan, Iran, Farshid Mirzaalian is a third-year tourism marketing PhD student. Studying under the supervision of Dr. Elizabeth Halpenny, Farshid's research investigates social media analytics in hospitality and tourism, which combines collecting, analyzing, and interpreting social media data for tracking trending topics, sentiment analysis and spatial analysis of user-generated contents.

After completing his MBA at Yazd University, Farshid decided to further pursue studies on the marketing aspects of tourism. It was during his search of the top-ranked North American universities for hospitality, tourism and recreation he came across the graduate programs at the Faculty of Kinesiology, Sport, and Recreation.

"I found that the recreation research domain within the Faculty fit perfectly with my research areas of interest. Once I began my PhD studies, I was impressed by the Faculty's interdisciplinary approach in doing scientific research."

As an international student, Farshid had a lot to consider when he first started studying at the University of Alberta, including cultural and societal adjustments. It has been through the Faculty's focus on student employment through their service areas that Farshid was able to handle these adjustments.

"Working as a student-employee with Campus & Community Recreation and the International Summer School Program not only helps me with my PhD research, but has helped with language constraints and familiarizing myself with the cultural and social settings of Edmonton and Canada. I encourage any international students studying in the Faculty to take advantage of these great student-employee opportunities!"



Rachel Skow

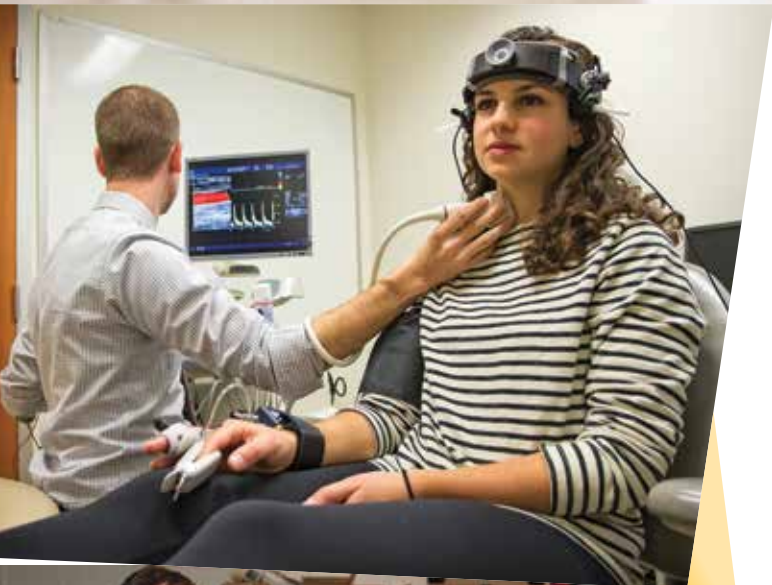
For PhD student Rachel Skow, coming to the Faculty of Kinesiology, Sport, and Recreation meant she would be provided a unique research opportunity studying integrative physiology. Rachel currently studies in the Program for Pregnancy and Postpartum Health under the supervision of associate professors, Dr. Margie Davenport and Dr. Craig Steinback. Her PhD research has her leading a clinical trial (PEACH Study) to determine whether blood pressure control is affected by exercise during pregnancy.

According to Rachel, the Program for Pregnancy and Postpartum Health is the only research lab in Canada where she can study exercise physiology in pregnancy with a focus on the nervous and cardiovascular systems.

"Studying at the University of Alberta has not only provided me with this unique opportunity to work in this incredible lab, but it has also allowed me to meet and interact with academics and students in this field I may not have met if I had attended a different institution."

Rachel's positive experience with the Faculty isn't limited to just her academic work. She notes that the annual graduate student conference, ReCon, has opened doors both professionally and personally.

"ReCon is a great place for students to share our research with one another and to work on skills outside of our main research disciplines. It has helped me build a strong network of colleagues with whom I can interact with on a personal and professional level now and hopefully into the future."



LAB SPOTLIGHTS

Work Physiology Laboratory

The Work Physiology Laboratory investigates the physical demands of emergency response occupations such as structural firefighting, wildland firefighting, military occupations, law enforcement and search and rescue. The laboratory also conducts physical aptitude evaluations for firefighter applicants and other physically demanding trades.

Sport and Health Assessment Centre

The Sport and Health Assessment Centre (SHAC) provides fitness testing services for central and northern Alberta general research communities. SHAC researchers provide expertise in the areas of physiology, psychology, biomechanics and administration. Graduate students in the Faculty are often involved in ongoing projects and may use SHAC clients for research programs involving client populations.

Human Neurophysiology Laboratory

Led by professor Dr. David Collins, researchers in the Human Neurophysiology Laboratory focus on understanding how the nervous system controls human movement. The goal of their work is to lead to a better understanding of how signals from sensory receptors and the brain are involved in the neural control of human movement, and to use this information for the development of rehabilitation strategies for people with movement disorders.



CENTRES

The Steadward Centre for Personal and Physical Achievement

The Steadward Centre for Personal & Physical Achievement actively supports inclusion and independence for children, youth and adults living with impairments through programming, knowledge-sharing, research, education and collaboration with local, national and international organizations. A dedicated team of staff, students and volunteers provide opportunities for over 780 individuals living with impairment to achieve their personal fitness, physical activity and/or athletic goals across The Steadward Centre's five key program areas—Adult Fitness and Recreation, Athlete Development for Paraspport, Community Exercise Transition Program, Free2BMe Physical Activity for Kids and Teens with Disabilities, and Functional Electrical Stimulation (FES) exercise. An additional 600 students and professionals were reached through 50 community workshops.

Alberta Centre for Active Living

The Alberta Centre for Active Living (ACAL) plays a critical knowledge-translation role in providing reliable, evidence-based physical activity information to practitioners, decision-makers, organizations and communities across Alberta and Canada. ACAL offers a number of resources to help inform sport, recreation and physical activity professionals including: conducting and reporting results on the Alberta Survey on Physical Activity; hosting the annual Physical Activity Forum in Calgary and Edmonton; developing infographics and creating and disseminating the Physical Activity Counselling Toolkit for practitioners working with clients who are sedentary, have difficulty maintaining regular physical activity and/or have chronic diseases.

The Sport Performance Centre

Designed as a unique training centre and living laboratory, the Sport Performance Centre (formally the High Performance Training and Research Centre) incorporates the Faculty's sport research and sport science expertise with varsity-, provincial- and national-level athletes who are continuing their sport development and preparing for competition at the highest level. The Sport Performance Centre provides opportunities for our undergraduate and graduate students to engage with our renowned academic staff and some of Canada's most successful interuniversity athletic programs. Students are provided practical, hands-on learning experiences in sport conditioning while developing an understanding of sport science research.



CERTIFICATES

GRADUATE CERTIFICATES

Indigenous Sport and Recreation Certificate

The Indigenous Sport and Recreation Certificate is designed to help working professionals gain a deeper understanding of the cultural context of Indigenous communities through sport and recreation. Offered in partnership between the Faculty of Kinesiology, Sport, and Recreation and the Faculty of Native Studies the focus of this certificate is to provide professionals with the skills and knowledge to better understand and help build healthy Indigenous communities through sport and recreation.

Sport and Recreation Management Certificate

The focus of the Sport and Recreation Management Certificate is to enhance management and leadership skills in the fields of recreation, sport, community services and health that ultimately enhance the quality of life of individuals and communities through the provision of recreation, sport, and health programs, services, and facilities as well as increase the organizational effectiveness of sport and recreational organizations or entities.

UNDERGRADUATE CERTIFICATES

Research Certificate in Kinesiology

The Research Certificate in Kinesiology provides students in the BScKin or BKin degree programs an opportunity to build unique expertise in research through their undergraduate program. This certificate is designed for students in the Faculty of Kinesiology, Sport, and Recreation.

Certificate in Aboriginal Sport and Recreation

This certificate will produce the next generation of leaders in Aboriginal sport and recreation by providing students with a flexible and innovative environment that emphasizes academic excellence and experiential learning. The Certificate in Aboriginal Sport and Recreation is jointly administered by the Faculty of Kinesiology, Sport, and Recreation and the Faculty of Native Studies.

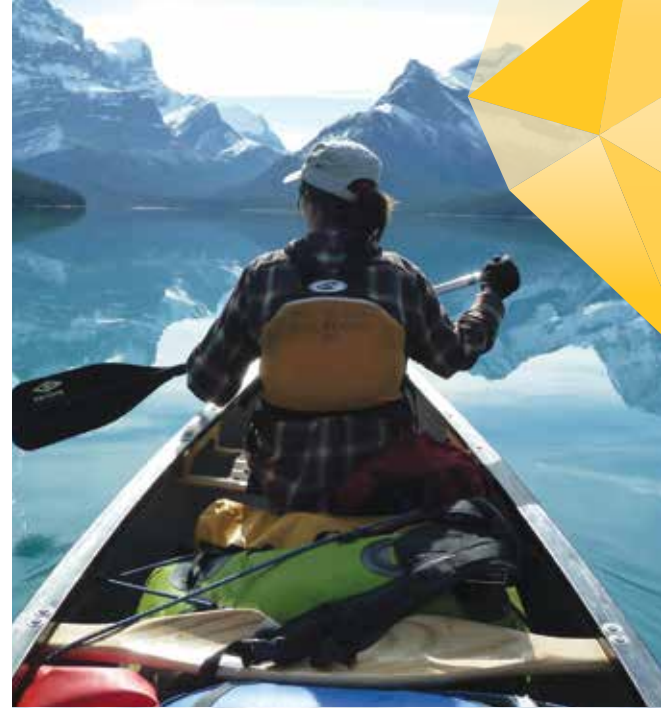


MOUNTAINS 101

Mountains 101 is a 12-lesson Massive Open Online Course (MOOC) teaching a comprehensive overview of Mountain Studies. Mountains 101 covers an interdisciplinary field of study focusing on the physical, biological and human dimensions of mountain places in Alberta, Canada and around the world.

This course provides students with a broad and integrated overview of the mountain world where they will:

- study the geological origins of mountains, how they're built-up and worn-down over time
- learn about their importance for biodiversity and water cycles, globally and locally
- explore their cultural significance to societies around the globe, and how that relationship has evolved over time
- learn how mountains are used, how they're protected, and how today they're experiencing rapid change in a warming climate



HIGHLIGHTS

#1 Science MOOC*


#3 MOOC of all time*

OVER 22,800 REGISTRANTS

120 COUNTRIES

*RATED BY CLASS CENTRAL'S BEST ONLINE COURSES 2017





“Humans have just one planet, one place to live. We need to work harder to consider the costs of our consumption of the planet’s resources, curb unsustainable use, and seek equitable access for all.”



PROFESSOR PROFILE: ELIZABETH HALPENNY

For associate professor Dr. Elizabeth Halpenny, promoting sustainable communities and conservation of cultural and natural heritage have been the guiding principles of her life’s work. Before joining the Faculty of Kinesiology, Sport, and Recreation in 2006, Elizabeth spent the four years between her Masters and PhD studies working for The International Ecotourism Society (TIES)—a nonprofit organization dedicated to promoting ecotourism. Elizabeth’s work with TIES had her partner with entrepreneurs, government agencies, donor programs and communities to advance sustainable development through nature-based tourism by leading professional training workshops, conferences and international funding summits. Her time with TIES also saw Elizabeth engage in a number of research-practice firsts, such as the development of the First International Guidelines on Marine Ecotourism Best Practices. She also documented and published the first international financial survey of Ecolodges—tourism accommodation facilities dedicated to the sustainability principles and in support of nature conservation.

Bringing forth a wealth of experience to the Faculty, Elizabeth has focused her teaching and research on the areas of tourism, marketing, environmental psychology, community-based recreation and protected-areas management during her time at the University of Alberta. She also effectively shares her career passions with graduate and PhD students under her supervision. Over the span of her 12-year career with the Faculty, Elizabeth has published over 34 articles and

book chapters, many of which she has used to inform her promotion of sustainable communities and conservation of cultural and natural heritage.

“Humans have just one planet, one place to live. We need to work harder to consider the costs of our consumption of the planet’s resources, curb unsustainable use, and seek equitable access for all. Many of my tourism and protected areas research projects employ ideas from environmental and conservation psychology to assist with this mission.”

Elizabeth uses her research to inform her role as a champion for the Canadian Parks community. She is currently leading the Pan-Canadian Parks Researcher Network—an interdisciplinary group of researchers dedicated to advancing mobilization of knowledge relating to parks and protected areas—and is a long-time member and current president of the Travel and Tourism Research Association-Canada Chapter, where she works hard to foster communication and collaboration between Canada’s academic scholars, private sector research suppliers and Canadian destinations and attractions.

By effectively communicating research results and advocating for Canadian sustainable tourism, Elizabeth has helped enhance our understanding of how people’s attachment to places through recreation and tourism experiences shape their loyalty to and stewardship of recreation, parks and tourism destinations. Her work, and the work of the students she mentors, helps advance tourism excellence and a vibrant national tourism sector.



COMMUNITY SERVICE LEARNING

Kinesiology students create Community Service Learning Projects with multiple sclerosis community

Community Service Learning (CSL) students in KIN 372: Neuroscience Considerations for Adapted Physical Activity had the opportunity to work and make a difference with four community partners—Northern Alberta MS Clinic, Parkinson’s Alberta, Movement Disorders & Deep Brain Stimulation Clinic and Spinal Cord Injury Alberta groups—while reflecting and putting their experiences in context within a university course. These community partnerships provide opportunities for students to use critical thinking to meet and interact with community members that are living with particular neurologic impairments such as multiple sclerosis, Parkinson’s disease, and spinal cord Injury.

Steadward Centre Student Placements

As an academic centre, the Steadward Centre provides a diverse range of learning opportunities and volunteer experiences across all our program areas, supporting students in the areas of kinesiology, physical education, recreation, science, nursing, rehabilitation medicine and coaching. Students develop skills, put learning to practice and earn certifications to support their future careers in the area of sport, recreation and fitness. As a designated Community Service Learning (CSL) partner, the Steadward



Centre’s CSL placements integrate community-based experiences into the course curriculum and encourage students to apply course material in new situations.

Play Around the World

Play Around the World (PAW) is a service-learning course offered by 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.



STUDY LOOKS TO TRACK CANADIANS IN THEIR NATURAL ELEMENT

Learning where and why Canadians recreate would help make this essential aspect of life in Canada even better.

Recreation is an integral part of Canadian identity, yet little research has been done to understand where and why Canadians flock to the great outdoors, thereby finding ways to enhance this rite of passage.

“Access, naturalness and the amount of infrastructure plays a major role in people’s preferred recreation settings,” says Howie Harshaw, associate professor in the Faculty of Kinesiology, Sport, and Recreation. “Ultimately, it’s very important that everyone has a space where they can freely participate in the outdoor recreational activities of their choosing.”

According to the 2012 Canadian Nature Survey, 70 per cent of Canadians engage in outdoor recreation. Harshaw adds, understanding people’s recreation preferences and motivations is important for land-use managers when planning how much land should be used for recreation, how much should be set aside for conservation purposes and how much should be used for a combination of both.

To determine these recreation land-use parameters, Harshaw will work with three recreation activity groups—rock climbers, big-game hunters and bird watchers—and will seek to answer the following questions:

1. To what degree do someone’s social groups and networks influence their recreational setting preferences?
2. How do people’s environmental attitudes influence their recreation preferences, and, in turn, do their recreation preferences change their attitudes about the environment?

3. How much does the recreation specialization framework—the understanding of recreation participation in terms of commitment to activities, and the skills developed specific to recreational activities—influence someone’s identity? Do people who frequently rock climb consider themselves a “rock climber” as opposed to an accountant or whatever their profession may be?

Harshaw chose to work with the three activity groups by design, as all three groups participate in specialized forms of nature-based recreation. Rock climbers, for instance, use nature as the physical means of their activity whereas big-game hunters and bird watchers interact with nature and wildlife for consumptive and non-consumptive purposes respectively. The difference in their interactions with outdoor recreation could ultimately reflect different outcomes, which provides balance for the research project.

The outcomes of this research will ideally guide informed decisions for how land-use managers and governing bodies such as Alberta Environment and Parks plan and manage for outdoor recreation. For Harshaw, this information is vital for maintaining the important balance between providing recreation spaces for Canadians and preserving nature areas.

“I’m a firm believer that access to outdoor recreation is a right that all Canadians have. We have to find ways to manage that right responsibly so that we’re not damaging the environment too much, while providing opportunities for people to get out and experience the benefits of being in and interacting with nature.”



VOICES OF INDIGENOUS YOUTH GUIDE BETTER SPORT AND RECREATION OPPORTUNITIES

Research points to four youth-identified key considerations for sport and recreation program planners and policy makers working with Indigenous youth.

Incorporating Indigenous cultures, traditions and connections to the land is one of four key recommendations policy makers and program planners should consider when developing sport and recreation opportunities for Indigenous youth, according to a recent University of Alberta study.

Led by associate professor Tara-Leigh McHugh, a systematic review of 20 Canadian-based sport and recreation studies have resulted in four key considerations that are embedded in the voices of over 400 Indigenous youth.

“Our main criteria when we started the review were that we wanted qualitative research that was grounded in the voices of Indigenous youth,” says McHugh, a researcher in the Faculty of Kinesiology, Sport, and Recreation. “It’s one thing for us (researchers) to tell you the benefits of sport and recreation, but when you actually hear from Indigenous youth either their positive or negative experiences with sport and recreation, it really drives the research home.”

From the analysis of the data—which saw McHugh and her team screen more than 400 studies before narrowing it down to the 20 used to pull the data—the following youth-led considerations were identified:

1. Incorporate Indigenous cultures, traditions and connections to the land

Participants described how they were able to connect to activities that are more cultural and traditional, with one young woman stating access to traditional dances, practices, teaching and ceremonies help her feel more spiritual. In another study, a young man stated that “sport means being outside.”

2. Develop opportunities that build upon the strong relationships with family and other Indigenous community members

McHugh notes a constant theme throughout the testimonials was that Indigenous youth described how relationships with family or community members made their sport and recreation experiences more enjoyable.

3. Focus on opportunities that facilitate potential holistic benefits

Many of the youth quoted in McHugh’s paper articulated a deep understanding of the potential emotional, physical, mental and spiritual benefits of sport and recreation.

4. Address multiple levels of barriers

Despite the many potential benefits of sport and recreation, many of the youth in the studies noted various barriers that negatively impact their experiences, most notably racism, financial constraints and access to facilities, spaces and programs.

According to McHugh, the key considerations can play a vital role on sport and recreation policy and program planning.

“There seems to be an increased interest to ensure our programs in Canada are inclusive and welcoming for Indigenous youth. If policy makers and programmers take a closer look at the research supporting the considerations, they will see that these four points can be the first step in creating that inclusive, safe environment and, in turn, create a fulfilling and meaningful experience for Indigenous youth.”

FACILITIES

The University of Alberta is home to a wide range of world-class sport and recreation facilities and amenities that are operated and programmed by the Faculty of Kinesiology, Sport, and Recreation. With over 750,000 square feet of space spanning 37 sport facilities located on two campuses, students, staff and community members have access to some of the best-equipped facilities for teaching, research, sport and recreation of any university in Canada.

NORTH CAMPUS

Located on North Campus, the Van Vliet Complex (VVC) is the hub of physical activity at University of Alberta. The complex houses a variety of major recreation and sport facilities and as a result is a centralized location for all student, staff and Faculty programs and services. Our most recent facility construction is the Physical Activity and Wellness (PAW) Centre. The facility features the Hanson Fitness & Lifestyle Centre, the Wilson Climbing Centre and the increasingly popular student gathering space, Social Street.



The Van Vliet Complex includes:

- Aquatics Centre featuring two pools
- Clare Drake Arena with one sheet of ice and seating for 2,600
- Wilson Climbing Centre features a 7,000 sq. ft. high wall loft, 2,700 sq. ft. bouldering lounge and a rappel tower
- Hanson Fitness and Lifestyle Centre, 27,000 sq. ft. of activity space
- Universiade Pavilion (Butterdome), 64,00 sq. ft. of floor space, 5,500 spectator seating, 200m track
- Two large gymnasiums
- Three studios with multi-purpose floors
- Three studios with hardwood floors including the Dorothy Harris Dance Studio
- One Spin studio
- One rowing studio
- 12 Squash/Racquetball courts

SOUTH CAMPUS

A unique pod of facilities is located on South Campus at the University of Alberta. These facilities—Foote Field and Saville Community Sports Centre—are large scale, world-class spaces covering over 500,000 sq. ft. of indoor and outdoor sporting experiences. Programming offered on South Campus has a unique community flavor, adding to the distinct experience.

Foote Field is a multi-use sport training and competition facility, designed for football, track and field and soccer. Built as a legacy of the 2001 World Championships in Athletics and named after University of Alberta sprinter Eldon Foote, the facility hosts regional, provincial, national and international competitions in addition to grassroots community programming.

Saville Community Sports Centre is a state-of-the-art recreation facility that provides programming and services for sport enthusiasts of all levels, from recreational athletes to Olympic champions. The Centre includes:

- A 3,000 sq. ft. Fitness Centre
- 9,000 sq. ft. High Performance Training and Research Centre
- Tennis Centre with 8 indoor courts, designated a Tennis Canada National Tennis Development Centre
- Curling Rink with 10 sheets of curling ice, designated a Curling Canada National Training Centre
- 12 premiere FIBA-size basketball courts
- Up to 25 hardwood volleyball courts
- 30,000 sq. ft. gymnastics centre





CAMPUS & COMMUNITY RECREATION

The role of Campus & Community Recreation (CCR) is to support communities (students, staff, Faculty and community members) to explore and enhance their physical, mental, emotional and spiritual well-being through physical and social activity.

From student employment opportunities to physical and social programming, CCR engages with students, helping them develop skills that will last a lifetime. Working for and/or participating in CCR program opportunities has changed the course of lives, including career choices and healthy social relationships.

Campus & Community Recreation offers a diverse, integrated approach to physical activity programs and services. From physical assessment for personal or work purposes to group or individual programming, and from recreational movement activities to elite athlete training, CCR strives to offer the latest trends in the industry while ensuring quality and care for the communities they serve.

LiveWell is a student-oriented program within CCR that focuses on students' physical and social wellness in an effort to support overall health. Programs are intended to break down barriers to physical and social wellness and engage students in a variety of activities.

Campus & Community Recreation operates and maintains a variety of sport and recreation facilities that serve both the campus and the broader Edmonton communities.





HIGHLIGHTS



24 STUDENT-LED CLUB SPORTS

involving over 2,100 students

OVER 125 GROUP FITNESS PROGRAMS
OFFERED PER TERM



OVER **225** student employment opportunities



11 MARTIAL ART
DISCIPLINES

28 DANCE
DISCIPLINES

INTRAMURALS: 23 different sports, 808 teams competing with over 5,600 participants annually

107 DIFFERENT COURSE OFFERED THROUGH LIVEWELL



ATHLETICS

The University of Alberta Golden Bears and Pandas Athletics is one of Canada’s premier intercollegiate programs. The University of Alberta competes in U SPORTS, and is home to 22 teams and over 500 student-athletes. The Golden Bears and Pandas compete in the sports of Basketball, Cross-Country, Curling, Football, Ice Hockey, Rugby, Soccer, Swimming, Tennis, Track & Field, Volleyball, and Wrestling.

Golden Bear and Pandas Athletics boasts 37 national championships in the past 17 years and sits third all-time with 78 U SPORTS national titles. As well, 49 coaches have won U SPORTS Coach of the Year awards in the last 45 years. Perennial favourites, University of Alberta teams have gone 25 consecutive years with at least one national championship

win. No other school in Canada has an active streak that long. That streak was kept alive in 2017-18 thanks to a record 16th University Cup title by the Golden Bears Hockey program, as well as national championships won by both the Golden Bears and Pandas Curling teams.

As an integrated Faculty, students are able to have hands-on training and experiential learning opportunities through Athletics through positions like; Student Kinesiologists, Game Day Staff, Ticketing, Events Team.

Green & Gold Sport System

The Green & Gold Sport System is an integrated approach to athlete and coach development that spans 18 different sports. It features a comprehensive Athlete Pathway that is built around the Long-Term Athlete Development (LTAD) framework, and is designed to serve participants at every age and stage of their progression. It also features a comprehensive Coach Pathway that incorporates our Faculty’s undergraduate and graduate coach education programs, along with a variety of community outreach initiatives.

The Green & Gold Sport System offers a variety of camps and programs throughout the year that allow young athletes to explore, engage and excel in a variety of sports while also improving their overall athleticism through our innovative AIM Program.

HIGHLIGHTS



81 NATIONAL TITLES

3rd most in Canada

223

**CANADA WEST
CHAMPIONSHIPS**



2,750 ACADEMIC ALL-CANADIANS

most in Canada



121

U SPORTS All-Canadians

OVER THE PAST FOUR SEASONS

(U SPORTS All-Stars)



252

Canada West All-Stars

OVER THE PAST FOUR YEARS



UAB.CA/KSR



**UNIVERSITY OF ALBERTA
FACULTY OF KINESIOLOGY,
SPORT, AND RECREATION**