



Bachelor of Kinesiology

A multidisciplinary degree that focuses on the study of physical activity, exercise, health and sport.

Program

The BKin (Bachelor of Kinesiology) degree in the Faculty of Kinesiology, Sport, and Recreation, 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.



**UNIVERSITY
OF ALBERTA**

Types of Courses

- Human Anatomy
- Integrative Human Physiology
- Physiology of Exercise
- Canadian History of Leisure, Sport & Health
- Research Methods in Kinesiology
- Introduction to Sports Injury Management
- Psychology of Sport & Physical Activity
- Advanced Sociology of Sport & Leisure
- Applied Ethics in Sport, Physical Activity and Exercise
- Applied Resistance Training

For information on subject equivalents for provinces other than Alberta as well as more detailed information on what subjects are eligible in each category, please visit this page and select your province from the drop-down box under the "View Requirements and Cost" heading.



ADMISSIONS

IMPORTANT DATES

- » **OCTOBER 1:** Fall 2022 Undergraduate Application Opens (uab.ca/apply)
- » **JANUARY 12:** Awards Application Deadline
- » **FEBRUARY 15:** Update New Final Marks
- » **MARCH 1:** Fall 2022 Admission Application Deadline
- » **APRIL:** Registration for Fall 2022 and Winter 2023 Semester Courses opens
- » **APRIL 30:** Deadline to Apply to Residence for Guaranteed Housing
- » **MAY 1:** Deadline to Accept Admission Offer (unless otherwise stated) (uab.ca/accept)
- » **AUGUST 1:** Deadline to Submit Admission Documents

Faculty of Kinesiology, Sport, and Recreation

The Faculty of Kinesiology, Sport, and Recreation at the University of Alberta is one of the premier faculties of its kind. We are proud to boast excellence in teaching and research—both of which were recently recognized in the QS World University Rankings by Subject where the Faculty has ranked in the top 10 in the world in Sport-Related Subjects 5 years in a row.

Our strength in research and teaching is our diversity in these areas. Our excellence in research and teaching encompasses work we do in the areas of sport, exercise, physical activity, health, tourism, sport rehabilitation, recreation, sport management and more. Our diversity extends to the aspect of the areas studied - biological, mechanical, behavioural and sociocultural.

Through our research, teaching and various service arms within the Faculty, we pride ourselves on being dedicated to improving the quality of life and the health of our communities through physical activity, sport and recreation for more than 57 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

Professional Practicum Program

During the final year of your program, you will have the opportunity to fuse classroom concepts and theory with practice by completing a required professional practicum (non-paid work experience program) under the guidance and supervision of practitioners in the field. You will receive credit for the practicum toward your degree and build employable skills!

Contact Information

KSR Prospective Student Advisor
ksr.info@ualberta.ca

UAB.CA/KSR

[@UAlbertaKSR](https://www.instagram.com/UAlbertaKSR)



**UNIVERSITY
OF ALBERTA**