



FACULTY OF KINESIOLOGY, SPORT, AND RECREATION

UNDERGRADUATE PROGRAMS



UNIVERSITY OF ALBERTA
FACULTY OF KINESIOLOGY,
SPORT, AND RECREATION

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 100 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 and facilities 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 hands-on experience in their desired areas of interest.

5 The Faculty is ranked top 10 in the World by QS World University Rankings in sports-related studies.



\$250 MILLION
in physical assets



127
GRADUATE STUDENTS

1004
UNDERGRADUATE STUDENTS

63
INTERNATIONAL STUDENTS



4 Undergraduate Degrees,
3 Masters and 1 PhD



571 FACULTY AND
STAFF MEMBERS

17 Full Professors,
15 Associate Professors
7 Assistant Professors
& 6 Lecturers



24 VARSITY
ATHLETICS
TEAMS

22 CLUB
SPORT
TEAMS



Athletics has won
212 CANADA WEST CHAMPIONSHIPS
& 76 NATIONAL CHAMPIONSHIPS



Over 500
STUDENT-ATHLETES



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

OFFERED TO UNIVERSITY STUDENTS, STAFF,
ALUMNI AND COMMUNITY MEMBERS



\$2.6 MILLION

raised through CCR program registration
and membership fees annually



Over 800,000 sq ft
of facility floor space



37

SPORT AND PHYSICAL
ACTIVITY FACILITIES

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

\$4.1M
in research funding



19,000 visits
TO THE
Aquatics Centre

2 MILLION
COMMUNITY VISITS

to South Campus recreation
sport facilities annually



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

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 were recently recognized in the QS World University Rankings by Subject where the Faculty was named #7 in the world in sports-related subjects, up three spots from 2017's rankings.

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

Through our research, teaching and various service arms within the Faculty, we pride ourselves on being dedicated to improving the quality of life and the health of our communities through physical activity, sport and recreation for more than 50 years.

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."



Shannell Corrodas Brown- BARST

What makes this faculty unique?

"Our faculty is a smaller one at the University of Alberta but we are so diverse! There are a variety of educational opportunities from the various professors, varsity coaches and graduate students that lend their knowledge to our faculty. The research that is conducted within our faculty is also one of a kind as it spans across various disciplines and is the best of it's kind in Canada. Our dedication to research also allows for more interaction with the public, which means we get opportunities to learn outside of the classroom."

What attracted you to your degree program?

"I chose the BARST degree for the recreation portion of the program, more specifically for recreation therapy. The U of A is one of the few schools in Alberta that offers courses to become a fully certified rec therapist. The structure of the program also allowed me to take classes that would supplement a career in therapeutic recreation such as anatomy, physiology and multiple psychologies."



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



FOUR UNDERGRADUATE DEGREES

Bachelor of Kinesiology (BKin)

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

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.

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.

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

A liberal arts degree focusing on the relationship between leisure and enhanced quality of life.



ADMISSIONS

Bachelor of Kinesiology (BKin)

- English Language Arts 30-1
- 2 from either Humanities, Languages other than English* and/or Math/Sciences
- 1 from either Fine Arts, Physical Education or Math/Sciences
- 1 from Science 30, Computing Science 35 AP, Computing Science ADV, Mathematics 30-2, 30-1 or 31, Biology 30, Physics 30 or 35 AP, Chemistry 30

Bachelor of Science in Kinesiology (BScKin)

- English Language Arts 30-1
- Chemistry 30
- Mathematics 30
- 1 from either Physical Education, Math/Sciences or Biology 30
- 1 from either Physics AP 35 and/or Physics 30

Bachelor of Kinesiology/Bachelor of Education (BKin/BEEd)

- English Language Arts 30-1
- 2 from either Humanities, Languages other than English* and/or Math/Sciences
- 1 from either Fine Arts, Physical Education or Math/Sciences
- 1 from Science 30, Computing Science 35 AP, Computing Science ADV, Mathematics 30-2, 30-1 or 31, Biology 30, Physics 30 or 35 AP, Chemistry 30

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

- English Language Arts 30-1
- 1 from either Humanities, Languages other than English*, Physical Education, or Math/Sciences
- 1 from either Fine Arts, Humanities or Languages other than English*
- 1 from either Humanities, Languages other than English* or Math/Sciences
- 1 from Biology 30, Physics 30 or 35 AP, Chemistry 30, Mathematics 30-2, 30-1 or 31, Computing Science ADV or 35 AP, or Science 30

**Only 1 "Language other than English" is allowed for admission purposes*

ADMISSION INFORMATION AT
ualberta.ca/start



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 & Health
- KIN 209** Research Methods in Kinesiology
- KIN 240** Introduction to Sports Injury Management
- KIN 303** Psychology of Sport & Physical Activity
- KRLS 304** Advanced Sociology of Sport & Leisure
- KIN 401** Applied Ethics in Sport, Physical Activity and Exercise
- PAC 490** Applied Resistance Training

Admission information at
ualberta.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; Sport Coaching, or a self-designed Individualized Major.

Career opportunities:

- Kinesiologist
- Exercise and Fitness Specialist
- Strength and Conditioning Specialist, Coach
- 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 Aboriginal 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).



TYPES OF COURSES IN THIS DEGREE

- KIN 100** Human Anatomy
- KIN 101** Introduction to Human Physiology
- KIN 103** Integrative Human Physiology
- MATH 114** Elementary Calculus
- 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
ualberta.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.

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 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.



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 & Learning
- PAC 320** Structure and Strategy of Games
- KRLS 371** Assessment & Evaluation in Physical Activity for Children & Youth
- EDPY 410** Ethics and Law in Teaching Youth and Children

Admission information at
ualberta.ca/start

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

The **BKin/BEEd 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.

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

Admission information at
ualberta.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.

Career opportunities:

- Recreation Therapist
- 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 \$400,000 in new and continuing student scholarships and awards each year. In addition to this is \$22 million in scholarships and awards provided centrally across the University of Alberta.



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. In the Faculty of Kinesiology, Sport, and Recreation, we take pride on our CSL programs such as The Steadward Centre's CSL placements, KIN 372: Neuroscience Considerations for Adapted Physical Activity and our Play Around the World program.

Interative 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 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.



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, New Zealand, and Australia. You will be able to gain UAlberta 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 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.

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 described in her essay how Norwegian infrastructure has evolved. "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".



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 non-paid work experience program in which you are placed with an approved agency where you work under the supervision and guidance of practitioners in the field. Students have the opportunity to fuse classroom concepts with real-life situations and gain resume building experience.

Your practicum is typically 14 weeks in duration, spanning one term. Every effort is made to place you with an agency that matches your interests, ensuring a quality practicum which will give you firsthand experience in your chosen field.

Many excellent practicum opportunities are available in Alberta and Canada, and we also encourage students to consider international placements 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 Bear 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



RECREATION AND ATHLETICS

Comprising of three distinct, yet integrated units — Academics, Athletics and Campus & Community Recreation — our faculty offers a unique academic opportunity for students to interweave their studies and research with unique applied and interdisciplinary opportunities, inside and outside 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, wide-ranging, consistent 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

Athletics and Campus & Community Recreation 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.




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