This program emphasizes the social sciences aspects of physical activity, sport, active leisure and health. It provides the knowledge and skills required to play a leading role in developing, promoting and implementing programs, policies and positive lifestyle behaviours for different populations in a variety of settings. Students will have the opportunity to do experiential education internships in a community venue, or do a research project supervised by faculty.

Graduates of this program will gain theoretical and applied knowledge from disciplines such as sociology, psychology, pedagogy/coaching, leisure studies and administration, as well as foundational understandings of the biophysical aspects of human movement.

This degree can lead to graduate studies in human kinetics and teacher education, and to Certifications from the Coaching Association of Canada and the Canadian Society for Exercise Physiology (personal trainer).

**INTERNSHIP EXPERIENCE**

APA 4211 - Internship/Clinical Experience
With over 150 different organizations in the Nation's Capital Region

**ACADEMIC & CAREER PATHWAYS**

**CAREER OPPORTUNITIES**

- Sport and recreation management
- Development of recreation services and fitness programs in the community
- Health and physical activity promotion
- Sport coaches
- Teachers of physical and health education
- Mental performance consultants in high performance sport

**GRADUATE STUDIES**

- Human Kinetics
- Sports Management
- Intervention and Consultation
- Education

**CHOSE HUMAN KINETICS AT UOTTAWA**

- The Faculty of Health Sciences offers exceptional internship and career placement opportunities and is located close to government, industry leaders and a vast hospital network.
- We are a cross-road of languages and cultures and the largest bilingual university in the world.
- The University of Ottawa ranks among the top 2% of universities in the world and top 10 best universities in Canada, with state-of-the-art learning and research facilities, and a French Immersion Stream.
- The uOttawa main campus is right in downtown Ottawa #BywardMarket.
- A brand new light rail station right on campus with a transit pass included in your tuition fees.
- Ottawa ranks 1st among Canadian cities for quality of life.
### COURSE SEQUENCE

#### FALL

**YEAR 1**
- APA 1313  
  Musculoskeletal Anatomy
- ENG 1100  
  Workshop in Essay Writing
- LSR 1100  
  Introduction to Leisure Studies
- PSY 1101  
  Introduction to Psychology: Foundations OR
- PSY 1102  
  Introduction to Psychology: Applications
- Elective

30 units

**YEAR 2**
- APA 2111  
  Intervention Theories
- APA 2120  
  Motor Control and Learning
- APA 2140  
  Introduction to Sport and Exercise Psychology
- APA 2302  
  History of Sport and Physical Activity in Canada
- APA 2315  
  Introduction to Applied Biomechanics

30 units

**YEAR 3**
- APA 3118  
  Recreation, Sport and Community Development
- APA 3381  
  Measurement and Data Analysis in Human Kinetics
- APA  
  Optional (3000/4000)
- APA  
  Optional (3000/4000)
- Elective

30 units

**YEAR 4**
- APA 4200  
  Research Project OR
- APA 4211  
  Internship/Clinical Experience
- APA  
  Optional (3000/4000)
- APA  
  Optional (3000/4000)
- Elective

30 units

#### WINTER

**YEAR 1**
- APA 1122  
  Health: A Global Perspective
- APA 1302  
  Sociology of Sport and Physical Activity in Canada
- ENG 1112  
  Technical Report Writing OR
- ENG 1120  
  Literature and Composition I: Prose Fiction OR
- ENG 1121  
  Literature and Composition II: Drama and Poetry
- SOC 1101  
  Principles of Sociology OR
- SOC 1106  
  Exploring Diversity in Canada
- Optional course

**YEAR 2**
- APA 2134  
  Administration of Leisure, Sport and Physical Activity Services
- APA 2180  
  Research Methods in Human Kinetics
- APA 2312  
  Physiology of Physical Activity
- Elective
- Elective

**YEAR 3**
- APA 3301  
  Ethics in Sport, Physical Activity and Health in Canada
- APA  
  Optional (3000/4000)
- APA  
  Optional (3000/4000)
- Elective
- Elective

**YEAR 4**
- APA 4200  
  Research Project OR
- APA 4211  
  Internship/Clinical Experience
- APA  
  Optional (3000/4000)
- APA  
  Optional (3000/4000)
- Elective
- Elective

### ADMISSIONS UOTTAWA

**InfoAdmission**
Tabaret Hall | 75 Laurier Avenue East, Room 109
Ottawa, ON K1N 6N5 Canada
Tel.: 613-562-5700 | Toll free: 1-877-868-8292
uottawa.ca/undergraduate-admissions/

### FACULTY OF HEALTH SCIENCES

**Academic Office**
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