

BHK

Honours Bachelor in Human Kinetics

EMPLOYMENT RATE

93.2% - 96.6%

EXCEEDING PROVINCIAL
AVERAGE

OPTIONS

Management & Governance ● Intervention, Promotion & Community Programming

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

CHOOSE 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.



uOttawa

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Program Length: **4 YEARS**

Languages: **FRENCH | ENGLISH**

COURSE SEQUENCE

	FALL	WINTER
YEAR 1 30 units	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 30 units	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 30 units	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • APA 3301 Ethics in Sport, Physical Activity and Health in Canada • APA Optional (3000/4000) • APA Optional (3000/4000) • Elective • Elective
YEAR 4 30 units	<ul style="list-style-type: none"> • APA 4200 Research Project OR • APA 4211 Internship/Clinical Experience • APA Optional (3000/4000) • APA Optional (3000/4000) • Elective • Elective 	<ul style="list-style-type: none"> • 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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