

BScHK

Honours Bachelor of Science in Human Kinetics

EMPLOYMENT RATE

93.2% - 96.6%

EXCEEDING PROVINCIAL
AVERAGE

OPTIONS

Applied Studies in Kinesiology ● Fundamental Studies in Movement Sciences

The Honours Bachelor of Science in Human Kinetics emphasizes the biophysical sciences of human kinetics, with a focus on the role that biological, anatomical, musculoskeletal, and neuro-motor systems have on motor performance, and the impact of sport and physical activity on the body.

It provides the knowledge, skills and techniques required for you to play a leading role in developing and implementing evidence-based approaches that maintain and improve human movement, and lead to positive health outcomes for different populations in a variety of settings.

While the program focuses on disciplines such as anatomy, biomechanics, exercise physiology, motor control and psychomotor behaviour, it also provides an understanding of how the social sciences contribute to human movement and performance. Students have the opportunity to do experiential education internships in a community venue, or do a research project supervised by faculty.

This degree can lead to admission to graduate studies in human kinetics and advanced degrees in allied health and rehabilitation sciences such as physiotherapy and occupational therapy, medicine, or chiropractic studies. Potential additional certifications: College of Kinesiologists of Ontario (Registered Kinesiologist), Canadian Society for Exercise Physiology (Certified Personal Trainer, Certified Exercise Physiologist).



INTERNSHIP EXPERIENCE

APA 4211 - Internship/Clinical Experience

With over 150 different organizations in the Nation's Capital Region

ACADEMIC & CAREER PATHWAYS

CAREER OPPORTUNITIES

- Kinesiologist
- Personal trainer
- Exercise physiologist
- Laboratory coordinator or assistant
- Sport coaches
- Teachers of physical and health education

GRADUATE STUDIES

- Health Sciences
- Human Kinetics
- Rehabilitation Sciences
- Medicine
- Epidemiology

CHOOSE HUMAN KINETICS AT UOTTAWA



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.



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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 1161 Introduction to Biophysical Aspects of Human Movement • APA 1313 Musculoskeletal Anatomy • BIO 1130 Introduction to Organismal Biology • CHM 1311 Principles of Chemistry • ENG 1100 Workshop in Essay Writing OR • ENG 1112 Technical Report Writing 	<ul style="list-style-type: none"> • ANP 1105 Human Anatomy and Physiology I • BIO 1140 Introduction to Cell Biology • CHM 1321 Organic Chemistry I • APA Optional (1000/2000) • Elective
YEAR 2 30 units	<ul style="list-style-type: none"> • APA 2120 Motor Control and Learning • APA 2140 Introduction to Sport and Exercise Psychology • MAT 1330 Calculus for the Life Sciences I • PHY 1321 Principles of Physics I • Elective 	<ul style="list-style-type: none"> • APA 2114 Biomechanical Analysis of Human Movement • APA 2180 Research Methods in Human Kinetics • APA 2301 Exercise Physiology • APA 2314 Laboratory Techniques in Exercise Physiology and Biomechanics • APA Optional (1000/2000)
YEAR 3 30 units	<ul style="list-style-type: none"> • APA 3381 Measurement and Data Analysis in Human Kinetics • APA Optional (3000/4000) • APA Optional (3000/4000) • Science Optional • Elective 	<ul style="list-style-type: none"> • APA 3120 Psychomotor Behaviour Laboratory • 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) • Elective • 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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