HONOURS BACHELOR OF HUMAN KINETICS, INTERVENTION, PROMOTION AND COMMUNITY PROGRAMMING OPTION

Students will acquire knowledge and have opportunities to apply what they learn to interventions and policy making that enrich peoples’ lives through physical activity, sport and leisure. They will gain theoretical and practical training in why and how to encourage people to become more active and how to better peoples’ experiences in various contexts. Students will critically examine how interventions and policies lead to improved health, well-being, development, learning, and performance in individuals and society, and will learn to develop, implement and evaluate programs. Students will receive training informed by social sciences (e.g., psychology, sociocultural, pedagogy, leisure studies). They will have opportunities to acquire motivational and consulting skills to work with individuals in different contexts. For example, they can learn behavioural change techniques to promote physical activity, or how to work with athletes to prepare them for competition.

Students will have opportunities to gain competencies in leading group interventions in sport coaching, recreation programming, and teaching physical activity. They can gain training that will allow them to contribute to the strategic promotion of healthy physical activity in communities, that can be applied to interventions and programming across the lifespan (from young children to older adults), in established and under-represented populations (e.g., persons with disabilities, at-risk youth). Students will have opportunities to gain skills in critical inquiry they will use to question whether interventions or social policies address individual, social and environmental considerations, and to facilitate change in current approaches.

Studies in this area of interest enable our graduates to pursue various career-paths in intervention, promotion and programming in physical activity, sport and leisure. The emphasis of our program on both foundational knowledge and also how knowledge translates into action enables our graduates to pursue different occupational roles. For example, our graduates can become leaders in the development of recreation services and fitness programs in the community (e.g., community clubs, campus recreation departments, employee wellness programs), sport coaches, teachers of physical and health education in schools, mental performance consultants in high-performance sport (e.g., sport academies), and exercise consultants and health promoters working in community health centres. Our graduates can find roles in developing persuasive messages for ‘Active Living’ or ‘Get Fit’ media communications, and they can become advocates promoting the health benefits of physical activity, sport and leisure to policy-makers in the public, private and non-profit sectors. Our graduates can also pursue research-based or professional-based graduate degrees relating to interventions in physical activity, sport and leisure.

This program is offered in English and in French.

Program Requirements
The French immersion stream is available with this program.
6 course units from:  
- APA 4200  Research Project
- APA 4211  Internship/Clinical Experience

15 optional course units at the 3000 or 4000 level from the list of optional courses

**Elective Courses**

33 elective course units  
33 Units  
or 3 elective course units and a minor

Total: 120 Units

**List of Optional Courses**

APA 3113  Management of Sporting Events and Festivals  3 Units
APA 3119  Coaching Training Methods  3 Units
APA 3120  Psychomotor Behavior Laboratory  3 Units
APA 3121  Human Motor Skill Development  3 Units
APA 3122  Physical Activity and Health  3 Units
APA 3123  Hockey and Canadian Culture  3 Units
APA 3124  Diet and Physical Activity  3 Units
APA 3125  Prevention and Care of Athletic Injuries  3 Units
APA 3130  Motor Performance and Aging  3 Units
APA 3131  Physical Ergonomics  3 Units
APA 3142  Sociology of Health in Canada  3 Units
APA 3146  Sport and Recreation Marketing  3 Units
APA 3150  Neural Control of Human Movement  3 Units
APA 3311  Musculoskeletal Biomechanics  3 Units
APA 3324  Techniques and Strategies in Sport  3 Units
APA 3325  Fitness Training Principles  3 Units
APA 4101  Anthropology of Sport and Leisure  3 Units
APA 4112  Political Economy of Sport and Physical Activity  3 Units
APA 4115  Sport and Identities  3 Units
APA 4116  Applied Sport and Performance Psychology  3 Units
APA 4117  Quality of Life: Theory, Research and Application  3 Units
APA 4120  Sport and physical activity in aging populations  3 Units
APA 4131  Psychomotor Behavior: Current Trends  3 Units
APA 4313  Exercise and Disease Prevention  3 Units
APA 4320  Advanced Coaching: Global Preparation in a Sport  3 Units
APA 4323  Selected Topics in Human Kinetics  3 Units
APA 4900  Directed Studies  3 Units
LSR 3105  Recreation Resources Conservation  3 Units
LSR 3116  Leisure Counselling  3 Units