HONOURS BSC IN HUMAN KINETICS

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).

Program Requirements

The French immersion stream is available with this program.

Requirements for this program have been modified. Please consult the 2017-2018 calendars (http://catalogue.uottawa.ca/en/archives) for the previous requirements.

Basic skills
3 course units from:
- ENG 1100 Workshop in Essay Writing 3 Units
- ENG 1112 Technical Report Writing 3 Units

Compulsory Courses in Human Kinetics at the 1000 level
- APA 1161 Introduction to Biophysical Aspects of Human Movement 3 Units
- APA 1313 Musculoskeletal Anatomy 3 Units
- APA 2114 Biomechanical Analysis of Human Movement 3 Units

Compulsory Courses in Human Kinetics at the 2000 level
- APA 2120 Motor Control and Learning 3 Units
- APA 2140 Introduction to Sport and Exercise Psychology 3 Units
- APA 2180 Research Methods in Human Kinetics 3 Units
- APA 2301 Exercise Physiology I 3 Units

Compulsory Courses in Human Kinetics at the 3000 level
- APA 2314 Laboratory Techniques in Exercise Physiology and Biomechanics 3 Units
- APA 3120 Psychomotor Behavior Laboratory 3 Units
- APA 3381 Measurement and Data Analysis in Human Kinetics 3 Units

Optional courses
3 course units from:
- ANP 1107 Human Anatomy and Physiology III 3 Units
- BIO 2110 Environmental Physiology 3 Units
- BIO 2133 Genetics 3 Units
- CHM 2120 Organic Chemistry II 3 Units

6 course units from:
- APA 1122 Health: a Global Perspective 6 Units
- APA 1302 Sociology of Sport and Physical Activity in Canada 6 Units
- APA 2111 Intervention Theories 6 Units
- APA 2134 Administration of Leisure, Sport and Physical Activity Services 6 Units
- APA 4200 Research Project 6 Units
- APA 4211 Internship/Clinical Experience 6 Units

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

Elective courses
30 elective course units 30 Units

or a minor

Total: 120 Units

List of Optional Courses

- APA 3111 Intervention Observation and Experimentation 3 Units
- APA 3113 Management of Sporting Events and Festivals 3 Units
- APA 3114 Exercise Physiology II 3 Units
- APA 3116 Principles of Coaching 3 Units
- APA 3119 Coaching Training Methods 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 3142 Sociology of Health in Canada 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
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<th>Course Code</th>
<th>Course Title</th>
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<tr>
<td>APA 4117</td>
<td>Quality of Life: Theory, Research and Application</td>
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<tr>
<td>APA 4118</td>
<td>Biomechanical Basis of Injury</td>
<td>3</td>
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<td>APA 4123</td>
<td>Physical Activity Counselling</td>
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<td>APA 4131</td>
<td>Psychomotor Behavior: Current Trends</td>
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<td>APA 4145</td>
<td>Sport and Recreation Marketing</td>
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<td>APA 4150</td>
<td>Principles in Psychomotor Rehabilitation</td>
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<td>APA 4160</td>
<td>Fitness Testing and Exercise Prescription</td>
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<td>APA 4313</td>
<td>Exercise and Disease Prevention</td>
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<td>Advanced Coaching: Global Preparation in a Sport</td>
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<td>Selected Topics in Human Kinetics</td>
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