HONOURS BACHELOR OF HUMAN KINETICS, MANAGEMENT AND GOVERNANCE OPTION

Students will acquire knowledge and have opportunities to apply what they learn in various types of organizations and contexts related to sport, leisure and physical activity. They will gain theoretical and practical training in governance and management principles, related to planning, policy making, marketing, entrepreneurship, and communications. Students will critically examine the impacts of organizations, sport events and festivals, and learn to evaluate the influence of policy relating to sport, leisure and physical activity, on individuals and society.

Students will acquire the management skills needed to understand the Canadian sport system, its organizations and people. For example, they will gain an enriched understanding of governmental, for-profit, and non-profit organizations in sport and leisure, ranging from local to international organizations in professional sport, municipal recreation departments, sport events, and the commercial sector. Students will receive training informed by social sciences (e.g., management, sociocultural, leisure studies, psychology). Management courses will give students opportunities to gain competencies in the planning, organizing, marketing, leadership, and evaluation of sport, leisure and recreation organizations and events. Students will acquire cutting-edge knowledge and skills related to the latest developments in branding and marketing a sport, leisure or recreation organization, and managing volunteers in a sport event or festival. Sociocultural courses will enable students to learn about historical and contemporary issues affecting how people interact in organizations and in society. Students will have opportunities to understand the reasons behind current situations and gain skills in critical inquiry they can use to facilitate change in organizations.

Graduates will have developed management skills allowing them to better integrate into the workplace upon graduation and contribute to their organization and society. They will have acquired skills to provide advocacy and recommendations to policy and decision-makers at all levels of the sport system, from the municipality to Sport Canada, and international sport organizations. Our graduates will also have gained interpersonal, networking, and critical thinking skills, which will benefit their job marketability. They can pursue career-paths in various segments of the sport, leisure and recreation industries (government, non-profit or for-profit) at the local, regional, national and international levels. The emphasis of our program on both foundational knowledge but also how knowledge translates into action enables our graduates to pursue different occupational roles. For example, our graduates can take on leadership, management, and governance roles in local and national amateur sport organizations (e.g., sport clubs, university athletics department, Olympic sport organizations), event organizations (e.g., FIFA Women’s World Cup Canada 2015), professional sport teams and government departments (e.g., Sport Canada, provincial and municipal recreation departments). Our graduates can also pursue research-based or professional-based graduate degrees.

This program is offered in English and in French.

Program Requirements
The French immersion stream is available with this program.

Basic skills
ENG 1100 Workshop in Essay Writing 3 Units
3 course units from:
ENG 1112 Technical Report Writing
ENG 1120 Literature and Composition I: Prose Fiction
ENG 1121 Literature and Composition II: Drama and Poetry

Compulsory Courses at the 1000 level
APA 1122 Health: a Global Perspective 3 Units
APA 1302 Sociology of Sport and Physical Activity in Canada 3 Units
APA 1313 Musculoskeletal Anatomy 3 Units
LSR 1100 Introduction to Leisure Studies 3 Units

Compulsory Courses at the 2000 level
APA 2134 Administration of Leisure, Sport and Physical Activity Services 3 Units
APA 2180 Research Methods in Human Kinetics 3 Units
APA 2302 History of Sport and Physical Activity in Canada 3 Units
LSR 2118 Recreation Program Development and Evaluation 3 Units
LSR 2121 Recreation and Environmental Quality 3 Units
LSR 2122 Tourism 3 Units
LSR 2312 Principles of Leadership in Recreation 3 Units

Compulsory Courses at the 3000 level
APA 3113 Management of Sporting Events and Festivals 3 Units
APA 3146 Sport and Recreation Marketing 3 Units
APA 3301 Ethics in Sport, Physical Activity and Health in Canada 3 Units
APA 3381 Measurement and Data Analysis in Human Kinetics 3 Units

Compulsory Courses at the 4000 level
APA 4112 Political Economy of Sport and Physical Activity 3 Units
APA 4119 International Sport Management Perspectives 3 Units

Optional courses
3 course units from:
PSY 1101 Introduction to Psychology: Foundations
PSY 1102 Introduction to Psychology: Applications
3 course units from:
SOC 1101 Principles of Sociology
SOC 1106 Exploring Diversity in Canada
3 course units from:
PHI 1101 Reasoning and Critical Thinking
PHI 1370 Philosophical Issues in Health Care
PSY 1101 Introduction to Psychology: Foundations
PSY 1102 Introduction to Psychology: Applications
SOC 1101 Principles of Sociology
SOC 1106 Exploring Diversity in Canada

6 course units from: 6 Units
- APA 4200 Research Project
- APA 4211 Internship/Clinical Experience

6 optional course units at the 3000 level from the list of optional courses 6 Units

12 optional course units at the 3000 or 4000 level from the list of optional courses 12 Units

**Elective courses**

30 elective course units 30 Units
or a minor

Total: 120 Units

### List of Optional Courses

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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
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<td>APA 3111</td>
<td>Intervention Observation and Experimentation</td>
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<tr>
<td>APA 3118</td>
<td>Recreation, Sport and Community Development</td>
<td>3</td>
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<td>APA 3119</td>
<td>Coaching Training Methods</td>
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<td>APA 3120</td>
<td>Psychomotor Behavior Laboratory</td>
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<td>APA 3121</td>
<td>Human Motor Skill Development</td>
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<td>APA 3122</td>
<td>Physical Activity and Health</td>
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<td>APA 3123</td>
<td>Hockey and Canadian Culture</td>
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<td>APA 3125</td>
<td>Prevention and Care of Athletic Injuries</td>
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<td>APA 3142</td>
<td>Sociology of Health in Canada</td>
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<td>APA 3150</td>
<td>Neural Control of Human Movement</td>
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<tr>
<td>APA 3311</td>
<td>Musculoskeletal Biomechanics</td>
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<td>APA 4101</td>
<td>Anthropology of Sport and Leisure</td>
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<td>APA 4115</td>
<td>Sport and Identities</td>
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<td>APA 4116</td>
<td>Applied Sport and Performance Psychology</td>
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<td>APA 4117</td>
<td>Quality of Life: Theory, Research and Application</td>
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<tr>
<td>APA 4120</td>
<td>Sport and physical activity in aging populations</td>
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<tr>
<td>APA 4123</td>
<td>Physical Activity Counselling</td>
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<td>APA 4320</td>
<td>Advanced Coaching: Global Preparation in a Sport</td>
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<td>APA 4323</td>
<td>Selected Topics in Human Kinetics</td>
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<td>APA 4900</td>
<td>Directed Studies</td>
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<tr>
<td>LSR 3105</td>
<td>Recreation Resources Conservation</td>
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<td>LSR 3116</td>
<td>Leisure Counselling</td>
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