

# HONOURS BACHELOR OF HUMAN KINETICS - EDUCATION AND COACHING - STUDIES OF SOCIAL ISSUES IN SPORT, PHYSICAL ACTIVITY AND LEISURE OPTION

## Overview

Students will acquire knowledge and have opportunities to apply what they learn to interventions in physical activity, education and coaching that enrich people's lives. They will gain theoretical and practical training in why and how to encourage people to become more active and how to better people's experiences in various contexts of physical activity, education and coaching. Students will critically examine how various intervening roles, especially in teaching and coaching, 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. This option offers an opportunity to improve knowledge and skills in critical analysis of sport, physical activity and leisure. Students 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 education, coaching and roles in promotion and programming of 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 policymakers 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.

The Option in Studies of Social Issues in Sport, Physical Activity and Leisure offers an opportunity to improve your knowledge and skills in critical analysis of sport, physical activity and leisure to help you become an actor of social change in, and through, sport, physical activity and leisure. You will learn about the effect of social issues on sporting, physical and leisure practices as well as the impact of these practices on social change. In the process, you better understand how power relations are enacted in the context of sport, physical activity and leisure as well as understand how these practices become tools of social change.

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
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3 course units from:		3 Units
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ENG 1112	Technical Report Writing	
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ENG 1120	Selected Topics in Literature and Composition	
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### Compulsory Courses at the 1000 level

APA 1122	Physical Activity in a Global Health Perspective	3 Units
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APA 1302	Sociology of Sport and Physical Activity in Canada	3 Units
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APA 1313	Musculoskeletal Anatomy	3 Units
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LSR 1100	Introduction to Leisure Studies	3 Units
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LSR 1105	Leisure in Canadian Society	3 Units
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### Compulsory Courses at the 2000 level

APA 2111	Intervention Theories	3 Units
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APA 2116	Principles of Coaching	3 Units
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APA 2140	Introduction to Sport and Exercise Psychology	3 Units
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APA 2180	Research Methods in Human Kinetics	3 Units
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APA 2302	History of Sport and Physical Activity in Canada	3 Units
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LSR 2118	Recreation Program Development and Evaluation	3 Units
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### Compulsory Courses at the 3000 level

APA 3111	Physical Education Methods: Intervention, Observation and Experimentation	3 Units
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APA 3118	Recreation, Sport and Community Development	3 Units
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APA 3301	Ethics in Sport, Physical Activity and Health in Canada	3 Units
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APA 3381	Measurement and Data Analysis in Human Kinetics	3 Units
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### Compulsory Course at the 4000 level

APA 4123	Physical Activity Counselling	3 Units
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### Optional Courses

3 course units from:		3 Units
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PSY 1101	Introduction to Psychology: Foundations	
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PSY 1102	Introduction to Psychology: Applications	
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This is a copy of the 2024-2025 catalog.

3 course units from:	3 Units
SOC 1101 Principles of Sociology	
SOC 1106 Exploring Diversity in Canada	
3 course units from:	3 Units
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 2120 Motor Control and Learning	
APA 2312 Physiology of Physical Activity	
APA 2315 Introduction to Applied Biomechanics	
3 courseunits from:	3 Units
APA 3119 Coaching Training Methods	
APA 3325 Fitness Training Principles	
12 course units from Studies of Social Issues in Sport, Physical Activity and Leisure:	12 Units
APA 3123 Hockey and Canadian Culture	
APA 3142 Sociology of Health and Physical Activity in Canada	
APA 4101 Anthropology of Sport and Leisure	
APA 4112 Political Economy of Sport and Physical Activity	
APA 4115 Sport and Identities	
APA 4120 Sport and Physical Activity in Aging Populations	
LSR 3105 Parks and Protected Areas	
LSR 3116 Leisure Education/Counselling	
6 cours units from:	6 Units
APA 4200 Research Project	
APA 4211 Internship/Clinical Experience	
<b>Elective Courses</b>	
30 elective course units or a minor	30 Units
<b>Total:</b>	<b>120 Units</b>