HONOURS BACHELOR OF HUMAN KINETICS - RECREATION AND SPORT MANAGEMENT

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

Co-operative education is available with this program.

The French immersion stream is available with this program.

Requirements for this program have been modified. Please consult the 2022-2023 calendars (http://catalogue.uottawa.ca/en/archives/) for the previous requirements.

Basic skills

ENG 1100 Workshop in Essay Writing 3 Units

3 course units from:

ENG 1112 Technical Report Writing
ENG 1120 Selected Topics in Literature and Composition

Compulsory Courses at the 1000 level

APA 1122 Physical Activity in a Global Health 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

3 Units
3 Units
3 Units
3 Units
3 Units
3 Units
3 Units
3 Units
3 Units
3 Units
3 Units
This is a copy of the 2023-2024 catalog.
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: 1 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

1 Students admitted to co-operative education may replace these 6 course units with 6 optional course units in human kinetics (APA) at the 3000 or 4000 level from the list of optional courses.

List of Optional Courses

APA 3111  Intervention Observation and Experimentation 3 Units
APA 3118  Recreation, Sport and Community Development 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 3125  Prevention and Care of Athletic Injuries 3 Units
APA 3142  Sociology of Health and Physical Activity in Canada 3 Units
APA 3150  Neural Control of Human Movement 3 Units
APA 3311  Musculoskeletal Biomechanics 3 Units
APA 4101  Anthropology of Sport and Leisure 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 4123  Physical Activity Counselling 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  Parks and Protected Areas 3 Units
LSR 3116  Leisure Education/Counselling 3 Units