

# HONOURS BACHELOR OF HUMAN KINETICS

The **Honours Bachelor in Human Kinetics** (BHK) emphasizes the social sciences aspects of physical activity, sport, active leisure and health. It provides the knowledge and skills required to play a leading role in developing, promoting and implementing programs, policies and positive lifestyle behaviours for different populations in a variety of settings. Students will have the opportunity to do experiential education internships in a community venue, or do a research project supervised by faculty. Graduates of this program will gain theoretical and applied knowledge from disciplines such as sociology, psychology, pedagogy/coaching, leisure studies and administration, as well as foundational understandings of the biophysical aspects of human movement. This program prepares students to pursue a number of job opportunities in community recreation and sport; socio-cultural studies in leisure and sport; sport and leisure management; coaching in sport; teaching in schools and other settings; sport psychology; and sport, physical activity and health consultancy.

This program is offered in English and in French.

## Program Requirements

The French immersion 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

ENG 1100	Workshop in Essay Writing	3 Units
3 course units from:		3 Units
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	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 2111	Intervention Theories	3 Units
APA 2120	Motor Control and Learning	3 Units
APA 2134	Administration of Leisure, Sport and Physical Activity Services	3 Units
APA 2140	Introduction to Sport and Exercise Psychology	3 Units
APA 2180	Research Methods in Human Kinetics	3 Units
APA 2302	History of Sport and Physical Activity in Canada	3 Units
APA 2312	Physiology of Physical Activity	3 Units
APA 2315	Introduction to Applied Biomechanics	3 Units

### Compulsory Courses at the 3000 level

APA 3118	Recreation, Sport and Community Development	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

### Optional courses

3 course units from:		3 Units
PSY 1101	Introduction to Psychology: Foundations	
PSY 1102	Introduction to Psychology: Applications	

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 4200	Research Project	
APA 4211	Internship/Clinical Experience	

24 optional course units at the 3000 or 4000 level from the list of optional courses	24 Units
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### Elective courses

30 elective course units or a minor	30 Units
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Total:	120 Units
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## List of Optional Courses

APA 3111	Intervention Observation and Experimentation	3 Units
APA 3113	Management of Sporting Events and Festivals	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 3130	Motor Performance and Aging	3 Units
APA 3131	Physical Ergonomics	3 Units
APA 3142	Sociology of Health and Physical Activity 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

*This is a copy of the 2019-2020 catalog.*

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 4118	Biomechanical Basis of Injury	3 Units
APA 4119	International Sport Management Perspectives	3 Units
APA 4120	Sport and Physical Activity in Aging Populations	3 Units
APA 4123	Physical Activity Counselling	3 Units
APA 4131	Psychomotor Behavior: Current Trends	3 Units
APA 4150	Principles in Psychomotor Rehabilitation	3 Units
APA 4160	Fitness Testing and Exercise Prescription	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	Parks and Protected Areas	3 Units
LSR 3116	Leisure Education/Counselling	3 Units