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:

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:

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:

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

Elective courses

30 elective course 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 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

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<td>APA 4115</td>
<td>Sport and Identities</td>
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<tr>
<td>APA 4116</td>
<td>Applied Sport and Performance Psychology</td>
<td>3</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 4118</td>
<td>Biomechanical Basis of Injury</td>
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<td>APA 4119</td>
<td>International Sport Management Perspectives</td>
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<td>APA 4120</td>
<td>Sport and Physical Activity in Aging Populations</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>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>APA 4320</td>
<td>Advanced Coaching: Global Preparation in a Sport</td>
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<td>APA 4323</td>
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<td>APA 4900</td>
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<td>LSR 3105</td>
<td>Parks and Protected Areas</td>
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<td>LSR 3116</td>
<td>Leisure Education/Counselling</td>
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