

# HONOURS BACHELOR OF HUMAN KINETICS

## Coming Soon

Co-operative education will be available with this program. Anticipated date to receive its first cohort is September 1, 2023.

The Honours Bachelor of 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 stream is available with this program.

Requirements for this program have been modified. Please consult the 2019-2020 calendars (<http://catalogue.uottawa.ca/en/archives/>) for the previous requirements

### 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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### Compulsory Courses at the 2000 level

APA 2111	Intervention Theories	3 Units
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APA 2120	Motor Control and Learning	3 Units
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APA 2134	Administration of Leisure, Sport and Physical Activity Services	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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APA 2312	Physiology of Physical Activity	3 Units
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APA 2315	Introduction to Applied Biomechanics	3 Units
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### Compulsory Courses at the 3000 level

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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### 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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3 course units from:	3 Units
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SOC 1101	Principles of Sociology
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SOC 1106	Exploring Diversity in Canada
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3 course units from:	3 Units
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PHI 1101	Reasoning and Critical Thinking
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PHI 1370	Philosophical Issues in Health Care
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PSY 1101	Introduction to Psychology: Foundations
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PSY 1102	Introduction to Psychology: Applications
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SOC 1101	Principles of Sociology
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SOC 1106	Exploring Diversity in Canada
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6 course units from:	6 Units
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APA 4200	Research Project
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APA 4211	Internship/Clinical Experience
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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	30 Units
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or a minor
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Total:	120 Units
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## List of Optional Courses

APA 3111	Intervention Observation and Experimentation	3 Units
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APA 3113	Management of Sporting Events and Festivals	3 Units
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APA 3119	Coaching Training Methods	3 Units
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APA 3121	Human Motor Skill Development	3 Units
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APA 3122	Physical Activity and Health	3 Units
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APA 3123	Hockey and Canadian Culture	3 Units
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APA 3124	Diet and Physical Activity	3 Units
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APA 3125	Prevention and Care of Athletic Injuries	3 Units
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APA 3130	Motor Performance and Aging	3 Units
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APA 3131	Physical Ergonomics	3 Units
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APA 3142	Sociology of Health and Physical Activity in Canada	3 Units
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APA 3146	Sport and Recreation Marketing	3 Units
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APA 3150	Neural Control of Human Movement	3 Units
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APA 3311	Musculoskeletal Biomechanics	3 Units
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APA 3324	Techniques and Strategies in Sport	3 Units
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APA 3325	Fitness Training Principles	3 Units
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*This is a copy of the 2022-2023 catalog.*

APA 4101	Anthropology of Sport and Leisure	3 Units
APA 4112	Political Economy of Sport and Physical Activity	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 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