

# HONOURS BACHELOR OF SCIENCE IN HUMAN KINETICS AND MASTER OF HEALTH SCIENCES PHYSIOTHERAPY

## Overview

The Bachelor's and Master's dual degree programs in Health Sciences have been designed for bilingual students from Francophone minority high schools across Canada (outside Quebec).

## Honours Bachelor of Science in Human Kinetics

This program is offered in French.

The Honours Bachelor of Science in Human Kinetics emphasizes the biophysical sciences of human kinetics, with a focus on the role that biological, anatomical, musculoskeletal, and neuro-motor systems have on motor performance, and the impact of sport and physical activity on the body. It provides the knowledge, skills and techniques required for you to play a leading role in developing and implementing evidence-based approaches that maintain and improve human movement, and lead to positive health outcomes for different populations in a variety of settings. While the program focuses on disciplines such as anatomy, biomechanics, exercise physiology, motor control and psychomotor behaviour, it also provides an understanding of how the social sciences contribute to human movement and performance. Students have the opportunity to do experiential education internships in a community venue, or do a research project supervised by faculty. This degree can lead to admission to graduate studies in human kinetics and advanced degrees in allied health and rehabilitation sciences such as physiotherapy and occupational therapy, medicine, or chiropractic studies. Potential additional certifications: College of Kinesiologists of Ontario (Registered Kinesiologist), Canadian Society for Exercise Physiology (Certified Personal Trainer, Certified Exercise Physiologist).

## Master of Health Sciences Physiotherapy

This program is offered in French.

Physiotherapy is a self-governing profession that promotes fitness, health and wellness. The profession provides frontline client-centered healthcare services to help clients maintain and improve their functional independence; and prevent and manage pain, physical limitations, disabilities, and limits to participation in their activities (Canadian Physiotherapy Association, 2000). The goal of the physiotherapy program is to train bilingual physiotherapists who can serve francophone clients in Ontario and French-speaking communities across Canada and to foster excellence in research and teaching.

The program supports a client-centered approach and focuses on integrating evidence-based results from research on clinical decision-making. The conceptual framework of the program is based on the human movement sciences (kinesiology and pathokinesiology) and the clinical sciences and incorporates the International Classification of Functioning, Disability and Health (ICF) framework as the standard for describing and measuring health and disability.

The MHS in Physiotherapy program runs over six consecutive terms, i.e., two years of full-time study. Students must complete 60 course units and 1,025 placement hours. These mandatory placements can take place in Ottawa-area hospitals, schools and rehabilitation centres or at locations outside the National Capital Region.

The program follows the national physiotherapy curriculum guidelines established by the Canadian Council of Physiotherapy University Programs. Upon completing their education, graduates who wish to register with the College of Physiotherapists of Ontario must successfully complete the Canadian physiotherapy competency examination (Canadian Alliance of Physiotherapy Regulators).

Since the mission of the physiotherapy program is to train bilingual professionals able to serve Francophone populations, the program is only offered in French. However, assignments and exams can be written in either French or English. While French is the language of instruction, some clinical placements, however, take place in French, Bilingual and English settings. Students must therefore have a working knowledge of English.

## Program Requirements

For the most accurate and up to date information on admission requirements, please visit the program prerequisites (<https://www2.uottawa.ca/study/undergraduate-studies/program-prerequisites/>) webpage.

## Honours Bachelor of Science in Human Kinetics

### Compulsory courses at the 1000 level

ANP 1505	Anatomie humaine et physiologie I	3 Units
APA 1713	Anatomie du système locomoteur	3 Units
BIO 1530	Introduction à la biologie des organismes	3 Units
BIO 1540	Introduction à la biologie cellulaire et moléculaire	3 Units
CHM 1711	Principes de chimie	3 Units
CHM 1721	Chimie organique I	3 Units
FRA 1710	Analyse, écriture et argumentation I	3 Units
MAT 1730	Calcul différentiel et intégral pour les sciences de la vie I	3 Units
PHY 1721	Principes de physique I	3 Units

### Compulsory courses at the 2000 level

APA 2514	Analyse biomécanique du mouvement humain	3 Units
APA 2520	Apprentissage et contrôle moteur	3 Units
APA 2540	Introduction au sport et à la psychologie de l'exercice	3 Units
APA 2580	Méthodes de recherche en sciences de l'activité physique	3 Units
APA 2701	Physiologie de l'exercice I	3 Units
APA 2714	Techniques de laboratoire en physiologie de l'exercice et en biomécanique	3 Units

### Compulsory courses at the 3000 level

APA 3520	Laboratoire de psychomotricité	3 Units
APA 3781	Mesure et analyse des données quantitatives en sciences de l'activité physique	3 Units

### Optional courses

3 optional course units from:	3 Units
PSY 1501 Introduction à la psychologie : fondements	
PSY 1502 Introduction à la psychologie : applications	
3 optional course units from:	3 Units
ANP 1507 Anatomie humaine et physiologie III	
BIO 2510 Physiologie environnementale	
BIO 2533 Génétique	
CHM 2520 Chimie organique II	
6 optional course units from:	6 Units
APA 1522 L'activité physique dans une perspective de santé mondiale	
APA 1702 Sociologie du sport et de l'activité physique au Canada	
LSR 1500 Introduction à l'étude du loisir	
APA 2534 Administration des services de loisir, de sport et d'activité physique	
APA 2702 Histoire du sport et de l'activité physique au Canada	
27 optional course units in human kinetics (APA) at the 3000 or 4000 level	27 Units
<b>Total:</b>	<b>90 Units</b>

## Master of Health Sciences Physiotherapy

Requirements for this program have been modified. Please consult the 2023-2024 calendars (<https://catalogue.uottawa.ca/en/archives/>) for the previous requirements.

### Master's with Coursework

#### Compulsory Courses

PHT 5512 Anatomie fonctionnelle du système musculo-squelettique	3 Units
PHT 5513 Biomécanique clinique	3 Units
PHT 5614 Évaluations et interventions de base en musculo-squelettique	4.5 Units
PHT 5621 Douleur, agents physiques et modalités thérapeutiques	4.5 Units
PHT 5622 Fondements de la pratique au niveau du système musculo-squelettique	4.5 Units
PHT 5623 Évaluation, diagnostic et intervention au niveau du système musculo-squelettique	4.5 Units
PHT 5631 Fondements et pratiques au niveau du système cardiorespiratoire	6 Units
REA 5703 Pratiques professionnelles en réadaptation	3 Units
PHT 6511 Évaluation et intervention auprès de personnes ayant des affections multiples I	2.5 Units
PHT 6531 Évaluation et intervention auprès de personnes ayant des affections multiples II	2 Units
PHT 6532 Pratique clinique et enjeux professionnels	3 Units
PHT 6533 Outils diagnostiques spécialisés en physiothérapie	3 Units
PHT 6612 Fondements neurobiologiques du mouvement humain	6 Units
PHT 6613 Évaluation, diagnostic et intervention au niveau du système neurologique	4.5 Units
REA 6503 Pratique factuelle en réadaptation	3 Units

#### Seminar

PHT 6753 Séminaire de recherche	3 Units
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#### Clinical Placements <sup>1</sup>

PHT 5901 Stage I	
PHT 5902 Stage II	
PHT 6903 Stage III	
PHT 6904 Stage IV	
PHT 6905 Stage V	
PHT 6906 Stage VI	

**Total:** **60 Units**

#### Note(s)

1

Six clinical practicums for a total of 1042.5 hours distributed over 29 weeks must be completed as set out by the Canadian Council of Physiotherapy University Programs. Two non-unit post-clinical placement integration activities must also be completed. To participate in the clinical placements, students must provide certain documentation required by agencies, by clinical environments and by the Ontario Ministry of Health, which serve to protect clients and students alike.

### Master's with Coursework and Research Project

#### Compulsory Courses

PHT 5512 Anatomie fonctionnelle du système musculo-squelettique	3 Units
PHT 5513 Biomécanique clinique	3 Units
PHT 5614 Évaluations et interventions de base en musculo-squelettique	4.5 Units
PHT 5621 Douleur, agents physiques et modalités thérapeutiques	4.5 Units
PHT 5622 Fondements de la pratique au niveau du système musculo-squelettique	4.5 Units
PHT 5623 Évaluation, diagnostic et intervention au niveau du système musculo-squelettique	4.5 Units
PHT 5631 Fondements et pratiques au niveau du système cardiorespiratoire	6 Units
REA 5703 Pratiques professionnelles en réadaptation	3 Units
PHT 6511 Évaluation et intervention auprès de personnes ayant des affections multiples I	2.5 Units
PHT 6531 Évaluation et intervention auprès de personnes ayant des affections multiples II	2 Units
PHT 6532 Pratique clinique et enjeux professionnels	3 Units
PHT 6533 Outils diagnostiques spécialisés en physiothérapie	3 Units
PHT 6612 Fondements neurobiologiques du mouvement humain	6 Units
PHT 6613 Évaluation, diagnostic et intervention au niveau du système neurologique	4.5 Units

#### Research Project

PHT 6920 Individual Research Project <sup>1</sup>	6 Units
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#### Clinical Placements <sup>2</sup>

PHT 5901 Stage I	
PHT 5902 Stage II	
PHT 6903 Stage III	
PHT 6904 Stage IV	

PHT 6905 Stage V

PHT 6906 Stage VI

**Total: 60 Units**

## Note(s)

1

The Individual Research Project is an original production which serves to deepen knowledge of an issue related to physiotherapy through research methodology. The topic can be theoretical or applied to the field of study (case study). The Individual Research Project must be presented orally.

2

Six clinical practicums for a total of 1042.5 hours distributed over 29 weeks must be completed as set out by the Canadian Council of Physiotherapy University Programs. Two non-unit post-practicum integration activities must also be completed. To participate in the practicums, students must provide certain documentation required by agencies, by clinical environments and by the Ontario Ministry of Health, which serve to protect clients and students alike.

## Specific requirements for the master's program

### Minimum Requirements

The passing grade in each individual course is C+. S (Satisfactory) is required for each clinical placement.

Two failures (course or clinical placement) results in withdrawal from the program. In the case of a single failure, the failed course or the clinical placement can be repeated the next time the course is offered, but registration for courses or clinical placements for which the failed course or clinical placement is a prerequisite will not be possible. In this case, it will not be possible to complete the program within the prescribed time. Failing the repeated course or clinical placement is considered a second failure.

### Duration of the Program

The program normally runs over 6 consecutive full-time terms. All program requirements are expected to be complete, including the seminar course (PHT 6753) or the Individual Research Project (PHT 6920), within this two-year period.

### Expected Professional Behaviour

As future rehabilitation professionals, you must comply with the requirements of integrity as well as professional ethics in all aspects of your program (courses, clinical placements, projects) during your interactions with colleagues, professors, clinical supervisors, clients, research participants, academic staff, etc. A list of essential skills and qualifications of physiotherapy can be found here ([http://health.uottawa.ca/rehabilitation/sites/health.uottawa.ca.rehabilitation/files/pt\\_skills\\_attributes.pdf](http://health.uottawa.ca/rehabilitation/sites/health.uottawa.ca.rehabilitation/files/pt_skills_attributes.pdf)).

### Requirements for Clinical Placements

You must adhere to the requirements established by the Faculty of Health Sciences Requirements for practical learning activities (<https://www.uottawa.ca/faculty-health-sciences/clinical-education/>) (courses, labs, internships and clinical placements) regarding immunizations, police records and any other training or information required to ensure health and safety in clinical placement settings. It is your responsibility to know these requirements and to abide by them.

Non-adherence to the requirements can have major consequences, including not being able to start a clinical placement and even withdrawal during a clinical placement.

Attendance at clinical placements is mandatory, the abandonment of a clinical placement already started without good reason is a failure. In accordance with the affiliation agreement between the University of Ottawa and the clinical institution: "The organization may terminate an internship in a clinical setting and prohibit a student from continuing it if, in its opinion, the student's behavior represents a potential danger to its customers or patients or has a negative impact on their well-being or on the personnel of the organization". If you are dismissed from a clinical placement by the clinical organization, you will receive a failing grade for this clinical placement.

The clinical placements take place in the Ottawa region as well as in other parts of Ontario and Canada. You may be assigned to a local or out-of-area clinical placement. In some cases, the Consortium National de Formation en Santé (<http://www.cnfs.ca/english/>) (CNFS) may cover part of the travel costs for out-of-area clinical placements.