

Indigenous Sport and Recreation Certificate

What is it?

The focus of this online graduate certificate is the health and well-being of Indigenous People through sport and recreation. The certificate is offered in partnership between the Faculty of Physical Education and Recreation and the Faculty of Native Studies.

The certificate is designed for working professionals who want to gain a deeper understanding of the cultural context of Indigenous communities through sport and recreation. The certificate is delivered using a combination of online instruction, and a one week, face-to-face learning experience that includes attending the annual Alberta Recreation and Parks Association Conference. This certificate is a convenient and affordable way for professionals to get the additional education they need to work respectfully and successfully with Indigenous communities.

The certificate is offered using a cohort model. Students will complete the three courses and face-to-face learning experience together and will take the courses in the prescribed order over a 10 month period. The number of enrollments are limited.

Who is it for?

This program will be of interest to:

- Recreation professionals, Kinesiologists , Exercise Specialists
- Educators, elementary & secondary
- Allied health professionals
- Physicians, Nurses
- Law Enforcement Officials
- Programmers/Program Directors
- Non-profit sport organizations

What knowledge and skills will I gain?

- In-depth study on historical and contemporary issues in the areas of health and wellness, recreation management and physical activities as it relates to Indigenous communities
- Ability to identify and discuss key policies that influence recreation, sport and physical activity programs in Indigenous communities
- Ability to better engage communities
- The potential role of physical activity in the promotion of Indigenous Peoples' holistic health
- Opportunity to meet, connect and learn with others in the cohort and share experiences and knowledge
- Make connections with other leaders in recreation and participate in further professional development by attending and participating in the conference



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What are the requirements?

- Eligible students will have an Undergraduate Degree (if you do not meet this requirement, please contact the Manager, Community Education at percificates@ualberta.ca)
- A minimum of two (2) years related work experience
- A current curriculum vitae/resume
- A letter of intent
- One (1) professional reference letter

What courses will I take?

- **Indigeneity and Settler Colonialism:** This introductory course will cover an outline of historical and contemporary issues relevant to Indigenous Peoples in settler/colonial states
- **Managing Recreation, Sport, and Physical Activity Programs in Indigenous Communities:** In this second course, students will acquire a strong knowledge of management concepts in sport, recreation, and physical activity
- **Indigenous Peoples' Physical Activity:** The third and final course will describe the historical and contemporary roles of physical activity and sport (sport, recreation and leisure practices) in the lives of Indigenous Peoples

How much does the certificate cost?

Tuition is \$5,100 for the three graduate level courses that comprise the certificate, plus non-instructional fees. Registrants are also responsible for the costs associated with the one-week learning experience and attendance and participation in the Alberta Recreation and Parks of Association conference.

The Truth and Reconciliation Report

The certificate supports the recommendations of The Truth and Reconciliation Commission Report which speaks directly to sport, education, and leadership including point number 89- *We call upon the federal government to amend the Physical Activity and Sport Act to support reconciliation by ensuring that policies to promote physical activity as a fundamental element of health and well-being, reduce barriers to sports participation, increase the pursuit of excellence in sport, and build capacity in the Canadian sport system, are inclusive of Aboriginal peoples.*

How do I apply?

Visit UAB.CA/PERCert to begin the application process.

Contact Jill Cameron at percificates@ualberta.ca if you require more information.

