MESSAGE FROM THE DEAN

The Faculty of Kinesiology, Sport, and Recreation at the University of Alberta is one of the premier faculties of its kind. We are proud to boast excellence in teaching and research—both of which were recently recognized in the QS World University Rankings by Subject where the Faculty was named #7 in the world in sports-related subjects, up three spots from 2017’s rankings.

Our strength in research and teaching is our diversity in these areas. Our excellence in research and teaching encompasses work we do in the areas of sport, exercise, physical activity, health, tourism, sport rehabilitation, recreation, sport management and more. Our diversity extends to the aspect of the areas studied - biological, mechanical, behavioural and sociocultural.

Through our research, teaching and various service arms within the Faculty, we pride ourselves on being dedicated to improving the quality of life and the health of our communities through physical activity, sport and recreation for more than 50 years.

We welcome you to explore our extraordinary Faculty, its many facets and outstanding opportunities for study, and see why we are recognized as an expert in physical activity, sport and recreation!

W. Kerry Mummery
PhD | FASMF | Professor and Dean
The University of Alberta, Faculty of Kinesiology, Sport, and Recreation’s International Winter School Program is an interactive program where participating students will have the opportunity to experience North American style teaching, and participate in a variety of activities that will give them an experience of a lifetime!

Students will attend lectures given by Faculty Professors who are experts in their fields from a variety of disciplines.

Students will have the opportunity to participate and try new sports and activities, both in our world-class facilities, but also throughout Edmonton and Alberta. Canadian activities such as climbing, curling, floor hockey and lacrosse will be highlighted.

A number of cultural and sport excursions are planned for students to experience the fantastic summer in Edmonton that truly immerses students in Canadian culture. Students will attend a football game, the City’s largest carnival, numerous parks and outdoor excursions through the River Valley and visit West Edmonton Mall, one of the world’s biggest shopping centres.

Students will also experience one of Canada’s best highlights, the Canadian Rocky Mountains for an overnight excursion that won’t disappoint.
WHY UALBERTA?

**We are one of the top 5** universities in Canada and top 100 in the world!

We are home to state-of-the-art learning and research facilities, award-winning teachers and professors, a warm, welcoming student community, and opportunities for students you won’t find anywhere else.

Come and study in Canada at the University of Alberta! UAlberta is one of Canada’s leading universities, known for innovative research, world-renowned discoveries, and a vibrant and inspiring campus community.
BY THE #’S

$250 MILLION in physical assets

127 GRADUATE STUDENTS

970 UNDERGRADUATE STUDENTS

63 INTERNATIONAL STUDENTS

3 Undergraduate Degrees, 3 Masters and 1 PhD

571 FACULTY AND STAFF MEMBERS

17 Full Professors, 15 Associate Professors & 7 Assistant Professors

$2.6 MILLION raised through CCR program registration and membership fees annually

Over 800,000 sq ft of facility floor space

37 SPORT AND PHYSICAL ACTIVITY FACILITIES

4,500 CHILDREN participate in Green & Gold Sport System annually

$4.1M in research funding

19,000 visits to the Aquatics Centre

2 MILLION community visits to South Campus recreation sport facilities annually

760,000 visitors to the Hanson Fitness and Lifestyle Centre annually

24 VARSITY ATHLETICS TEAMS

22 CLUB SPORT TEAMS

Athletics has won 212 CANADA WEST CHAMPIONSHIPS & 76 NATIONAL CHAMPIONSHIPS

Over 500 STUDENT-ATHLETES

12,208 intramural participants in 49 different sport and physical activities offered to university students, staff, alumni and community members
10 REASONS TO COME AND DISCOVER

1. Edmonton is the capital city of Alberta and one of the fastest-growing cities in Canada with a metro population of over one million.

2. Enjoy city life in a beautiful outdoor environment. You can bike, hike, ski, and more in the river valley.

3. Edmonton is a friendly, multi-cultural city.

4. Exciting weekend road trips! Explore Alberta’s prairies, canyons and mountains.

5. The Alberta blue sky and sunshine - Edmonton is one of the sunniest cities in Canada, even during the winter!

6. Canada’s “Festival City” enjoy live music, art, theatre, carnivals, sports and more.

7. Explore the land dinosaurs used to roam.

8. Experience the breath taking Rocky Mountains - Banff and Jasper National Parks.

9. A creative city where ideas and innovation come to life.

10. Have a great Canadian Experience!

DID YOU KNOW?

Fast facts about Edmonton:

1. The North Saskatchewan River Valley is the largest urban park in North America!

2. National Geographic recently named Edmonton as one of its “Best Summer Trips.”

3. The world-famous Rocky Mountains are only a three-hour drive away.
AREAS OF EXPERTISE - RESEARCH

Faculty teaching and research interests touch on biomechanical, historical, neuromotor, pedagogical, philosophical, physiological, psychological, and sociocultural perspectives of human movement, physical activity, and exercise.

Adapted Physical Activity
Researchers in this area study issues related to children’s and adults’ engagement and inclusion in physical activity, recreation, and sport settings.

Behavioral Medicine
Behavioral medicine combines concepts from medicine and psychology to examine relations between physical activity and health. Some of our researchers in this area also examine links between sedentary behavior and health outcomes.

Coaching & Sport Psychology
Researchers in this area study participation and performance in sport (from youth sport to elite sport).

Neuromuscular
Researchers in this area examine human movement from neurological and neuromuscular perspectives in a range of complex environments among members of different populations.

Sociocultural
The sociocultural area includes a diverse group of researchers who study sociological concepts across a range of human movement contexts, including sport, physical activity, and recreation. This area also includes scholars who study sport, recreation, and public history.

Recreation, Sport & Tourism
Our researchers in this group use a variety of disciplinary perspectives to study issues including sport tourism, outdoor recreation, conservation, and leisure behaviour.

Physiology
Our exercise physiologists examine mechanisms associated with physical activity in a range of different populations, including but not limited to athletes, pregnant women, and individuals in physically demanding professions (e.g., firefighters).
## SAMPLE DAY SCHEDULE

*Schedule is subject to change depending on availability and dates chosen to attend the summer school. Schedules can be customized.*

### WEDNESDAY

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
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<tbody>
<tr>
<td>08:30 - 10:00</td>
<td>Breakfast on campus</td>
</tr>
<tr>
<td>10:00 -12:00</td>
<td>Orientation</td>
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<tr>
<td>12:00 -13:00</td>
<td>Catered lunch and guest speaker</td>
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<tr>
<td>13:00 -15:00</td>
<td>Campus Ambassador Tours</td>
</tr>
<tr>
<td>15:00 - 17:00</td>
<td>Sport and Physical Activity Facility Tours</td>
</tr>
<tr>
<td>17:00 - 18:00</td>
<td>Dinner</td>
</tr>
<tr>
<td>18:00 - 21:00</td>
<td>Free Time</td>
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### THURSDAY

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<tbody>
<tr>
<td>08:30 - 10:00</td>
<td>Breakfast on campus</td>
</tr>
<tr>
<td>10:00 -12:00</td>
<td>Faculty Lecture</td>
</tr>
<tr>
<td>12:00 -13:00</td>
<td>Catered lunch and guest speaker</td>
</tr>
<tr>
<td>13:00 -15:00</td>
<td>Learn to curl</td>
</tr>
<tr>
<td>15:00 - 17:00</td>
<td>River Valley Hike</td>
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<tr>
<td>17:00 - 18:00</td>
<td>Dinner</td>
</tr>
<tr>
<td>18:00 - 21:00</td>
<td>Free Time</td>
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### FRIDAY

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<tbody>
<tr>
<td>08:30 - 09:00</td>
<td>Breakfast on campus</td>
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<tr>
<td>09:00 -10:45</td>
<td>Faculty Lecture</td>
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<tr>
<td>11:00 - 13:00</td>
<td>Lunch at residence</td>
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<tr>
<td>13:00 -14:00</td>
<td>Lecture with Athletic Director</td>
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<tr>
<td>14:00 -16:00</td>
<td>Sign Making &amp; Face Painting</td>
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<tr>
<td>16:00 - 18:00</td>
<td>Dinner</td>
</tr>
<tr>
<td>18:00 - 21:00</td>
<td>Edmonton Eskimos Football Game</td>
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### SATURDAY

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<tr>
<th>TIME</th>
<th>ACTIVITY</th>
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<tbody>
<tr>
<td>08:30 - 10:00</td>
<td>Sleep In</td>
</tr>
<tr>
<td>10:00 -12:00</td>
<td>Free Time</td>
</tr>
<tr>
<td>12:00 -13:00</td>
<td>Lunch</td>
</tr>
<tr>
<td>13:00 -17:00</td>
<td>Heritage Days Festival</td>
</tr>
<tr>
<td>17:00 - 19:00</td>
<td>Dinner at restaurant</td>
</tr>
<tr>
<td>19:00 - 21:00</td>
<td>Free Time</td>
</tr>
<tr>
<td>18:00 - 21:00</td>
<td>Free Time</td>
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“Canadians are really friendly and warm. They respect each other and are nice to each other”
KEVIN, BSU STUDENT

“We have the opportunity to be very close to, to touch and feel nature. It is amazing and so beautiful! So I think Edmonton is an amazing place, I would be more than happy to come visit again if I have the chance!”
DANNI, BSU STUDENT

“I feel like K-Days was the best experience! There were many exciting activities and events”
ANDREA, BSU STUDENT

“The blue skies were brilliant!”
MARK, BSU STUDENT
ROCKY MOUNTAINS
The Canadian Rocky Mountains - Glaciers. Canyons. Turquoise lakes. Moose in the meadows. Live the mountain adventure of your dreams. Here’s your insider Canadian Rockies checklist!

**Banff and Jasper National Park:** Take a scenic drive that leads to some of the most popular national parks in the world. Everywhere you look is a perfect picture from a glossy travel book. Dazzling glaciers, big animals, alpine meadows and turquoise lakes are all right here in one of our national parks.

Hike, cycle, or go by horseback to explore thousands of kilometres of trails and watch for wildlife. Paddle, raft or fish the waterways. Climb a mountain. Take pictures of dazzling peaks, lush alpine meadows, turquoise lakes, virgin forest, towering water walls and wildlife galore.
ACTIVITIES AND EXCURSIONS

**West Edmonton Mall** - North America’s largest entertainment and shopping centre with 800-plus shops, dining, and world-famous attractions.

**Watchable Wildlife Tours** - Embark on a remarkable excursion with Watchable Wildlife Tours.

**Edmonton Folk Festival**

**Old Strathcona and Whyte Ave** - city’s celebrated art and cultural community - unique local boutiques, one-of-a-kind art galleries and music shops and trendy restaurants and cafes.

**Heritage Day Festival** - From Afghanistan to Zimbabwe, and Brazil to Vietnam, Servus Heritage Festival brings together over 85 cultures in a culmination of aromas, performances and international delicacies. You’ll feel as though you’ve traveled around the world in just a single weekend!

**K-Days** - Experience awe-inspiring rides, skill testing games and delicious midway treats during the day and musical acts and fireworks at night. Horse racing and Chuck wagon racing at Northlands Park

**Street Performers Festival** - For 10 exciting days of summer, street performers from around the world will bring their best acts to Edmonton! These unique artists will fill Churchill Square with unicycles, burning hoops, tightropes and much more.
CAMPUS LIFE

- Access to sport and physical activity facilities include: pools, courts, gyms, climbing wall, fitness centre, tracks, ice arenas and more!
- 500 Campus and Community Recreation activities with over 28,000 participants - yoga, pilates, basketball, muscular strength classes, curling, lacrosse and archery.
- Art exhibits, concerts and theatres.
- Residences located right on campus.
- Proximity to great shopping, restaurants and Edmonton attractions.
- Easy access to public transportation.
WHY CHOOSE US

1. Experience a new country and culture in the beautiful and safe city of Edmonton and live on the UAlberta Campus.

2. The opportunity to participate/try a variety of sports and activities that students would not otherwise experience.

3. Learn about Canadian perspectives in sport and recreation from experts in their respective fields.