WHY CHOOSE THE FACULTY OF PHYSICAL EDUCATION AND RECREATION AT THE UNIVERSITY OF ALBERTA?

1. The University of Alberta is ranked as one of the Top 5 universities in Canada and one of the top 100 in the world.

2. The Faculty of Physical Education and Recreation is a recognized leader in the field, now celebrating over 50 years of excellence in teaching and research.

3. Our students have access to the resources and facilities of a large university but take classes in a small interactive faculty.

4. A professional practicum is included in each degree program, allowing students to gain hands-on experience in their desired areas of interest.

5. From cell to society, our degree programs give you an opportunity to study something you are truly passionate about.
Bachelor of Kinesiology (BKin)
A multidisciplinary degree that focuses on the study of physical activity, exercise, health and sport.

Bachelor of Science in Kinesiology (BScKin)
A science degree specifically focusing on how exercise and physical activity affect health and the human body, with emphasis on the biological and physical sciences.

Bachelor of Kinesiology/Bachelor of Education (BKin/BEd)
A five year program offered jointly with the Faculty of Education, focusing on preparing graduates to teach physical education. This program includes elementary and secondary routes with graduates earning both a BKin and a BEd degree.

Bachelor of Arts in Recreation, Sport, and Tourism (BARST)
A liberal arts degree focusing on the relationship between leisure and enhanced quality of life.
The BKin degree provides a multidisciplinary approach to the study of human movement that includes both the art (e.g., psychology, sociology, history) and science (e.g., physiology, motor learning and control, biomechanics) of human movement, as it relates to exercise science, athletic performance, and promotion of long term health outcomes. In this program students select one of the following majors, enabling them to focus their learning in senior courses according to a specialized area of interest: Adapted Physical Activity; Physical Activity and Health; Sport Performance; Sport Coaching, or a self-designed Individualized Major.

### COURSES IN THIS DEGREE

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>KIN 100</td>
<td>Human Anatomy</td>
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<td>KIN 103</td>
<td>Integrative Human Physiology</td>
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<td>KIN 200</td>
<td>Physiology of Exercise</td>
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<td>PERLS 204</td>
<td>Canadian History of Leisure, Sport &amp; Health</td>
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<td>KIN 209</td>
<td>Research Methods in Kinesiology</td>
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<td>KIN 240</td>
<td>Introduction to Sports Injury Management</td>
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<td>KIN 303</td>
<td>Psychology of Sport &amp; Physical Activity</td>
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<td>PERLS 304</td>
<td>Advanced Sociology of Sport &amp; Leisure</td>
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<tr>
<td>KIN 401</td>
<td>Applied Ethics in Physical Activity &amp; Sport</td>
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<tr>
<td>PAC 490</td>
<td>Applied Resistance Training</td>
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### CAREERS

Career opportunities for graduates of the Bachelor of Kinesiology include Kinesiologist, Exercise and Fitness Specialist, Strength and Conditioning Specialist, Coach or further study in areas such as Medicine, Physical Therapy or Athletic Therapy.

### DID YOU KNOW?

**CERTIFICATES** Embedded certificates give students the opportunity to pursue more specialized knowledge and skills during their degree. These include a Certificate in Aboriginal Sport & Recreation and Research Certificate in Kinesiology, as well as many other possibilities at the University of Alberta (e.g., Certificate in Leadership, Certificate in Sustainability).
The BScKin degree is a specialized science degree with a specific focus in studying human movement as it relates to the enhancement of human performance, promotion of health, and the prevention and management of chronic disease.

CAREERS
Career opportunities for graduates of the Bachelor of Science in Kinesiology program include Kinesiologist, Exercise Therapist, Certified Exercise Physiologist, and Rehabilitation Specialist. Graduates also have an excellent foundation for advanced study in health fields such as Medicine, Physical Therapy and Chiropractics.

COURSES IN THIS DEGREE
- KIN 100 Human Anatomy
- KIN 101 Introduction to Human Physiology
- KIN 103 Integrative Human Physiology
- MATH 114 Elementary Calculus
- BIOCH 200 Introductory Biochemistry
- KIN 209 Research Methods in Kinesiology
- CHEM 261 Organic Chemistry
- KIN 306 Quantitative Biomechanics of Human Movement
- KIN 334 Physical Activity, Nutrition and Energy Balance
- KIN 434 Physical Activity and Chronic Disease Management

DID YOU KNOW?
RESEARCH Students have opportunities to engage in independent research projects, working alongside internationally recognized professors in world class research facilities.
The BKin/BEd five year program is a unique opportunity to combine an interest in human movement, exercise science and athletic movement with a professional degree in Education. Students in this program specialize in Elementary or Secondary education while at the same time developing a strong background in Kinesiology.

CAREERS
Career opportunities for graduates of the Bachelor of Kinesiology/Bachelor of Education program include Elementary/Junior High/High School Teacher, Curriculum Consultant, Personal Trainer, Recreation and Sport Administrator as well as educator in public, non-profit or private industries.

COURSES IN THIS DEGREE
- EDU 100  Contexts of Education
- KIN 100  Human Anatomy
- KIN 101  Introduction to Human Physiology
- KIN 205  Introduction to Outdoor Environmental Education
- KIN 240  Introduction to Sports Injury Management
- KIN 245  Introduction to the Profession of Coaching
- EDPY 304  Adolescent Development & Learning
- PAC 320  Structure and Strategy of Games
- PERLS 371  Assessment & Evaluation in Physical Activity for Children & Youth
- EDPY 410  Ethics and Law in Teaching Youth and Children

DID YOU KNOW?

FACILITIES Our facilities rank among the best-equipped for teaching, research, sport and recreation of any university in Canada. The recently opened Physical Activity and Wellness Centre features a new 27,500 sq ft fitness centre and an 8,400 sq ft climbing centre. Other facilities include an ice arena, multiple gymnasiums, two pools, indoor and outdoor track and field facilities, turf and grass fields, squash and racquet ball courts, dance studios, newly renovated lab and meeting/study spaces.
In the BARST degree program, you’ll explore the wide world of recreation and leisure. Students have the option of selecting a minor in a specialized area of interest: Community Development, Sport and Recreation Management or Tourism and Natural Environments. From sport tourism to mountain history, from fitness and active living programs to arts, culture and heritage—a BARST degree offers a broad field of study that will provide significant career opportunities in one of the world’s largest and fastest growing industries.

**CAREERS**

Career opportunities for graduates of the Bachelor of Arts in Recreation Sport and Tourism program include Recreation Therapist, Recreation Facility Operator, Event Coordinator, Director of Provincial Sport Association, Provincial or Municipal Recreation Coordinator and Sports Administrator.

**DID YOU KNOW?**

**SCHOLARSHIPS AND AWARDS** The Faculty of Physical and Education along with Alumni and Donors provide over $400,000 in new and continuing student scholarships and awards each year. In addition to this is $22 million in scholarships and awards provided centrally across the University of Alberta.
REAL LIFE EXPERIENCE: 
THE PROFESSIONAL PRACTICUM PROGRAM

As part of your degree in the Faculty of Physical Education and Recreation, you are required to complete a professional practicum. This typically takes place in your final year of study once you have met the curricular requirements.

The practicum is a non-paid work experience program in which you are placed with an approved agency where you work under the supervision and guidance of practitioners in the field. Students have the opportunity to fuse classroom concepts with real-life situations and gain resume building experience.

Your practicum is typically 14 weeks in duration, spanning one term. Every effort is made to place you with an agency that matches your interests, ensuring a quality practicum which will give you firsthand experience in your chosen field.

Many excellent practicum opportunities are available in Alberta and Canada, and we also encourage students to consider international placements which provide a robust, stimulating experience in another culture.

Examples of practicum agencies where our students are placed include:

- Alberta Recreation and Parks Association
- Alberta Sport Development Centre
- CBI Health Clinics
- Centre For Lung Health
- Golden Bear and Pandas Athletics
- Edmonton Police Service
- Elk Island National Park
- Lifestyle Options
- Millard Health
- Paralympic Sports Association
- Peak Power Sport Development
- River Valley Health
- Sport Health and Assessment Centre
- The Steadward Centre
- Total Cardiology
- Various Physiotherapy Clinics
- UAlberta Research Labs
- YMCA

REAL LIFE EXPERIENCE: 
THE PROFESSIONAL PRACTICUM PROGRAM
Have you thought of traveling outside of Canada during your university years?

Our faculty provides many outstanding study abroad opportunities with university partners in Norway, the Czech Republic, New Zealand, and Australia. You will be able to gain U of A academic credits while immersing yourself in a new environment, where you can learn, discover and explore new cultures and foster valuable friendships that make for an unforgettable life experience.

Study abroad opportunities include exchange programs for 1-2 semesters as well as short-term courses offered abroad.

In addition to the Faculty offerings, University of Alberta International offers over 160 exchange opportunities.

Play Around the World

What if you started a game and the whole world joined in? Play Around the World (PAW) is a service learning course offered by the Faculty of Physical Education and Recreation, designed to provide a global education and cross-cultural experience to University of Alberta students in the area of physical activity and play.

Multi-disciplinary teams of students contribute to a learning community during the PAW experience; a four month preparatory course followed by three months immersed in another culture working with agencies in either Cambodia, Thailand, Peru or Northern Canada.

More details online at uab.ca/per

National and International study experiences open students eyes, minds and hearts to the world.
PERCS - Physical Education and Recreation Council of Students
PERCS is the official student body of the Faculty of Physical Education and Recreation, run by students for students. PERCS events and activities are held throughout the year to give students opportunities to connect and socialize outside of the classroom.

Rookie Camp - The best ice-breaker on campus
Each year PERCS hosts a weekend away for all new students - a chance to meet and get to know other students studying in the faculty. Best of all, after Rookie Camp, you’re no longer a stranger. We want you to have a great experience as a student here and get connected with others. Rookie Camp is definitely a great place to start.

FUGG Night (Faculty, Undergraduate and Graduate)
An event that brings students together with faculty members for an evening of socializing, entertainment and fun. It gives you a chance to connect with fellow students, graduate students and your professors in a casual, physically active setting.

JOIN IN.
MAKE FRIENDS FOR LIFE
Comprising three distinct, yet integrated units; Academics, Athletics and Campus & Community Recreation, our faculty offers a unique academic opportunity for students to interweave their studies and research with unique applied and interdisciplinary opportunities, inside and outside the classroom.

**Campus & Community Recreation**
Campus & Community Recreation seeks to engage every student on campus through a wide range of physical activity programs. With over 500 sport and fitness programs, led by qualified instructors in world class facilities, our goal is to foster an active and healthy campus community. Our programs cater to diverse recreational interests and all skill levels and abilities.

*For additional information on our recreational programs please visit: uab.ca/recreation*

**Golden Bears & Pandas Athletics**
University of Alberta Golden Bears and Pandas Athletics is one of the most comprehensive, wide-ranging, consistent and successful programs across Canadian university sport. Our athletics department serves more than 500 student-athletes competing on 24 teams in 12 different sports. Golden Bears and Pandas athletes have won 657 national championship titles, which is third highest in Canadian university sport history, and we lead the nation in total number of Academic All-Canadian athletes.

*For additional information on our varsity athletic programs please visit: uab.ca/gbp*

**Employment Opportunities**
Athletics and Campus & Community Recreation also provide a wide range of employment and leadership opportunities in sport, exercise, health and physical education. The two departments are among the largest student employers on campus, providing students with an easy and flexible way to work part-time and gain valuable work experience in their field.