

Faculty of Kinesiology and Recreation Management

Programs for Life

There is no better time to pursue higher education and learn skills in the areas of human movement, leisure, recreation, sport, health and well-being than right now. The Faculty of Kinesiology and Recreation Management is excited about developments in these fields. We apply new findings in research - including our own research - into the programs we offer so students can get an education that's current and highly competitive. We know the knowledge and training that our graduates leave with will continue to benefit the overall health and well-being of Canadians.

With a degree from our Faculty you may pursue a career in:

- Athletic Therapy
- Coaching
- Chronic Disease Prevention
- Community Wellness
- Corporate Productivity
- Facilities & Parks Management
- Health & Wellness Promotion
- Kinesiology
- Personal Fitness Training
- Physical Activity Promotion
- Research
- Sport & Event Management
- Sport & Exercise Science
- Sustainable Tourism and Recreation
- Teaching
- Wilderness Leadership

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Faculty of Kinesiology and Recreation Management

The Faculty of Kinesiology and Recreation Management is known for its friendly and welcoming atmosphere, approachable and engaging professors, and diverse programs that lead to many exciting career opportunities. Our Faculty provides students with a broad-based liberal arts and applied-science education, while ensuring their professional development through relevant coursework and fieldwork experience.

Our Faculty offers three undergraduate degree programs, with unique specialized options, and two Masters degree programs, a Master of Science and a Master of Arts (Kinesiology and Recreation).

Bachelor of Kinesiology (B.Kin.)

This four-year degree program (including U1) prepares students to work in important areas of health and well-being, including sport and fitness, chronic disease prevention, physical activity and health promotion, rehabilitation, sport science, aging, and corporate and community wellness. Kinesiologists evaluate physical activity-related matters and recommend solutions in health, sports, industry, business, education, rehabilitation and social settings.

Athletic Therapy Program (B.Kin.-AT)

A four-year degree program (including U1) designed to assist students in acquiring the body of knowledge pertaining to the prevention, immediate care, and rehabilitation of musculoskeletal orthopedic injuries, and to prepare them to certify with the Canadian Athletic Therapists Association (CATA), as our program is accredited by the CATA.

Bachelor of Recreation Management & Community Development (B.R.M.C.D.)

A four-year degree program (including U1) designed to provide students with knowledge in the areas of community development, sport and event management, tourism and environmental management, economic growth, as well as social growth and cultural development. Recreation service managers and professionals play an important role in positively transforming Canadian society.

Bachelor of Physical Education (B.P.E.)

A three-year degree program (including U1) designed to provide students with the knowledge to teach physical education in the school system at the Early, Middle, and Senior years. Its focus is to provide students with the skills of designing, delivering, and assessing meaningful and relevant physical activities and programs.

(To teach, students with a B.P.E. degree must also complete a two-year After-Degree B.Ed. program in the Faculty of Education)

Introductory courses/ subject areas

- PERS 1200 Physical Activity, Health and Wellness
- PERS 1300 Introduction to Leisure Travel
- PERS 1400 Concepts of Recreation and Leisure
- PERS 1500 Foundations of Physical Education and Kinesiology

Specialization Options:

In the 4 year degree program students may choose an area of related emphasis.

- Community Development and Wellness
- Aging
- Culture and Diversity
- Fitness Professional
- Coaching
- Sport and Recreation Management
- Sustainable Tourism and Events

The Faculty of Kinesiology and Recreation Management provides a Supervised Fieldwork Experience within the B.Kin. and B.R.M.C.D. degree programs as an opportunity to enhance our students' education and professional growth. Fieldwork is a professionally supervised placement during the fall university term of full-time (35 hours per week) experiential learning within a recreation, fitness, health or sport-related organization/agency. Fieldwork provides eligible students with an opportunity to apply knowledge gained in academic courses and exposure to new concepts of professional practice in Kinesiology and Recreation Management.

In addition to providing quality education, the Faculty of Kinesiology and Recreation Management offers opportunities for personal life development, community participation, and practical training opportunities through Bison Sport and Active Living (BSAL). BSAL is made up of Bison Sports, Children's Programs, Recreation Services, Athletic Therapy Centre and Athletic / Recreation Facilities.

There are two graduate degree programs; Master of Science and Master of Arts (Kinesiology and Recreation) that are closely linked with the Health, Leisure and Human Performance Research Institute. The HLHPRI is a multi-disciplinary research unit of world-class researchers who offer expertise in such diverse areas as neuromuscular development, tourism, hypothermia, Aboriginal health and biomechanics. A multi-faculty PhD degree in Applied Health Sciences was introduced in 2007.

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