

# Human Kinetics – 2008/2009

## Undergraduate Studies

- Honours Bachelor of Science with specialization in Human Kinetics
- Honours Bachelor in Human Kinetics

## Graduate Programs (Master's and PhD)

- Master of Arts in Human Kinetics (MA)
- Master of Science in Human Kinetics (MSc)
- Doctorate in Human Kinetics (PhD)

## Language of Instruction

The programs are offered in English and in French.

## Career Opportunities

Community Health Promoter, Private Fitness and Health Evaluator, Rehabilitation Team Member, Mental Training Consultant, Physical Educator, Coach, Sports Administrator, Sport-industry Entrepreneur.

## A) Honours Bachelor of Science with specialization in Human Kinetics

120 credits

### Compulsory general courses:

ANP 1105	Human Anatomy and Physiology I	3
HSS 2381	Measurement and Data Analysis	3
BIO 1130	Introduction to Organismal Biology	3
BIO 1140	Introduction to Cell Biology	3
CHM 1311	Principles of Chemistry	3
CHM 1321	Organic Chemistry I	3
MAT1330	Calculus for the Life Sciences I	3
PHY 1321	Principles of Physics I	3

### Three credits from:

ENG 1100	Workshop in Essay Writing	3
ENG 1112	Technical Report Writing	3

### Three credits from:

ANP 1107	Human Anatomy and Physiology III	3
BIO 2110	Environmental Physiology	3
BIO 2133	Genetics	3
CHM 2120	Organic Chemistry II	3

### APA compulsory courses:

APA 1161	Introduction to Biophysical Aspects of Human Movement	3
APA 1313	Musculoskeletal Anatomy	3
APA 2114	Biomechanical Analysis of Human Movement	3
APA 2120	Motor Control and Learning	3
APA 2140	Introduction to the Psychology of Sport and Exercise	3
APA 2301	Exercise Physiology I	3
APA 2314	Laboratory Techniques in Exercise Physiology and Biomechanics	3
APA 3120	Psychomotor Behavior Laboratory	3
APA 3180	Research Methods	3

### Six credits from:

APA 1122	Health & Wellness: Leisure and Physical Activity Perspectives	3
APA 1302	Sociology of Sport and Physical Activity	3
APA 2111	Intervention Theories	3
APA 2134	Administration of Sport, Physical Activity, and Leisure Services	3

### Three credits from:

APA 4100	Research Project	3
APA 4111	Internship / Clinical Experience	3

## Electives

### Twenty-four credits from:

(at least 21 credits taken from the 3000 level or more)

APA 2121	Nutrition and Health	3
APA 2991	Éducation au plein air I (été) Outdoor Education I (Summer)	3
APA 3111	Intervention Observation and Experimentation	3
APA 3113	Analysis of the Functioning of Sport and Physical Activity	3
APA 3114	Exercise Physiology II	3
APA 3116	Principles of Coaching	3
APA 3121	Human Motor Skill Development	3
APA 3122	Physical Activity and Health	3
APA 3123	Hockey and Canadian Culture	3
APA 3124	Diet and Physical Activity	3
APA 3125	Prevention and Care of Athletic Injuries	3
APA 3142	Sociology of Health in Canada	3
APA 3143	Physical Activity and Community Health	3
APA 3150	Neural Control of Human Movement	3
APA 3311	Musculoskeletal Biomechanics	3
APA 3324	Techniques and Strategies in Sport	3
APA 3991	Éducation au plein air II (hiver) Outdoor Education II (Winter)	3
APA 4101	Anthropology of Sport and Leisure	3
APA 4112	Political Economy of Sport and Physical Activity	3
APA 4114	Gender, Sport and Leisure	3
APA 4115	Sport and Identities	3
APA 4116	Applied Sport and Performance Psychology	3
APA 4120	Supervision of Intervenors and Helping Relations	3
APA 4131	Psychomotor Behavior: Current Trends	3
APA 4145	Sport and Recreation Marketing	3
APA 4148	Organizational Development of Sport & Physical Activity	3
APA 4150	Principles of Psychomotor Rehabilitation	3
APA 4160	Fitness Testing and Exercise Prescription	3
APA 4313	Exercise and Disease Prevention	3
APA 4314	Advanced Biomechanical Analysis of Human Locomotion	3
APA 4315	External Influences and Physical Activity	3
APA 4320	Advance Coaching: Total Preparation in a Sport	3
APA 4323	Selected Topics in Human Kinetics	3
APA 4900	Étude dirigées – Directed Studies	3

Thirty credits of electives or a minor

## B) Honours Bachelor in Human Kinetics

120 credits

### Compulsory general courses:

ENG 1100	Workshop in Essay Writing	3
HSS 2381	Measurement and Data Analysis	3

LSR 1100	Introduction to Leisure Studies	3
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#### Three credits from:

ENG 1120	Literature and Composition I: Prose Fiction	3
ENG 1121	Literature and Composition II: Drama and Poetry	3

#### Three credits from:

PSY 1101	Introduction to Experimental Psychology	3
PSY 1102	Introduction to Applied Psychology	3

#### Three credits from:

SOC 1101	Principles of Sociology	3
SOC 1102	The Emergence of Sociology	3

#### Three credits from:

PHI 1101	Reasoning and Critical Thinking	3
PHI 1370	Philosophical Issues in Health Care	3
PSY 1101	Introduction to Experimental Psychology	3
PSY 1102	Introduction to Applied Psychology	3
SOC 1101	Principles of Sociology	3
SOC 1102	The Emergence of Sociology	3

### APA compulsory courses:

APA 1122	Health & Wellness: Leisure and Physical Activity Perspectives	3
APA 1302	Sociology of Sport and Physical Activity	3
APA 1313	Musculoskeletal Anatomy	3
APA 2111	Intervention Theories	3
APA 2120	Motor Control and Learning	3
APA 2134	Administration of Sport, Physical Activity, and Leisure Services	3
APA 2140	Introduction to the Psychology of Sport and Exercise	3
APA 2302	History of Sport, Physical Activity and Leisure in Canada	3
APA 2312	Physiology of Physical Activity I	3
APA 2315	Introduction to the Biomechanics of Human Movement	3
APA 3118	Recreation, Sport and Community Development	3
APA 3180	Research Methods	3
APA3301	Ethics in Sport, Physical Activity and Health in Canada	3

#### Three credits from:

APA 4100	Research Project	3
APA 4111	Internship / Clinical Experience	3

### Electives

#### Twenty-seven credits from:

(at least 24 credits taken from the 3000 level or more, and at least 3 credits at the 4000 level)

APA 2121	Nutrition and Health	3
APA 2991	Éducation au plein air I (été) Outdoor Education I (Summer)	3
APA 3111	Intervention Observation and Experimentation	3
APA 3113	Analysis of the Functioning of Sport and Physical Activity	3
APA 3116	Principles of Coaching	3

APA 3121	Human Motor Skill Development	3
APA 3122	Physical Activity and Health	3
APA 3123	Hockey and Canadian Culture	3
APA 3124	Diet and Physical Activity	3
APA 3125	Prevention and Care of Athletic Injuries	3
APA 3142	Sociology of Health in Canada	3
APA 3143	Physical Activity and Community Health	3
APA 3150	Neural Control of Human Movement	3
APA 3311	Musculoskeletal Biomechanics	3
APA 3324	Techniques and Strategies in Sport	3
APA 3991	Éducation de plein air II (hiver) Outdoor Education II (Winter)	3
APA 4101	Anthropology of Sport and Leisure	3
APA 4112	Political Economy of Sport and Physical Activity	3
APA 4114	Gender, Sport and Leisure	3
APA 4115	Sport and Identities	3
APA 4116	Applied Sport and Performance Psychology	3
APA 4120	Supervision of Intervenors and Helping Relations	3
APA 4131	Psychomotor Behavior: Current Trends	3
APA 4145	Sport and Recreation Marketing	3
APA 4148	Organizational Development of Sport & Physical Activity	3
APA 4150	Principles of Psychomotor Rehabilitation	3
APA 4160	Fitness Testing and Exercise Prescription	3
APA 4313	Exercise and Disease Prevention	3
APA 4320	Advance Coaching: Total Preparation in a Sport	3
APA 4323	Selected Topics in Human Kinetics	3
APA 4900	Étude dirigées – Directed Studies	3
LSR 1105	Leisure in Canadian Society	3
LSR 2110	Leisure: Concepts and Values	3
LSR 2118	Recreation Program Development and Evaluation	3
LSR 2121	Recreation and Environment Quality	3
LSR 2122	Tourism	3
LSR 2135	Recreation and Political Processes	3
LSR 2312	Principles of Leadership in Recreation	3
LSR 3105	Recreation Resources Conservation	3
LSR 3107	Leisure and Cultural Development	3
LSR 3116	Leisure Counseling	3
LSR 3280	In-School Recreation Mentoring for Youth at Risk	6

Thirty credits of electives or a minor

## Areas of interest

### Community Recreation and Sport

APA 4101	Anthropology of Sport and Leisure	3
APA 4114	Gender, Sport and Leisure	3
APA 4115	Sport and Identities	3
LSR 1105	Leisure and Canadian Society	3
LSR 2110	Leisure: Concepts and Values	3
LSR 2135	Recreation and Political Processes	3
LSR 3107	Leisure and Cultural Development	3
LSR 3116	Leisure Counseling	3
LSR 3280	In-School Recreation Mentoring for Youth at Risk	6

### Socio-cultural Studies in Sport and Leisure

APA 3123	Hockey and Canadian Culture	3
APA 3142	Sociology of Health in Canada	3
APA 4101	Anthropology of Sport and Leisure	3
APA 4112	Political Economy of Sport and Physical Activity	3
APA 4114	Gender, Sport and Leisure	3
APA 4115	Sport and Identities	3
APA 4900	Études dirigées / Directed Studies	3
FEM 2104	Women and Health	3
LSR 1105	Leisure and Canadian Society	3
LSR 2110	Leisure: Concepts and Values	3
LSR 2135	Recreation and Political Processes	3
LSR 3107	Leisure and Cultural Development	3
LSR 3116	Leisure Counseling	3

### Sport and Leisure Management

ADM 1100	Introduction to Business Management	3
or		
ADM 1101	Social Context of Business	3
APA 3113	Analysis of the Functioning of Sport and Physical Activity	3
APA 4112	Political Economy of Sport and Physical Activity	3
APA 4120	Supervision of Interveners and Helping Relations	3
APA 4145	Sport and Recreation Marketing	3
LSR 2118	Recreation and Program Development and Evaluation	3
LSR 2122	Tourism	3
LSR 2135	Recreation and Political Processes	3
LSR 2312	Principles of Leadership in Recreation	3
LSR 3105	Recreation Resources Conservation	3

### Coaching in Sport

APA 3116	Principles of Coaching	3
APA 3121	Human Motor Skill Development	3
APA 3125	Prevention and Care of Athletic Injuries	3
APA 3324	Techniques and Strategies in Sport	3
APA 4160	Fitness Testing and Exercise Prescription	3
APA 4313	Exercise and Disease Prevention	3
APA 4320	Advanced Coaching: Total Preparation in a Sport	3
LSR 2312	Principles of Leadership	3
LSR 3280	In-School Recreation Mentoring for Youth at Risk	6

### Teaching in Schools and other Settings

APA 3111	Intervention Observation and Experimentation	3
APA 3116	Principles of Coaching	3
APA 3121	Human Motor Skill Development	3
APA 3122	Physical Activity and Health	3
APA 3125	Prevention and Care of Athletic Injuries	3
APA 3142	Sociology of Health in Canada	3
APA 3324	Techniques and Strategies in Sport	3
APA 4111	Internship / Clinical Experience	3
APA 4120	Supervision of Interveners and Helping Relations	3
APA 4160	Fitness Testing and Exercise Prescription	3
APA 4313	Exercise and Disease Prevention	3

LSR 2312	Principles of Leadership	3
LSR 3280	In-School Recreation Mentoring for Youth at Risk	6
SVS 2125	Health and Social Inequity	3

### Psychology/Consultation in Sport, Physical Activity and Health

APA 3143	Physical Activity and Community Health	3
APA 4116	Applied Sport and Performance Psychology	3
APA 4900	Études dirigées / Directed Studies	3
FEM 2104	Women and Health	3
LSR 2312	Principles of Leadership	3
LSR 3116	Leisure Counseling	3
PSY 2110	Social Psychology	3
PSY 3102	Psychology of Interpersonal Relations	3