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

WE OFFER FOUR UNDERGRADUATE DEGREES

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 combined degree, focusing on preparing graduates to teach physical education. This program is offered jointly with the Faculty of Education with both elementary and secondary routes.

Bachelor of Arts in Recreation, Sport, and Tourism (BARST)
A liberal arts degree focusing on the relationship between leisure and enhanced quality of life.

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.
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 areas of interest: Adapted Physical Activity; Physical Activity and Health; Sport Performance; Sport Coaching, or a self-designed Individualized Major.

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.

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).

COURSES IN THIS DEGREE
- PEDS 100 Human Anatomy
- PEDS 103 Integrative Human Physiology
- PEDS 200 Physiology of Exercise
- PEDS 304 Canadian History of Leisure, Sport & Health
- PEDS 401 Research Methods in Kinesiology
- PEDS 240 Introduction to Sports Injury Management
- PEDS 303 Psychology of Sport & Physical Activity
- PEDS 304 Advanced Sociology of Sport & Leisure
- PERLS 401 Applied Ethics in Physical Activity & Sport
- PAC 490 Applied Resistance Training

RESEARCH
Students have opportunities to engage in independent research projects, working alongside internationally recognized professors in world class research facilities.

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.

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).

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

RESEARCH
Students have opportunities to engage in independent research projects, working alongside internationally recognized professors in world class research facilities.
BACHELOR OF KINESIOLOGY/ BACHELOR OF EDUCATION (BKIN/BED)

ADMISSION INFORMATION @ UALBERTA.CA/START

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.

COURSES IN THIS DEGREE

EDU 100  Contexts of Education
PEDS 100  Human Anatomy
PEDS 101  Introduction to Human Physiology
PEDS 205  Introduction to Outdoor Environmental Education
PEDS 240  Introduction to Sports Injury Management
PEDS 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

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.

ADMISSION INFORMATION @ UALBERTA.CA/START

BACHELOR OF ARTS IN RECREATION, SPORT, AND TOURISM (BARST)

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. 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.

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.

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.

ADMISSION INFORMATION @ UALBERTA.CA/START

In the BARST degree program, you’ll explore the wide world of recreation and leisure. Recreation, sport and tourism are all forms of leisure, that represent the things we do when we can do whatever we want. As such, they are powerful determinants of the quality of life we enjoy as individuals and in communities. 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.

COURSES IN THIS DEGREE

PERLS 104  Introduction to Sociology of Sport & Leisure in Canadian Society
PERLS 105  Introduction to the Management of Sport, Physical Activity & Recreation Programs
RLS 122  Leadership in Recreation & Leisure Organizations
PERLS 204  Canadian History of Leisure, Sport & Health
PERLS 207  Adapted Physical Activity & Leisure for Diverse Populations
RLS 232  Marketing for Recreation, Sport & Tourism
PERLS 304  Advanced Sociology of Sport & Leisure in Canadian Society
PERLS 350  Advanced Analysis of Sport and Leisure Organizations
PERLS 335  Human Resource Management in Recreation, Sport & Physical Activity
PAC 320  Human Resource Management in Recreation, Sport & Physical Activity

DID YOU KNOW?

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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

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.

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 www.physedandrec.ualberta.ca

GO BIG, GO ABROAD!
PERCS - Physical Education and 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, get connected with others and Rookie Camp is definitely the 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.

CAMPUS RECREATION AND VARSITY ATHLETICS

Comprised of three distinct, yet integrated units; Academics, Athletics and Campus and 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 and 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.

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.

Employment Opportunities
Athletics and Campus and 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.

For additional information on our athletic programs please visit www.athletics.ualberta.ca