

HONOURS BACHELOR OF HUMAN KINETICS - EDUCATION AND COACHING

Students will acquire knowledge and have opportunities to apply what they learn to interventions in physical activity, education and coaching that enrich peoples' lives. They will gain theoretical and practical training in why and how to encourage people to become more active and how to better peoples' experiences in various contexts of physical activity, education and coaching. Students will critically examine how various intervening roles, especially in teaching and coaching, lead to improved health, well-being, development, learning, and performance in individuals and society, and will learn to develop, implement and evaluate programs. Students will receive training informed by social sciences (e.g., psychology, sociocultural, pedagogy, leisure studies). They will have opportunities to acquire motivational and consulting skills to work with individuals in different contexts. For example, they can learn behavioural change techniques to promote physical activity, or how to work with athletes to prepare them for competition.

Students will have opportunities to gain competencies in leading group interventions in sport coaching, recreation programming, and teaching physical activity. They can gain training that will allow them to contribute to the strategic promotion of healthy physical activity in communities, that can be applied to interventions and programming across the lifespan (from young children to older adults), in established and under-represented populations (e.g., persons with disabilities, at-risk youth). Students will have opportunities to gain skills in critical inquiry they will use to question whether interventions or social policies address individual, social and environmental considerations, and to facilitate change in current approaches.

Studies in this area of interest enable our graduates to pursue various career-paths in education, coaching and roles in promotion and programming of physical activity, sport and leisure. The emphasis of our program on both foundational knowledge and also how knowledge translates into action enables our graduates to pursue different occupational roles. For example, our graduates can become leaders in the development of recreation services and fitness programs in the community (e.g., community clubs, campus recreation departments, employee wellness programs), sport coaches, teachers of physical and health education in schools, mental performance consultants in high-performance sport (e.g., sport academies), and exercise consultants and health promoters working in community health centres. Our graduates can find roles in developing persuasive messages for 'Active Living' or 'Get Fit' media communications, and they can become advocates promoting the health benefits of physical activity, sport and leisure to policymakers in the public, private and non-profit sectors. Our graduates can also pursue research based or professional-based graduate degrees relating to interventions in physical activity, sport and leisure.

This program is offered in English and in French.

Program Requirements

Co-operative education is available with this program.

The French immersion stream is available with this program.

Requirements for this program have been modified. Please consult the 2025-2026 calendars (<http://catalogue.uottawa.ca/en/archives/>) for the previous requirements.

Basic skills

ENG 1100	Workshop in Essay Writing	3 Units
3 course units from:		3 Units

ENG 1112	Technical Report Writing	
ENG 1120	Selected Topics in Literature and Composition	

Compulsory Courses at the 1000 level

APA 1105	Functional Anatomy of Movement	3 Units
APA 1122	Physical Activity in a Global Health Perspective	3 Units
APA 1302	Sociology of Sport and Physical Activity in Canada	3 Units
LSR 1100	Introduction to Leisure Studies	3 Units

Compulsory Courses at the 2000 level

APA 2111	Intervention Theories	3 Units
APA 2116	Principles of Coaching	3 Units
APA 2140	Introduction to Sport and Exercise Psychology	3 Units
APA 2180	Research Methods in Human Kinetics	3 Units
LSR 2118	Recreation Program Development and Evaluation	3 Units

Compulsory Courses at the 3000 level

APA 3111	Physical Education Methods: Intervention, Observation and Experimentation	3 Units
APA 3118	Recreation, Sport and Community Development	3 Units
APA 3119	Coaching Training Methods	3 Units
APA 3301	Ethics in Sport, Physical Activity and Health in Canada	3 Units
APA 3325	Fitness Training Principles	3 Units
APA 3381	Measurement and Data Analysis in Human Kinetics	3 Units

Compulsory Courses at the 4000 level

APA 4123	Physical Activity Counselling	3 Units
APA 4320	Advanced Coaching: Global Preparation in a Sport	3 Units

Optional Courses

3 course units from:		3 Units
----------------------	--	---------

PSY 1101	Introduction to Psychology: Foundations	
PSY 1102	Introduction to Psychology: Applications	

3 course units from:		3 Units
----------------------	--	---------

SOC 1101	Principles of Sociology	
SOC 1106	Exploring Diversity in Canada	

3 course units from:		3 Units
----------------------	--	---------

PHI 1101	Reasoning and Critical Thinking	
PHI 1370	Philosophical Issues in Health Care	

PSY 1101	Introduction to Psychology: Foundations	
PSY 1102	Introduction to Psychology: Applications	

SOC 1101	Principles of Sociology	
SOC 1106	Exploring Diversity in Canada	

6 course units from:		6 Units
----------------------	--	---------

This is a copy of the 2026-2027 catalog.

APA 2120	Motor Control and Learning	
APA 2312	Physiology of Physical Activity	
APA 2315	Introduction to Applied Biomechanics	
6 course units from: ¹		6 Units
APA 4200	Research Project	
APA 4211	Internship/Clinical Experience	
9 optional course units at the 3000 or 4000 level from the list of optional courses		9 Units
Elective Courses		
33 elective course units		33 Units
or 3 elective course units and a minor		
Total:		120 Units

¹ Students admitted to co-operative education may replace these 6 course units with 6 optional course units in human kinetics (APA) at the 3000 or 4000 level from the list of optional courses.

List of Optional Courses

APA 3113	Management of Sporting Events and Festivals	3 Units
APA 3119	Coaching Training Methods	3 Units
APA 3120	Psychomotor Behavior Laboratory	3 Units
APA 3121	Human Motor Skill Development	3 Units
APA 3122	Physical Activity and Health	3 Units
APA 3123	Hockey and Canadian Culture	3 Units
APA 3124	Diet and Physical Activity	3 Units
APA 3125	Prevention and Care of Athletic Injuries	3 Units
APA 3130	Motor Performance and Aging	3 Units
APA 3131	Physical Ergonomics	3 Units
APA 3142	Sociology of Health and Physical Activity in Canada	3 Units
APA 3146	Sport and Recreation Marketing	3 Units
APA 3150	Neural Control of Human Movement	3 Units
APA 3311	Musculoskeletal Biomechanics	3 Units
APA 3324	Techniques and Strategies in Sport	3 Units
APA 3325	Fitness Training Principles	3 Units
APA 4101	Anthropology of Sport and Leisure	3 Units
APA 4112	Political Economy of Sport and Physical Activity	3 Units
APA 4115	Sport and Identities	3 Units
APA 4116	Applied Sport and Performance Psychology	3 Units
APA 4117	Quality of Life: Theory, Research and Application	3 Units
APA 4120	Sport and Physical Activity in Aging Populations	3 Units
APA 4131	Psychomotor Behavior: Current Trends	3 Units
APA 4313	Exercise and Disease Prevention	3 Units
APA 4318	Advanced Sports Analytics	3 Units
APA 4323	Selected Topics in Human Kinetics	3 Units
APA 4900	Directed Studies	3 Units
LSR 3105	Parks and Protected Areas	3 Units
LSR 3116	Leisure Education/Counselling	3 Units