

HONOURS BACHELOR OF HUMAN KINETICS - RECREATION AND SPORT MANAGEMENT

Students will acquire knowledge and have opportunities to apply what they learn in various types of organizations and contexts related to sport, leisure and physical activity. They will gain theoretical and practical training in governance and management principles, related to planning, policy making, marketing, entrepreneurship, and communications. Students will critically examine the impacts of organizations, sport events and festivals, and learn to evaluate the influence of policy relating to sport, leisure and physical activity, on individuals and society.

Students will acquire the management skills needed to understand the Canadian sport system, its organizations and people. For example, they will gain an enriched understanding of governmental, for-profit, and non-profit organizations in sport and leisure, ranging from local to international organizations in professional sport, municipal recreation departments, sport events, and the commercial sector. Students will receive training informed by social sciences (e.g., management, sociocultural, leisure studies, psychology). Management courses will give students opportunities to gain competencies in the planning, organizing, marketing, leadership, and evaluation of sport, leisure and recreation organizations and events. Students will acquire cutting-edge knowledge and skills related to the latest developments in branding and marketing a sport, leisure or recreation organization, and managing volunteers in a sport event or festival. Sociocultural courses will enable students to learn about historical and contemporary issues affecting how people interact in organizations and in society. Students will have opportunities to understand the reasons behind current situations and gain skills in critical inquiry they can use to facilitate change in organizations.

Graduates will have developed management skills allowing them to better integrate into the workplace upon graduation and contribute to their organization and society. They will have acquired skills to provide advocacy and recommendations to policy and decision-makers at all levels of the sport system, from the municipality to Sport Canada, and international sport organizations. Our graduates will also have gained interpersonal, networking, and critical thinking skills, which will benefit their job marketability. They can pursue career-paths in various segments of the sport, leisure and recreation industries (government, non-profit or for-profit) at the local, regional, national and international levels. The emphasis of our program on both foundational knowledge but also how knowledge translates into action enables our graduates to pursue different occupational roles. For example, our graduates can take on leadership, management, and governance roles in local and national amateur sport organizations (e.g., sport clubs, university athletics department, Olympic sport organizations), event organizations (e.g., FIFA Women's World Cup Canada 2015), professional sport teams and government departments (e.g., Sport Canada, provincial and municipal recreation departments). Our graduates can also pursue research-based or professional-based graduate degrees.

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
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3 course units from:		3 Units
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ENG 1112	Technical Report Writing	
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ENG 1120	Selected Topics in Literature and Composition	
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Compulsory Courses at the 1000 level

APA 1105	Functional Anatomy of Movement	3 Units
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APA 1122	Physical Activity in a Global Health Perspective	3 Units
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APA 1302	Sociology of Sport and Physical Activity in Canada	3 Units
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LSR 1100	Introduction to Leisure Studies	3 Units
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Compulsory Courses at the 2000 level

APA 2134	Administration of Leisure, Sport and Physical Activity Services	3 Units
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APA 2180	Research Methods in Human Kinetics	3 Units
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APA 2302	History of Sport and Physical Activity in Canada	3 Units
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LSR 2118	Recreation Program Development and Evaluation	3 Units
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LSR 2121	Recreation and Environmental Quality	3 Units
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LSR 2122	Tourism	3 Units
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LSR 2312	Principles of Leadership in Recreation	3 Units
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Compulsory Courses at the 3000 level

APA 3113	Management of Sporting Events and Festivals	3 Units
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APA 3146	Sport and Recreation Marketing	3 Units
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APA 3301	Ethics in Sport, Physical Activity and Health in Canada	3 Units
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APA 3381	Measurement and Data Analysis in Human Kinetics	3 Units
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Compulsory Courses at the 4000 level

APA 4112	Political Economy of Sport and Physical Activity	3 Units
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APA 4119	International Sport Management Perspectives	3 Units
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Optional courses

3 course units from:		3 Units
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PSY 1101	Introduction to Psychology: Foundations	
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PSY 1102	Introduction to Psychology: Applications	
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3 course units from:		3 Units
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SOC 1101	Principles of Sociology	
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SOC 1106	Exploring Diversity in Canada	
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3 course units from:		3 Units
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PHI 1101	Reasoning and Critical Thinking	
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This is a copy of the 2026-2027 catalog.

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:	¹	6 Units
APA 4200	Research Project	
APA 4211	Internship/Clinical Experience	
6 optional course units at the 3000 level from the list of optional courses		6 Units
12 optional course units at the 3000 or 4000 level from the list of optional courses		12 Units
Elective courses		
30 elective course units		30 Units
or 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 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 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 3125	Prevention and Care of Athletic Injuries	3 Units
APA 3142	Sociology of Health and Physical Activity in Canada	3 Units
APA 3150	Neural Control of Human Movement	3 Units
APA 3311	Musculoskeletal Biomechanics	3 Units
APA 4101	Anthropology of Sport and Leisure	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 4123	Physical Activity Counselling	3 Units
APA 4318	Advanced Sports Analytics	3 Units
APA 4320	Advanced Coaching: Global Preparation in a Sport	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