

HONOURS BACHELOR OF HUMAN KINETICS - STUDIES OF SOCIAL ISSUES IN SPORT, PHYSICAL ACTIVITY AND LEISURE OPTION

Overview

The Honours Bachelor of Human Kinetics (BHK) emphasizes the social sciences aspects of physical activity, sport, active leisure and health. It provides the knowledge and skills required to play a leading role in developing, promoting and implementing programs, policies and positive lifestyle behaviours for different populations in a variety of settings. Students will have the opportunity to do experiential education internships in a community venue, or do a research project supervised by faculty. Graduates of this program will gain theoretical and applied knowledge from disciplines such as sociology, leisure studies, psychology, pedagogy/coaching and administration, as well as foundational understandings of the biophysical aspects of human movement. This program prepares students to pursue a number of job opportunities in community recreation and sport; socio-cultural studies in leisure and sport; sport and leisure management; coaching in sport; teaching in schools and other settings; sport psychology; and sport, physical activity and health consultancy.

The Option in Studies of Social Issues in Sport, Physical Activity and Leisure offers an opportunity to improve your knowledge and skills in critical analysis of sport, physical activity and leisure to help you become an actor of social change in, and through, sport, physical activity and leisure. You will learn about the effect of social issues on sporting, physical and leisure practices as well as the impact of these practices on social change. In the process, you better understand how power relations are enacted in the context of sport, physical activity and leisure as well as understand how these practices become tools of social change.

This program is offered in English and in French.

Program Requirements

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

| | | |
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| 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

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| 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 |

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| LSR 1100 | Introduction to Leisure Studies | 3 Units |
| LSR 1105 | Leisure in Canadian Society | 3 Units |

Compulsory Courses at the 2000 level

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| APA 2111 | Intervention Theories | 3 Units |
| APA 2120 | Motor Control and Learning | 3 Units |
| APA 2134 | Administration of Leisure, Sport and Physical Activity Services | 3 Units |
| APA 2140 | Introduction to Sport and Exercise Psychology | 3 Units |
| APA 2180 | Research Methods in Human Kinetics | 3 Units |
| APA 2302 | History of Sport and Physical Activity in Canada | 3 Units |
| APA 2312 | Physiology of Physical Activity | 3 Units |
| APA 2315 | Introduction to Applied Biomechanics | 3 Units |

Compulsory Courses at the 3000 level

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| APA 3118 | Recreation, Sport and Community Development | 3 Units |
| APA 3301 | Ethics in Sport, Physical Activity and Health in Canada | 3 Units |
| APA 3381 | Measurement and Data Analysis in Human Kinetics | 3 Units |

Optional courses

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| 3 course units from: | 3 Units |
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PSY 1101 Introduction to Psychology: Foundations

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

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

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

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| 12 course units from Studies of Social Issues in Sport, Physical Activity and Leisure: | 12 Units |
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APA 3123 Hockey and Canadian Culture

APA 3142 Sociology of Health and Physical Activity in Canada

APA 4101 Anthropology of Sport and Leisure

APA 4112 Political Economy of Sport and Physical Activity

APA 4115 Sport and Identities

APA 4120 Sport and Physical Activity in Aging Populations

LSR 3105 Parks and Protected Areas

LSR 3116 Leisure Education/Counselling

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| 6 course units from: | 6 Units |
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APA 4200 Research Project

APA 4211 Internship/Clinical Experience

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| 9 optional course units at the 3000 or 4000 level from the list of optional courses | 9 Units |
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Elective courses

This is a copy of the 2026-2027 catalog.

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| 30 elective course units | 30 Units |
| or a minor | |
| Total: | 120 Units |

List of Optional Courses

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| APA 3111 | Physical Education Methods: Intervention, Observation and Experimentation | 3 Units |
| APA 3113 | Management of Sporting Events and Festivals | 3 Units |
| APA 3119 | Coaching Training Methods | 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 4118 | Biomechanical Basis of Injury | 3 Units |
| APA 4119 | International Sport Management Perspectives | 3 Units |
| APA 4120 | Sport and Physical Activity in Aging Populations | 3 Units |
| APA 4123 | Physical Activity Counselling | 3 Units |
| APA 4131 | Psychomotor Behavior: Current Trends | 3 Units |
| APA 4150 | Principles in Psychomotor Rehabilitation | 3 Units |
| APA 4160 | Fitness Testing and Exercise Prescription | 3 Units |
| APA 4313 | Exercise and Disease Prevention | 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 |