

HONOURS BACHELOR OF HUMAN KINETICS

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, psychology, pedagogy/coaching, leisure studies 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.

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 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

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

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: ¹ 6 Units

APA 4200	Research Project
APA 4211	Internship/Clinical Experience

24 optional course units at the 3000 or 4000 level from the list of optional courses 24 Units

Elective courses

30 elective course units or a minor 30 Units

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 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

This is a copy of the 2026-2027 catalog.

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