

HONOURS BACHELOR OF SCIENCE IN HUMAN KINETICS AND MASTER OF HEALTH SCIENCES OCCUPATIONAL THERAPY

Overview

Honours Bachelor of Science in Human Kinetics

This program is offered in French.

The Honours Bachelor of Science in Human Kinetics emphasizes the biophysical sciences of human kinetics, with a focus on the role that biological, anatomical, musculoskeletal, and neuro-motor systems have on motor performance, and the impact of sport and physical activity on the body. It provides the knowledge, skills and techniques required for you to play a leading role in developing and implementing evidence-based approaches that maintain and improve human movement, and lead to positive health outcomes for different populations in a variety of settings. While the program focuses on disciplines such as anatomy, biomechanics, exercise physiology, motor control and psychomotor behaviour, it also provides an understanding of how the social sciences contribute to human movement and performance. Students have the opportunity to do experiential education internships in a community venue, or do a research project supervised by faculty. This degree can lead to admission to graduate studies in human kinetics and advanced degrees in allied health and rehabilitation sciences such as physiotherapy and occupational therapy, medicine, or chiropractic studies. Potential additional certifications: College of Kinesiologists of Ontario (Registered Kinesiologist), Canadian Society for Exercise Physiology (Certified Personal Trainer, Certified Exercise Physiologist).

Master of Health Sciences Occupational Therapy

This program is offered in French.

Occupational therapists work collaboratively with individuals and groups of individuals to help people engage or re-engage in the activities that are important to them ("occupations"). Occupational therapists are experts in occupation. They help individuals and groups of individuals to identify and prioritize their occupations. They collaboratively explore the supports and barriers to engaging in these occupations and work with individuals and groups of individuals as they identify and implement ways to engage in these occupations despite physical, cognitive, or emotional challenges.

The Master of Health Science in Occupational Therapy at the University of Ottawa is designed for those dedicated to improving well-being through holistic, evidence-based care. This program offers comprehensive training, hands-on experience, and theoretical knowledge to prepare students for impactful roles across various settings. The program emphasizes equitable occupational participation and effective work in bilingual and multicultural environments, aligning with its mission to serve minority Francophone communities.

Graduates of the University of Ottawa's occupational therapy program are equipped to become leaders who will impact their community by advancing knowledge, building relationships to promote diversity and equity, and fostering opportunities for occupational participation for all.

The occupational therapy program meets the standards developed by the Canadian Association of Occupational Therapists (CAOT). These national standards ensure the quality of professional education. In addition to the coursework, students complete 1,000 hours of clinical training in Ottawa-area hospitals, schools, community organizations, private clinics and rehabilitation centres or at locations outside the National Capital Region.

This limited capacity enrolment program is completed over six consecutive full-time study terms, including placements.

The objectives of the program are achieved through successful completion of theoretical and practical courses, integration seminars and clinical placements. Teaching activities are grouped under the following six themes:

- Theme 1: Occupational participation: interaction among the person, their occupations, and their environment;
- Theme 2: Fundamental principles for the practice as an occupational therapist (being a professional);
- Theme 3: Knowledge of health conditions and interventions - occupational therapist and the team;
- Theme 4: Occupational therapy practice: collaborating to promote occupational participation;
- Theme 5: Critical evaluation of knowledge;
- Theme 6: Knowledge integration.

Admission and Retention Requirements

- Admission to a dual fast-track degree program does not guarantee entry into the master's program.
- The minimum cumulative grade point average required for good academic standing is 8.5.
- By the end of February of the 3rd year of study:
 - Have passed a language proficiency test in the official language other than the language of instruction at the undergraduate degree.¹ AND
 - Have a satisfactory score on a personal characteristics test (Computer-Based Assessment for Sampling Personal Characteristics (CASPer)).^{1,2}

¹ Candidates are responsible for any fees associated with the CASPer and language test.

² The CASPer exam can be completed in either French or English, depending on the candidate's preference.

Program Requirements

For the most accurate and up to date information on admission requirements, please visit the program prerequisites (<https://www2.uottawa.ca/study/undergraduate-studies/program-prerequisites/>) webpage.

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

The minimum C.G.P.A. required for good academic standing is 8.5.

Honours Bachelor of Science in Human Kinetics

Compulsory courses at the 1000 level

ANP 1511	Principes d'anatomie et de physiologie humaines I	3 Units
APA 1702	Sociologie du sport et de l'activité physique au Canada	3 Units
APA 1713	Anatomie du système locomoteur	3 Units
BIO 1531	Introduction à la biologie des organismes	3 Units
BIO 1541	Introduction à la biologie cellulaire et moléculaire	3 Units
CHM 1711	Principes de chimie	3 Units
CHM 1721	Chimie organique I	3 Units
FRA 1710	Analyse, écriture et argumentation I	3 Units
MAT 1730	Calcul différentiel et intégral pour les sciences de la vie I	3 Units
PHY 1721	Principes de physique I	3 Units
PSY 1501	Introduction à la psychologie : fondements	3 Units

Compulsory courses at the 2000 level

APA 2514	Analyse biomécanique du mouvement humain	3 Units
APA 2520	Apprentissage et contrôle moteur	3 Units
APA 2540	Introduction au sport et à la psychologie de l'exercice	3 Units
APA 2580	Méthodes de recherche en sciences de l'activité physique	3 Units
APA 2701	Physiologie de l'exercice I	3 Units
APA 2714	Techniques de laboratoire en physiologie de l'exercice et en biomécanique	3 Units

Compulsory courses at the 3000 level

APA 3520	Laboratoire de psychomotricité	3 Units
APA 3781	Mesure et analyse des données quantitatives en sciences de l'activité physique	3 Units

Optional courses

3 optional course units from: 3 Units

ANP 1515	Principes d'anatomie et de physiologie humaines II	
BIO 2510	Physiologie environnementale	
BIO 2533	Génétique	
CHM 2520	Chimie organique II	

3 optional course units from: 3 Units

APA 1522	L'activité physique dans une perspective de santé mondiale	
APA 1702	Sociologie du sport et de l'activité physique au Canada	
LSR 1500	Introduction à l'étude du loisir	
APA 2534	Administration des services de loisir, de sport et d'activité physique	
APA 2702	Histoire du sport et de l'activité physique au Canada	

27 optional course units in human kinetics (APA) at the 3000 or 4000 level 27 Units

Total: 90 Units

Master of Health Sciences Occupational Therapy

Master's with Coursework

Compulsory courses

ERG 5512	Anatomie et éléments du mouvement pour la participation occupationnelle	3 Units
ERG 5525	Exploration de la participation occupationnelle	3 Units
ERG 5526	Analyse de la participation occupationnelle	1.5 Units
ERG 5527	Participation occupationnelle de l'enfant et l'adolescent	1.5 Units
ERG 5528	Aspects sociopolitiques de la participation occupationnelle	3 Units
ERG 5714	Principes généraux du processus de pratique ergothérapique	3 Units
ERG 5722	Perspectives théoriques et modèles en ergothérapie	3 Units
ERG 5741	Atteintes à la santé des enfants et approches d'intervention	3 Units
ERG 5742	Atteintes à la santé physique des adultes et approches d'intervention	3 Units
ERG 5743	Atteintes à la santé mentale des adultes et approches d'intervention	3 Units
ERG 5744	Atteintes à la santé des personnes âgées et approches d'intervention	3 Units
ERG 5754	La recherche en ergothérapie	3 Units
REA 5703	Pratiques professionnelles en réadaptation	3 Units
ERG 6715	Pratiques professionnelles avancées en ergothérapie	3 Units
ERG 6741	Intervention de l'ergothérapeute auprès des enfants	3 Units
ERG 6742	Intervention de l'ergothérapeute auprès des adultes (santé physique)	3 Units
ERG 6743	Intervention de l'ergothérapeute auprès des adultes (santé mentale)	3 Units
ERG 6744	Intervention de l'ergothérapeute auprès des personnes âgées	3 Units
REA 6503	Pratique factuelle en réadaptation	3 Units
Seminars		
ERG 6755	Séminaire de recherche	3 Units
ERG 6761	Séminaire d'intégration des acquis en ergothérapie	3 Units
Clinical placements ¹		
ERG 5901	Clinical Placement in Occupational Therapy I	
ERG 5902	Clinical Placement in Occupational Therapy II	
ERG 6903	Clinical Placement in Occupational Therapy III	
ERG 6904	Clinical Placement in Occupational Therapy IV	

ERG 6905	Clinical Placement in Occupational Therapy V	
Total:		60 Units

Note(s)

¹ A minimum of 1000 placement hours must be completed over the five clinical placements.

Master's with Coursework and Research Project**Compulsory courses**

ERG 5512	Anatomie et éléments du mouvement pour la participation occupationnelle	3 Units
ERG 5525	Exploration de la participation occupationnelle	3 Units
ERG 5526	Analyse de la participation occupationnelle	1.5 Units
ERG 5527	Participation occupationnelle de l'enfant et l'adolescent	1.5 Units
ERG 5528	Aspects sociopolitiques de la participation occupationnelle	3 Units
ERG 5714	Principes généraux du processus de pratique ergothérapeutique	3 Units
ERG 5722	Perspectives théoriques et modèles en ergothérapie	3 Units
ERG 5741	Atteintes à la santé des enfants et approches d'intervention	3 Units
ERG 5742	Atteintes à la santé physique des adultes et approches d'intervention	3 Units
ERG 5743	Atteintes à la santé mentale des adultes et approches d'intervention	3 Units
ERG 5744	Atteintes à la santé des personnes âgées et approches d'intervention	3 Units
ERG 5754	La recherche en ergothérapie	3 Units
REA 5703	Pratiques professionnelles en réadaptation	3 Units
ERG 6715	Pratiques professionnelles avancées en ergothérapie	3 Units
ERG 6741	Intervention de l'ergothérapeute auprès des enfants	3 Units
ERG 6742	Intervention de l'ergothérapeute auprès des adultes (santé physique)	3 Units
ERG 6743	Intervention de l'ergothérapeute auprès des adultes (santé mentale)	3 Units
ERG 6744	Intervention de l'ergothérapeute auprès des personnes âgées	3 Units
REA 6503	Pratique factuelle en réadaptation	3 Units

Seminar

ERG 6761	Séminaire d'intégration des acquis en ergothérapie	3 Units
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Research project

ERG 6920	Individual Research Project	6 Units
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Clinical placements¹

ERG 5901	Clinical Placement in Occupational Therapy I	
ERG 5902	Clinical Placement in Occupational Therapy II	
ERG 6903	Clinical Placement in Occupational Therapy III	

ERG 6904	Clinical Placement in Occupational Therapy IV	
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ERG 6905	Clinical Placement in Occupational Therapy V	
Total:		63 Units

Note(s)

¹ A minimum of 1000 placement hours must be completed over the five clinical placements.

Specific requirements for the master's program**Minimum Requirements**

The pass mark in each individual course is C +. S (Satisfactory) is required for each clinical placement.

Two failures (course or clinical placement) result in withdrawal from the program. In the case of a single failure, the failed course or clinical placement can be repeated the next time the course is offered, but registration for courses or clinical placements for which the failed course or clinical placement is a prerequisite will not be possible. In this case, it will not be possible to complete the program within the prescribed time. Failing the repeated course or clinical placement is considered a second failure.

Duration of the Program

The program normally runs over 6 consecutive full-time terms. All program requirements are expected to be complete, including the placements and the Research Project (ERG 6755 or ERG 6920), within this two-year period.

Expected Professional Behaviour

You must comply with the requirements of integrity as well as professional ethics in all aspects of your program (courses, clinical placements, projects) during your interactions with colleagues, professors, clinical supervisors, clients, research participants, academic staff, etc. A list of essential skills and qualifications of occupational therapy can be found here (<https://www.uottawa.ca/faculty-health-sciences/sites/g/files/bhrsksd346/files/2021-12/fhs-rehabilitation-essential-skills-occupational-therapy.pdf>).

Requirements for Clinical Placements

You must adhere to the requirements established by the Faculty of Health Sciences Requirements for practical learning activities (<https://www.uottawa.ca/faculty-health-sciences/clinical-education/>) (courses, labs, internships and clinical placements) regarding immunizations, police records and any other training or information required to ensure health and safety in clinical placement settings. It is your responsibility to know these requirements and to abide by them.

Non-adherence to the requirements can have major consequences, including not being able to start a clinical placement and even withdrawal during a clinical placement.

Attendance at clinical placements is mandatory, the abandonment of a clinical placement already started without good reason is a failure. In accordance with the affiliation agreement between the University of Ottawa and the clinical institution: "The organization may terminate an internship in a clinical setting and prohibit a student from continuing it if, in its opinion, the student's behavior represents a potential danger to its

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customers or patients or has a negative impact on their well-being or on the personnel of the organization ". If you are dismissed from a clinical placement by the clinical organization, you will receive a failing grade for this clinical placement.

The clinical placements take place in the Ottawa region as well as in other parts of Ontario and Canada. You may be assigned to a local or out-of-area clinical placement. In some cases, the Consortium National de Formation en Santé (<http://www.cnfs.ca/>) (CNFS) may cover part of the travel costs for out-of-area clinical placements.

All students are expected to have placements in both majority English-speaking settings and in majority French-speaking settings.