



UNIVERSITY
OF ALBERTA

FACULTY OF KINESIOLOGY, SPORT, AND RECREATION

VIEWBOOK
2027
2028



WE ARE

connecting the art and science
of human movement, performance
and play.

Territorial Acknowledgement

The University of Alberta respects the sovereignty, lands, histories, languages, knowledge systems and cultures of all First Nations, Métis and Inuit nations.

The University of Alberta, its buildings, labs and research stations are primarily located on the territory of the Néhiyaw (Cree), Niitsitapi (Blackfoot), Métis, Nakoda (Stoney), Dene, Haudenosaunee (Iroquois) and Anishinaabe (Ojibway/Saulteaux), lands that are now known as part of Treaties 6, 7 and 8 and homeland of the Métis.



TOP 3
IN CANADA



& TOP 10
IN THE WORLD FOR
SPORTS-RELATED
SUBJECTS*

*2026 QS World Rankings by Subject

A legacy of over 60 years.

Our reputation is built on a strong foundation of discovery in research and excellence in education, supporting our overall goal to improve the quality of life for individuals and communities. Students connect with award-winning professors who are actively contributing new knowledge to kinesiology, recreation, sport and leisure on a global scale.

Through hands-on learning — including labs, activity-based courses, community service-learning and a wide range of in-field learning experiences — our students have every opportunity to build practical skills to make a difference in the community.

Exterior of Physical Activity and Wellness (PAW)
Centre and entrance to Van Vliet Complex.

A group of students in green University of Alberta sweatshirts are gathered around large yellow letters spelling 'KSR' in a modern building with large windows. Two students are sitting on the floor in front of the letters, one using a laptop and the other a tablet. Three students are standing behind the letters, and one is standing to the right. The floor is polished concrete.

FACULTY OF KINESIOLOGY, SPORT, & RECREATION

At the U of A, you'll have access to the resources, facilities and world-renowned researchers of a large university — but you'll take classes in a close-knit, interactive faculty.

DEGREE PROGRAMS

- **4** UNDERGRADUATE
- **3** MASTER'S
- **1** PHD

OVER \$1.4M
UNDERGRADUATE FINANCIAL
ASSISTANCE IN 2025

KSR students between classes in the Van Vliet Complex.

The Steadward Centre

Annually serving more than 1,000 children and adults experiencing disability, The Steadward Centre is part of the Faculty of Kinesiology, Sport, and Recreation. With expertise in adapted physical activity and para sport development, the centre's research and education focus allows it to deliver innovative programs and share knowledge with community fitness and sport leaders across Alberta.

FACULTY BY THE NUMBERS



1,566
UNDERGRAD
STUDENTS



134
GRADUATE
STUDENTS

DID YOU KNOW?

250+ students annually gain experience at The Steadward Centre through in-field learning placements, community service learning courses and volunteer placements.

DEGREES



I was always interested in body image and how that relates to exercise and well-being, but I had never heard of a kinesiology degree until I got to the U of A. Once I heard about it I knew it could help me explore my interests in weight stigma and how it relates to fitness."

KORA

2026 BScKin grad from Seoul, South Korea

Bachelor of Science in Kinesiology (BScKin)

The BScKin degree is a specialized science degree focused on studying human movement as it relates to the enhancement of human performance, the promotion of health and the prevention and management of chronic disease. This program provides the flexibility to customize your course selection in your later study years.

COURSE SPOTLIGHT IN THIS DEGREE:

- **KIN 334:** Physical Activity, Nutrition and Energy Balance
- **KIN 434:** Physical Activity and Chronic Disease Management
- **KIN 440:** Advanced Sports Injury Management

New courses for Fall 2026:

- Physical Activity and Mental Health
- Women and Girls in Sport

CAREERS

Strength and Conditioning Specialist in Sport

Community Wellness Programmer in Recreation

Exercise Specialist in Healthcare

Bachelor of Kinesiology (BKin)

Are you ready to take a multidisciplinary approach to the study of human movement? This degree spans the humanities, social sciences and applied sciences as they relate to exercise, athletic performance and the promotion of healthy behaviours for disease prevention and improved well-being.

MAJORS:

- Adapted Physical Activity
- Physical Activity and Health
- Sport Performance



BScKin vs BKin

Both degree paths allow you to work in a variety of professions, participate in research and pursue graduate programs.

BScKin

- Strong focus on the biological and physical science of human movement.
- Requires Physics 30 for admission.
- Includes courses from the Faculty of Science.

BKin

- Focus on the art and science of human movement.
- Flexible high school subject requirements for admission.

With a BScKin or BKin degree, further study is possible in medicine, physical therapy or occupational therapy.

View admission information at uab.ca/programs

Bachelor of Kinesiology / Bachelor of Education (BKin / BEd Combined)

The BKin/BEd five-year program is a one-of-a-kind opportunity to combine an interest in kinesiology with a degree in education. After completing three years in the Faculty of Kinesiology, Sport, and Recreation and two years in the Faculty of Education, you will graduate with both a Bachelor of Kinesiology and a Bachelor of Education Elementary degree or a Bachelor of Education Secondary degree.

COURSE SPOTLIGHT IN THIS DEGREE:

- **EDPY 304:** Adolescent Development and Learning
- **KIN 207:** Physical Growth and Psychomotor Development
- **KRLS 371:** Assessment and Evaluation in Physical Activity for Children and Youth

CAREERS

- Elementary/Junior High/High School Teacher
- Curriculum Consultant
- Recreation and Sport Administrator
- Educator in Public, Non-Profit or Private Industries



“Studying human movement at the U of A has deepened my appreciation for how the body adapts, performs, and learns. It has inspired a commitment to helping people develop both the confidence and competence to lead active lifestyles and reach their potential.”

MICHELLE
5th year BKin/BEd combined student from Edmonton, AB

Bachelor of Arts in Recreation, Sport, and Tourism (BARST)

A BARST degree prepares you for opportunities in tourism, sport, and recreation — some of the world’s largest and fastest-growing industries. You’ll explore how leisure shapes communities and enhances quality of life while building practical business and leadership skills through applied, real-world learning. The program is highly flexible, allowing you to tailor your courses to match your interests and career goals. Graduates are ready to work with diverse populations, launch recreation-focused ventures and lead in dynamic tourism and sport sectors.

COURSE SPOTLIGHT IN THIS DEGREE:

- **KRLS 207:** Adapted Physical Activity and Leisure for Diverse Populations
- **RLS 100:** Life, Leisure and the Pursuit of Happiness
- **RLS 232:** Marketing for Recreation, Sport and Tourism

CAREERS

- Parks & Recreation Manager
- Tourism Operator or Entrepreneur
- Economic Development Officer
- Arts & Culture Development Officer
- Provincial Sport Association Director
- Special Events or Festival Manager



“BARST is a great choice for those who wish to blend the arts and sport/leisure/tourism into one university degree. I really like the flexibility to pursue the classes and topics that I enjoy. I feel that the classes I’m taking and many skills I’m learning will help me in the future no matter what I choose to do.”

STEVEN
2nd year BARST student from Edmonton, AB

KSR students developing teamwork skills through game play in the Education Gym on North Campus.

Edmontonians cross-country skiing in Victoria Park.

EXPERIENTIAL LEARNING & MORE

KSR students Kimberlie and Mia work with Greg during their regular Physical Activity Led by Students (PALS) session at The Steadward Centre.

“

What made the experience especially impactful was that the physiotherapist intentionally involved me in the process by asking me to help assess range of motion, demonstrate exercises to patients and assist with parts of treatment sessions. Being actively included allowed me to see what the day-to-day work of a physiotherapist truly looks like.”

HOVIE

3rd year BKin student, completed a placement with Leading Edge Physiotherapy.

Experiential learning is the process of learning by doing. Hands-on experiences are curated for students to connect theories and knowledge learned in the classroom to real-world situations.

In-Field Experiential Learning

Whether in community, sport, recreation, research or clinical settings, these opportunities allow students to apply what they have learned in meaningful ways while developing practical skills, professional confidence and a stronger understanding of where their degree can lead.

Students are encouraged to take initiative, reflect on their goals and approach each experience professionally. With support from KSR's Experiential Learning Lead, they can explore opportunities aligned with their interests, build valuable connections and graduate better prepared for future careers or further study.

Prepare to Launch Your Career

Students gain foundational career skills through dedicated courses and have the opportunity to take classroom concepts into work environments. Students in the BKin/BEd degree complete a teaching practicum through the Faculty of Education.

Types of placements will vary but include:

- Athletic therapy
- Campus & Community Recreation
- U of A Varsity Athletic teams
- Chiropractic
- Firefighter fitness testing
- Leisure facility operations
- Private physiotherapy
- Recreation and parks program planning
- The Steadward Centre
- Strength and conditioning agencies

International Experiences

Participate in one of the many outstanding study abroad opportunities including more than 240 programs in more than 50 countries.

KSR has special partnerships with:

- Norwegian School of Sports Sciences, Norway
- Palacky University Olomouc, Czech Republic
- Loughborough University, United Kingdom
- German Sport University, Germany
- Yonsei University, South Korea

Gain academic credits while immersing yourself in a different environment where you can explore new cultures and foster valuable friendships for an unforgettable life experience.

KSR students Stephanie and Lorelei in the Neurophysiology Laboratory exploring how electrical stimulation (delivered through the skin) can activate paralyzed muscle for people living with spinal cord injury.

TAKE YOUR EDUCATION FURTHER



Embedded Certificate in Indigenous Sport & Recreation

In partnership with the Faculty of Native Studies, students have the opportunity to pursue more specialized knowledge and skills during their degree with the Certificate in Indigenous Sport & Recreation. This certificate brings together knowledge of sport, recreation and physical activity with Indigenous culture to improve community health.

Undergraduate Research Opportunities

Working alongside world-renowned researchers, students will have an opportunity to investigate topics across seven research areas:

- Adapted Physical Activity
- Behavioral Medicine
- Exercise Physiology
- Neuroscience and Movement
- Recreation, Sport and Tourism
- Sociocultural Studies of Physical Activity
- Sport Psychology

Transformative Research

KSR research explores physical activity, leisure and sport, from programs boosting recreation in Indigenous communities to labs advancing knowledge in disability, cancer, diabetes, pregnancy, postpartum health and athletic performance. Our research makes a real impact.

Opportunities include:

EXERCISE ONCOLOGY RESEARCH LABORATORY

Contribute to generating new knowledge on how physical activity can help cancer patients prepare for treatments, cope with treatments, recover after treatments and improve long-term quality of life and survival.

PHYSICAL ACTIVITY DIABETES LAB (PADL)

Study the benefits of physical activity in preventing and managing diabetes and related conditions.

PROGRAM FOR PREGNANCY AND POSTPARTUM HEALTH (PPPH)

Participate in research to improve the lifelong health of pregnant and postpartum women and their children.

READY,
SET,
APPLY!

Historical admission average by faculty:
uab.ca/averages

Apply for scholarships & awards:
uab.ca/awards

First Nations, Métis and Inuit students can
also enter this faculty through the University
of Alberta's Transition Year Program (TYP)
uab.ca/typ

Important deadlines
and to apply: uab.ca/apply

ADMISSION
REQUIREMENTS

Programs and admission requirements
(including non-direct entry programs):
uab.ca/programs

FACULTY OF KINESIOLOGY, SPORT, & RECREATION	ACADEMIC DEGREE	REQUIREMENTS	FIVE COURSES REQUIRED FOR ADMISSION 1 2 3 4 5
	BACHELOR OF SCIENCE IN KINESIOLOGY	1 English Language Arts 30-1 2 Chemistry 30 3 Physics 30 4 Mathematics 30-1	5 CHOOSE ONE OF: ☐ Biology 30 or Physical Education 30 (5 credits) or Recreation Leadership (REC) Advanced-Level Career and Technology Studies (5 credits)
	BACHELOR OF KINESIOLOGY BACHELOR OF KINESIOLOGY / BACHELOR OF EDUCATION (ELEMENTARY AND SECONDARY) COMBINED Applicants to the Bachelor of Kinesiology / Bachelor of Education Elementary Route must present Mathematics 30-1 or Mathematics 30-2. This course does not have to be presented for admission but is required to complete 3 units Mathematics as part of the degree program (Math 160 recommended).	1 English Language Arts 30-1 2 3 CHOOSE TWO OF: ☐ Aboriginal Studies 30 ☐ Biology 30 ☐ Chemistry 30 ☐ Computing Science Advanced-Level Career and Technology Studies (5 credits) ☐ Macroeconomics 30 and Microeconomics 30 ☐ Mathematics 30-1 or Mathematics 30-2 ☐ Mathematics 31 ☐ Physics 30 ☐ Science 30 ☐ Social Studies 30-1 ☐ 30-level Language other than English (only one Language other than English will be accepted) 4 CHOOSE ONE OF: ☐ Biology 30 ☐ Chemistry 30 ☐ Computing Science Advanced-Level Career and Technology Studies (5 credits) ☐ Mathematics 30-1 or Mathematics 30-2	☐ Mathematics 31 ☐ Physics 30 ☐ Science 30 5 CHOOSE ONE OF: ☐ Biology 30 ☐ Chemistry 30 ☐ Computing Science Advanced-Level Career and Technology Studies (5 credits) ☐ Fine Arts subject ☐ Mathematics 30-1 or Mathematics 30-2 ☐ Mathematics 31 ☐ Physics 30 ☐ Physical Education 30 (5 credits) or Recreation Leadership (REC) Advanced-Level Career and Technology Studies (5 credits) ☐ Science 30 + PLUS: Spoken English Language Proficiency is required for students in the BKin / BEd program. Mathematics 30-2 is acceptable for admission as a Group C subject; however only one of Mathematics 30-1 and Mathematics 30-2 may be used for admission purposes.

FACULTY OF KINESIOLOGY, SPORT, & RECREATION	ACADEMIC DEGREE	REQUIREMENTS	FIVE COURSES REQUIRED FOR ADMISSION 1 2 3 4 5
	BACHELOR OF ARTS IN RECREATION, SPORT, AND TOURISM	1 English Language Arts 30-1 2 CHOOSE ONE OF: ☐ Aboriginal Studies 30 ☐ Biology 30 ☐ Chemistry 30 ☐ Computing Science Advanced-Level Career and Technology Studies (5 credits) ☐ Macroeconomics 30 and Microeconomics 30 ☐ Mathematics 30-1 or Mathematics 30-2 ☐ Mathematics 31 ☐ Physics 30 ☐ Science 30 ☐ Social Studies 30-1 ☐ 30-level Language other than English (only one language other than English will be accepted) 3 CHOOSE ONE OF: ☐ Aboriginal Studies 30 ☐ Macroeconomics and Microeconomics 30 ☐ Social Studies 30-1 ☐ 30-level Fine Arts subject ☐ 30-level Language other than English 4 CHOOSE ONE OF: ☐ Biology 30 (recommended) ☐ Chemistry 30	☐ Computing Science Advanced-Level Career and Technology Studies (5 credits) ☐ Mathematics 30-1 or Mathematics 30-2 ☐ Mathematics 31 ☐ Physics 30 ☐ Science 30 5 CHOOSE ONE OF: ☐ Aboriginal Studies 30 ☐ Biology 30 ☐ Chemistry 30 ☐ Computing Science Advanced-Level Career and Technology Studies (5 credits) ☐ Macroeconomics 30 and Microeconomics 30 ☐ Mathematics 30-1 or Mathematics 30-2 ☐ Mathematics 31 ☐ Physics 30 ☐ Physical Education 30 (5 credits) or Recreation Leadership (REC) Advanced-Level Career and Technology Studies (5 credits) ☐ Science 30 ☐ Social Studies 30-1 ☐ 30-level Language other than English Mathematics 30-2 is acceptable for admission as a Group C subject; however only one of Mathematics 30-1 and Mathematics 30-2 may be used for admission purposes.

ASK US

You've got questions
and we've got advisors.
ksr.recruiting@ualberta.ca
uab.ca/advising

FOLLOW US

-  @UAlberta
-  @UAlbertaKSR
-  @UAlbertaKSR

FIND YOUR PURPOSE

uab.ca/KSR