

Faculty of Kinesiology and Health Studies

At the University of Regina

The Faculty of Kinesiology and Health Studies offers a number of programs to help address some of the health concerns facing our communities.

BACHELOR OF KINESIOLOGY (BKIN)

Kinesiology is the “study of the art and science of human movement”, and as such, everything we explore is through the lens of “active health”. The BKin combines an interest in human performance and an understanding of the human body from the psychological, biological, and social perspectives. From this core understanding, students can choose to continue their focus in the exercise sciences and apply an understanding of disability theory to human movement (**Human Kinetics major**- with optional concentration available in Adaptation and Rehabilitation or High Performance Training), create health programs for communities or organizations (**Health Promotion major**), or how to create opportunities for aging adults in human movement/health programs (**Gerontology major**).

BACHELOR SPORT AND RECREATION STUDIES (BSRS)

Involvement in sport and recreation pursuits leads to healthier individuals, and can have a profound impact on the community. There are two majors students can choose from: Sport and Recreation Management or Therapeutic Recreation. Students develop a theoretical and practical understanding of the importance of recreational and leisure pursuits to a healthy, active and balanced lifestyle.

Sport and Recreation Management examines the administration of sport at the local, provincial and national level. If the combination of business and sport sounds appealing, then the Sport and Recreation Management major is for you.

Therapeutic Recreation uses the foundation of recreation and leisure theory, and an emphasis on psychology, to work with individuals in a clinical, health or rehabilitative setting in order to elicit a change in function. Compassion and a desire to impact the lives of others are paramount in this program.



BACHELOR OF HEALTH STUDIES (BHS)

Offered in partnership with First Nations University of Canada and the Faculty of Arts, the BHS aims to provide students with an integrated understanding of the ways in which social, economic and cultural determinants of health shape individual beliefs, attitudes and practices, and how these affect how individuals function. As health issues continue to dominate public policy choices, this program will prepare students to meet many of the health care needs facing Saskatchewan and Canada.

This degree program is interdisciplinary in nature, drawing on both the social sciences and the biological sciences. Students take a range of courses offered by the Faculties of Kinesiology and Health Studies, Arts, Science, and the First Nations University of Canada, with optional courses available from other faculties. A unique feature of this program is its emphasis on understanding Indigenous health needs (a full semester equivalent) and an applied fieldwork experience.

If you are interested in shorter credentials that ladder into the Bachelor of Health Studies, or a complementary health program for your primary area of study, you might be interested in our Certificate in Health Studies (1-year) or Diploma in Health Studies (2-years). Both programs can also ladder into the Bachelor of Health Studies should you choose to complete the degree, or want to begin with a smaller commitment.

JOINT DEGREE PROGRAMS

The Sport and Recreation Management Internship (Bachelor of Sport and Recreation Studies)/Business Administration joint program combines your interest in sport and recreation and fosters a deep understanding of business principles that can be taken into the workforce. It includes an eight to twelve month paid internship.

The Physical Literacy (Bachelor of Kinesiology)/ Education – Physical Education joint program is integrated from semester 1. You will take both education and kinesiology classes throughout your five year program, with the first three years more concentrated in kinesiology/physical literacy, and the final two years more education focused. Students have many opportunities to become comfortable in the classroom, including the full semester internship in the final year.

PRE-PROFESSIONAL STUDIES

Students interested in professional programs (such as physical therapy, occupational therapy, medicine, chiropractic medicine, naturopathic medicine, law) can incorporate the prerequisite requirements within their chosen degree program.

FIELDWORK AND INTERNSHIP

Experiential learning is one of the critical steps a student takes in preparing for a career, and is required in all of our degree program. The “placement” of a student in a supervised educational experience is an integral part of a student’s education in which a student may observe, inquire, participate, contribute and learn.

Additionally, a competently managed professional learning experience may assist with the deepening of understanding of agency/organization functions, the opportunity to test theoretical concepts in a “real world” environment, the chance to develop professional competency skills, and the occasion to clarify career direction preferences. In essence, Fieldwork is the culmination of a student’s academic preparation and is considered a vital pre-professional learning experience.

CONTACT US

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