

Human Kinetics

General Admission Information

Early application is strongly encouraged.

Application dates are used to determine registration dates and times. Candidates who apply early are given priority when registering for courses.

Application forms are available at the Registrar's Office or the Counselling Department, or apply online at www.langara.bc.ca.

Langara College starts accepting applications 11 months prior to the start of each term. Students may begin Arts and Science courses in any semester.

Langara College Admission Requirements

- Completion of BC secondary school or equivalent.
- Be at least 19 years of age by the first day of the first semester of attendance.
- Canadian citizenship or permanent resident (landed immigrant) status. International Students should contact the Registrar's Office or the International Education Department.
- A level of English proficiency sufficient to support studies at Langara College. Contact the Registrar's Office for more information.

Contact Us

Langara College
100 West 49th Avenue
Vancouver, BC Canada V5Y 2Z6

Info Line: 604.323.5686
Counselling: 604.323.5221
Registrar's Office (Admissions): 604.323.5241
Continuing Studies: 604.323.5322
International Education: 604.323.5023
Fax: 604.323.5555



freedom through knowledge

Langara College

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Langara College

Langara College provides education that meets the needs of our diverse community. The education and services provided are comprehensive, current, and innovative. Our learning environment is characterized by encouragement, free enquiry, integrity, and professionalism.

Langara College provides University-transfer, Career, and Continuing Studies programs and courses to more than 19,000 students annually.

Human Kinetics Department

Langara College's Human Kinetics Department is well recognized and respected in British Columbia. The department offers a 2-year diploma in Human Kinetics. Students can also complete up to 2 years of university-transferable coursework.

All instructors have masters and/or doctoral degrees and regularly receive awards for their community service and citations of distinction from their professional affiliations. They also provide courses to the community through the Health and Human Services area of Continuing Studies. Many instructors are active at the provincial and national levels in coaching and sport development, including high performance sports, development for physical activity, and health and wellness.

Program Graduates Succeed

The demand for educated and qualified human kinetics professionals is growing. Changes in lifestyle, technology, and demographics are increasing demand for specialized services and skills.

Graduates of the Human Kinetics Program find employment in both the public, private and commercial sectors. Individuals with a Human Kinetics education seek employment in many sectors, including:

- Kinesiology
- Fitness Leadership
- Sports Medicine
- Rehabilitation Sciences
- Ergonomics
- Athletic Therapy
- Elementary or Secondary School Physical Education
- Coaching
- Sports Management
- Personal Training





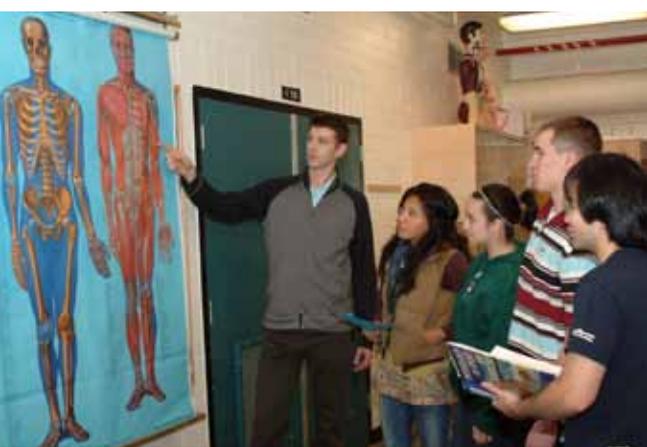
Human Kinetics

The Program

The Human Kinetics program requirements may be met through part-time or full-time study. A wide selection of first and second year courses are offered in the fall and spring semesters and select courses are also offered during the summer. Students may begin their studies in any of the three semesters.

The instructors are always developing creative methods to enhance the students' environment for optimal learning. These initiatives include:

- expanding the use of technology in the delivery of courses
- modifying lab and lecture facilities to allow for optimal student involvement and learning
- providing learning experiences that facilitate the development of essential abilities relevant to course content
- providing experiential opportunities with key community partners to expand the students' networking opportunities.



Outcomes

Langara College offers a 2-year **Human Kinetics Diploma**. It is also possible to complete the first two years of university-transferable course work in Human Kinetics. Many students choose this option and transfer to third year at a university to continue their studies.

Studies in Human Kinetics can lead to:

- **Kinesiology & Health Science**
Advanced studies in human movement science and health and fitness, and for future certification and work in the areas of kinesiology, strength and conditioning, sport science and medicine, or as a health practitioner (e.g. Kinesiologist, Strength & Conditioning Specialist, Fitness Leadership, Cardiac Rehabilitation, Rehabilitation Sciences, Athletic Therapist, Ergonomics, etc.).
- **Interdisciplinary Studies**
Advanced studies in liberal arts or science in conjunction with Human Kinetics (e.g. Sport Management, Sport Administration, Personal Training, Rehabilitation Sciences, Food Science/Nutrition, etc.).
- **Physical & Health Education**
Advanced studies in the delivery of sports, physical activity and active health education in public and private agencies (e.g. Elementary or Secondary Physical Education Teacher, Program or Curriculum Development, Professional Coach or Instructor, etc.).

In addition to providing academic credits, several courses also offer external certification from organizations such as the National Coaching Certification Program, SportMed BC, and the British Columbia Recreation & Parks Association.

Objectives

The Human Kinetics program is committed to providing quality teaching and learning opportunities for students.

The program offers students the following advantages:

- **Excellent Teaching**
Committed instructors focused on teaching
- **Smaller Class Sizes**
Class sizes typically range from 24-30 students
- **More Hands On Learning**
Many courses have labs, demonstrations, practical components, and/or field trips.
- **Lower Tuition**
During a typical two-year program, students can save thousands of dollars in tuition by choosing Langara College versus studying at an university.

Facilities

Human Kinetics courses are offered in a wide variety of external training and educational environments: lecture theatres, seminar rooms, labs, computer labs, gymnasium, and indoor and outdoor sport training locations.

Transferability

The Human Kinetics Department's course offerings transfer to many institutions. It is the responsibility of the students to check with the institutions to which they wish to transfer, to determine the transfer credit status of the courses they have completed. Students can check the British Columbia Council on Admissions and Transfer website for specific transfer details at www.bctransferguide.ca.

Students transferring to an out-of-province university should consult directly with the institution to determine credit transfer.

Program Outline

Human Kinetics students complete a combination of courses offered by the Human Kinetics Department and other departments. For a complete list of courses and recommended course sequence, please refer to the Langara College Calendar or website.

Human Kinetics Courses

- Active Health
- Anatomy & Physiology I
- Anatomy & Physiology II
- Biodynamics of Physical Activity
- Biomechanics I
- Contemporary Health Issues
- Exercise Physiology
- Growth and Development
- Health Policy and Society
- Human Motor Behaviour I
- Leisure & Sport in Society
- Performance Analysis: Aquatics and Triathlon
- Performance Analysis: Dance
- Performance Analysis: Gymnastics
- Performance Analysis: Volleyball and Softball
- Performances Analysis: Basketball and Team Handball
- Sport and Exercise Psychology
- Sports Medicine

As there is a wide range of options in the field of Human Kinetics, students are encouraged to speak with a Human Kinetics advisor to determine suitable course options.

Program Admission Requirements

Successful candidates of the Human Kinetics Program must meet the general Langara College admission requirements (see reverse) and may start any semester.

Learn more.

- Visit the website at www.langara.bc.ca
- Call the Department Chair at 604.323.5490 or the Assistant Chair at 604.323.5269
- Call the Counselling Department at 604.323.5221