



Human Kinetics

Exploring bodies and minds in motion



Calling all sports enthusiasts, gym junkies, or those interested in health. Put your love of activity to work.

You know that physical activity is the key to a long and happy life. You want to motivate others to reach their health goals and surprise themselves by what their bodies can do. Whether it's coaching an athlete, rehabilitating a sports injury, helping senior citizens improve their motor skills and quality of life, or encouraging school-aged students to get outside and move during P.E. class, a Human Kinetics diploma leads to a career that positively influences lives.

SPREAD HEALTH AWARENESS

A lack of knowledge about nutrition combined with our current computer-filled, sedentary lifestyle has led to an increasingly unhealthy population that puts strain on our health care system. The skills you gain through the Human Kinetics program allow you to create solutions and tools to help clients successfully improve the quality of their everyday life. Capilano University offers a two-year, 60-credit Human Kinetics diploma program with two streams of study: Physical Education and Exercise Science. The program is designed as a stand-alone program or for students planning to transfer elsewhere to complete a bachelor's degree. Many of our students have gone on to complete a Bachelor of Kinesiology at UBC.

GET OUTSIDE THE CLASSROOM

To discover the hidden science behind the benefits of being healthy and physically active,

CAREER PATHS

Upon graduation: personal trainer • coach • recreation leader • sport event manager • strength conditioning coach • youth programmer • senior programmer

After further studies: physiotherapist • occupational therapist • sport psychologist • massage therapist • physical educator

PROGRAMS AT A GLANCE

Human Kinetics Diploma

2 years, full-time

Two streams: Exercise Science and Physical Education

Starts in September

this program explores how our bodies operate, using hands-on experiential learning. This includes real-world learning in the community. You will have the opportunity to teach P.E. classes at a nearby elementary school, and interact with children at the Capilano University Children's Centre. You will work with local sports teams to practice your athletic training and taping skills, as well as your mental training skills using sport psychology. Throughout the program, emphasis is placed on the development of problem-solving and critical-thinking skills which you can take into diverse community health settings. In addition, because of the University's location in nature-filled North Vancouver, there are tons of outdoor activities to try, such as kayaking and mountain biking.

SMALL SETTING, BIG OUTCOME

There is a strong team dynamic felt within the Human Kinetics department; encouraged by a strong commitment of physical activity and a pursuit of academic success. A cohort system and small class sizes mean you will have time to develop relationships with your classmates, and your instructors will know you by name. The faculty have all practiced professionally in the field and due to the small class size are able to dedicate more time to helping you get the most out of the program. You will be able to make valuable contacts both in and out of the classroom during your volunteer work in the community.

"Cap U gave me a great start to my education. The intimate atmosphere and small class sizes give students the ability to get to know the teachers and feel more connected to the learning process. I would highly recommend Cap U to potential students...."
—Jon C.

One School. Many Worlds.

Here are only a few of the areas our programs cover:

- Active health
- Anatomy and physiology
- Biomechanics
- Health and human nutrition
- Strength and conditioning
- Leisure and sport sociology
- Mental theories in sport and exercise
- Health policy and society
- Human growth and development
- Contemporary health issues
- Exercise physiology
- Sport performance analysis
- Care and prevention of sports injuries

BC Provincial government view healthy living and physical activity as an essential component of sound health care delivery and policy.

(Healthy Families BC, 2012)

According to Employment and Social Development Canada, "employment growth for therapy and assessment professionals will be among the strongest of all occupations."

(Employment and Social Development Canada, 2014)

FIND OUT MORE

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