

## COLLEGE CONTACTS

Admissions Advising in Registrar and  
Enrolment Services:

604.323.5241 / [advisor@langara.bc.ca](mailto:advisor@langara.bc.ca)

Counselling: 604.323.5221

International Education: 604.323.5023

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

[www.langara.bc.ca](http://www.langara.bc.ca)

# Kinesiology

KINESIOLOGY DIPLOMA

## ADMISSION TO LANGARA COLLEGE

Langara College starts accepting applications 11 months prior to the beginning of each term. Apply online or pick up a form at Registrar and Enrolment Services. As course registration priority is given to early applicants, make sure you apply as soon as you can. General admission requirements are as follows:

- Completion of BC Grade 12 (or equivalent) or 19 years of age (or older).
- Canadian citizenship or permanent resident (landed immigrant) status. International students should contact the International Education (IE) Department for admissions information.
- English language proficiency to support college-level studies. Please refer to specific program requirements on the website for details.

## PROGRAM-SPECIFIC ADMISSION REQUIREMENTS

- Successful candidates of the Kinesiology Program must meet the general Langara College admission requirements (above) and may start any semester. The department may have additional high school requirements. Please check the website for details.



**Langara** is a community of thinkers, collaborators, and mentors who value exceptional learning opportunities. Whether you are on a set path or navigating your way through a sea of options, our focus is on you and your experience here.

## KINESIOLOGY DEPARTMENT

Langara College's Kinesiology Department is well recognized and respected in British Columbia. The department offers a 2-year diploma in Kinesiology. 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.

The Kinesiology department is committed to providing quality teaching and learning opportunities for students.

## GRADUATE SUCCESS

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

Graduates of the Kinesiology Program find employment in both the public, private and commercial sectors.

Individuals with a Kinesiology 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



**Langara.**

THE COLLEGE OF HIGHER LEARNING.

# Kinesiology

## KINESIOLOGY PROGRAM

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

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.

The program offers students the following advantages:

- **Excellent Teaching**  
Committed instructors focused on teaching
- **Smaller Class Sizes**  
Class sizes typically range from 25-35 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 a university.

## WHAT YOU'LL LEARN

Studies in Kinesiology 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, Physiotherapist, Chiropractor, 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 Kinesiology (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.

## WHAT YOU'LL TAKE

Kinesiology students complete a combination of courses in the following subjects:

- 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
- High Performance Strength and Conditioning
- Human Motor Behaviour I
- Leisure & Sport in Society
- Performance Analysis: Selected Team and Individual Sports
- Sport and Exercise Psychology
- Sports Medicine

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

For the most up-to-date program curriculum please visit [www.langara.bc.ca](http://www.langara.bc.ca).

## FACILITIES

Kinesiology 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 Kinesiology Department's course offerings transfer to many institutions. It is the student's responsibility to check with the institution to which they wish to transfer to determine the transfer credit status of their completed courses. Check the British Columbia Council on Admissions and Transfer website for specific transfer details at [www.bctransferguide.ca](http://www.bctransferguide.ca).

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

## SCHOLARSHIPS AND BURSARIES

The Kinesiology Department offers a variety of student scholarships at various times of the academic year. Please refer to the College website for more details.

## DEPARTMENT CONTACTS

Department Chair:  
604.323.5490  
[dmaslovat@langara.bc.ca](mailto:dmaslovat@langara.bc.ca)

Program Coordinator or Assistant Chair:  
604.323.5752  
[rcawsey@langara.bc.ca](mailto:rcawsey@langara.bc.ca)  
Visit [langara.bc.ca/kinesiology](http://langara.bc.ca/kinesiology)

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“From the teachers to the students, everyone displays a passion for kinesiology and helps each other to reach their goals. The interactive environment that both the teachers and students create is one of a close community.”

Constance Batore  
UBC Kinesiology student

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“It didn't take long for me to become enthralled with Kinesiology. There is a wide range of material that is covered in these classes, ranging from anatomical to psychological to sociological. The mixture of theoretical and applied learning allows students to become engaged in their studies.”

Brandon Rasman  
UBC Kinesiology student