

TRINITY WESTERN UNIVERSITY



SCHOOL OF
HUMAN KINETICS



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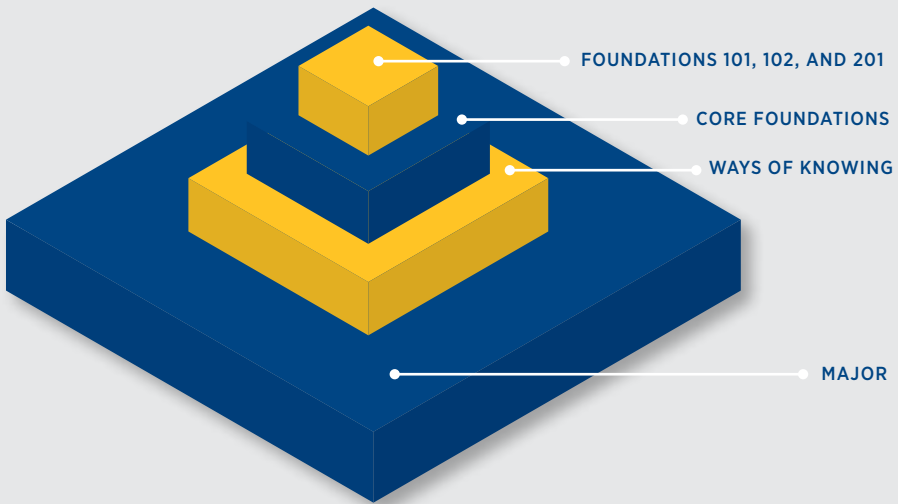
LIBERAL ARTS CORE

TWU offers you a liberal arts education because we believe that the world needs innovative thinkers to solve the problems of today and the problems that don't exist yet. Our liberal arts core curriculum gives you the opportunities and experiences you need to prepare for the kind of life that makes an impact, addressing society's deepest needs with Christian compassion and wisdom.

Your educational experiences at Trinity Western University create a structure of this holistic preparation for your life. Your major represents the largest part of the structure, and the liberal arts core curriculum is at its centre. Moving from the centre outward, each group of courses that you take in the core curriculum impact and influence the ones you take in your major, preparing you for the workplace and for life.

FOUNDATIONS 101, 102, AND 201

Every TWU student takes Foundations 101, 102, and 201 because these courses provide a way of becoming part of the TWU community, thriving during your time here and beyond, and exploring different ways of knowing about the world.



CORE FOUNDATIONS

For Core Foundations, you will choose courses in the areas of Academic Research and Writing, Logical and Ethical Reasoning, Religious and Spiritual Thought, and Scientific Method and Lab Research.

WAYS OF KNOWING

The Ways of Knowing are six broad areas with many courses to choose from in each one: Aesthetic + Performance, Cultural + Linguistic, Experiential + Embodied, Historical + Archival, Quantitative + Computational, and Social + Global.

For more information, visit www.twu.ca/liberalartscore.

**BLAIR WHITMARSH, PHD**

Dean, Professor

The worlds of sport, recreation, and culture are diverse and full of unique opportunities. The School of Human Kinetics equips and trains students to take advantage of these opportunities to positively impact and transform the world around them. This transformation comes through competent professionals who pursue truth and authenticity, both personally and in relationships with others, and who gain the trust of those around them.

I encourage anyone who desires to be a positive influence within sport and recreation to take full advantage of the School of Human Kinetics. I believe that your experience in Human Kinetics will be enriching, challenging, and fruitful. My prayer is that you will learn to put God and people first as you become a leader in sport and recreation and an influencer with those in your life.

HOME OF HUMAN KINETICS



TRINITY WESTERN UNIVERSITY | SCHOOL OF HUMAN KINETICS



TRINITY WESTERN UNIVERSITY | RECREATION







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Do you have a passion for fitness or sports? With three different streams in our Human Kinetics program, you will explore how you can use your passion to help others find wellness and enjoyment in sports, from personal training to sports management.

Our program focuses on the management, therapy, and science of sport and health. As a Human Kinetics major, you will learn strategies to help people go faster, stronger, and higher. You will take courses in the science of human movement and behaviour, including anatomy, physiology, and health promotion, as well as applied courses, such as strength conditioning, teaching pedagogy, technological applications, and coaching development. Students in our Kinesiology stream are prepared to complete certifications in Weight Training and Personal Training.

Known for its small class sizes, our School of Human Kinetics is the largest faith-based program of its kind in Canada. Our professors are active members in their specialty communities and offer years of professional experience. They are trained to recognize students' aptitudes and interests, helping you to develop personally and professionally throughout the program.

Valuable experiential learning with our varsity teams, sport leagues, fitness classes, and placements in community health and therapy prepares you for a career after graduation. Graduates of our program become leaders in fitness, health, sport, recreation, therapy, and teaching.

Our School of Human Kinetics is a certified training centre by the National Strength and Conditioning Association (NSCA), and our faculty serve noted positions with the managing council of the Canadian Sports Psychology Association as well as the Board Canadian Sport Institute.

Our Human Kinetics Program offers:

- A Bachelor of Human Kinetics (BHK) in one of three streams:
 - Kinesiology
 - Sport and Leisure Management
 - Generalist
- A minor in Human Kinetics

For more information about all of our programs, visit www.twu.ca/hkin.

ALUMNI PERSPECTIVES

“As an Athletic Therapist student, it was an amazing opportunity to attend the Olympics, as it exposed me to a wide range of individual and team sports I had never watched before, such as European handball, netball, and water polo. This new knowledge was very helpful for senior athletic therapy classes in injury assessment, injuring rehabilitation planning, and clinical practicums.”



**LINDSAY MARRIOTT, BHK & CERTIFIED
ATHLETIC THERAPIST CAT(C)**

Kinesiology students come from a variety of disciplines but have a common interest in the biological basis of human structure, function, and performance. The Kinesiology stream prepares you for careers in a variety of settings that require understanding and application of human structure, movement, and exercise capacity. Students who graduate from this stream are eligible for membership in professional organizations, including the BC Association of Kinesiologists (BCAK). In addition, many BHK graduates advance to graduate studies in Physiotherapy, Occupational Therapy, Chiropractic, Strength and Conditioning, and Medicine.



ALUMNI PERSPECTIVES

“Studying in the HKIN department challenged me to expand my perception of what it means to be holistically well—mentally, physically, emotionally, and spiritually. I enjoyed the leadership from all my professors, some of whom have developed into mentors for me personally and professionally.”



MIKE GRYPMA, MHK

The demand for business professionals in the athletic world continues to grow as our society becomes more intentional about physical fitness and active lifestyles. The Sport and Leisure Management stream allows you to choose between a Bachelor of Human Kinetics (BHK) with a focus in Sport and Leisure Management or a Bachelor of Arts (BA) in Sport and Leisure Management, which offers courses in public relations, communication, and advanced marketing.

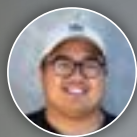
In this program stream, you have the opportunity to complete a community internship component that gives you professional experience upon graduation. Organizations we have worked with in the past include: Athletes in Action, BC Lions, Langley Chiefs, Swaneset Bay Resort and Country Club, Langley Sportsplex, Langley Twin Rinks, the Vancouver Canucks, Vancouver Whitecaps FC, and Vancouver Giants.

Students taking the BA in Sport and Leisure Management are required to take 6 semester hours of internship experience, while students in the BHK stream may choose to do a 3-semester-hour internship as part of the required leadership credits needed.



ALUMNI PERSPECTIVES

“Being in the generalist stream gave me the flexibility to lean into the practical and theoretical aspects of human kinetics. I had the chance to study anatomy and physiology in-depth through an athletics injury course and also to dive into theory behind visualization techniques in competition preparation in sport psychology. As I approached the final years of my degree, I was able to focus on my strengths and passions I had discovered within HKIN and to graduate confidently.”



RALPH ALVARO, BHK

Combining theoretical foundations with practical experience, the generalist stream gives you the tools to address the health and wellness of individuals and their communities. This program stream is designed for students who desire a professional degree in Human Kinetics but prefer to customize their course selection rather than take a prescriptive program of courses. It allows you to tailor the program to your desired combination of HKIN theory courses, leadership, and activity course credits.

Our approach is distinguished by our faith and by our belief that helping individuals maintain or rediscover healthy, active lives benefits the community at large.

Sport, health, and recreation play a crucial role in keeping our communities healthy and represent a growing number of professional opportunities for Christian leaders to inspire and engage their communities to stay active and flourish.

Our passionate and highly experienced faculty promote academic excellence and offer the hands-on experience you need to pursue a fulfilling career path. Smaller class sizes mean you will be part of stimulating, insightful discussions and receive invaluable one-on-one attention from your instructors, who want to see you succeed.



ALUMNI PERSPECTIVES

“I had the opportunity to attend the London/ Paris Olympic travel study in 2012—and to say it was a trip of a lifetime would be an understatement. I loved being able to experience such a high level of athleticism, both at the Olympics and the Tour de France, as well as touring the cities and taking in the culture. The travel study was a highlight of my degree, as it allowed me to engage with my professors in a completely different way compared to a regular classroom setting, making these the most memorable and valuable courses I took during my time at TWU.”



RACHEL (BELL) RENDLE, BHK



Travel studies are transformative experiences. They build on life experiences and open our eyes to different cultures. The School of Human Kinetics offers you at least one travel study every two years as an exciting and memorable way to study how sport, recreation, culture, and faith are intertwined, all while earning credits. By completing a travel study you can obtain as many as nine (9) credits applicable to your Human Kinetics degree.

Past travel studies include Athens, Beijing, London, Rio Summer Olympics, Tokyo Summer Olympics, and numerous trips to Australia.

For more information, visit www.twu.ca/travelstudies.



INTEGRATIVE CARDIOVASCULAR PHYSIOLOGY LABORATORY

The Integrative Cardiovascular Physiology Laboratory is the only infrastructure of its kind at Trinity Western University and within the Fraser Valley region of British Columbia. Funded by the Canada Foundation for Innovation, the lab is home to the ongoing research of Dr. Anita Cote who holds the prestigious Canada Research Chair in Cardiovascular Adaptation to Exercise. The laboratory, situated within the School of Human Kinetics, supports trainees interested in exercise and cardiovascular physiology.

Using state-of-the-art imaging techniques and genetic analyses, the lab focuses on understanding how exercise helps the heart in health and disease, and how this may differ in women and men. Dr. Coté's research applies the most advanced non-invasive assessment tools and imaging techniques within a longitudinal study design. The lab infrastructure includes technology such as a 4D cardiovascular ultrasound system, 2D cardiovascular portable ultrasound unit, cardiac output, and metabolic systems.

As an HKIN student, you will have the opportunity to work with Dr. Coté on her leading-edge research with the following objectives:

1. Understanding the exercise dose response in altering cardiovascular structure and function
2. Determining how physical activity or inactivity may influence cardiovascular adaptation/maladaptation differentially according to biological sex
3. Observing the genomic biomarkers associated with exercise-induced cardiovascular adaptation.

The research and program partnerships will support initiatives to attract and empower the community to play an active role in their health, while also informing future research through the eyes of the end user.



At Recreation, our mission is to provide our community with opportunities for healthy, fun, active, and fulfilled living. We aspire to manifest God's glory in the genuine expression of joy experienced through healthy, active living. We want to create a community of people connected by a shared love of integrating faith and physical activity.

Spartans Sport Club is a great program offered by Recreation that allows students with various levels of athletic experience to continue being active in the sport of their choice. It is a great way to maintain athletic abilities and provides opportunities to build relationships through the love of sport.

RECREATIONAL OPPORTUNITIES

Lendable Equipment

Recreation offers several different types of equipment you can borrow, such as kayaks, paddleboards, snowshoes, spikeball sets, and many more! Students can use their student cards to sign all this equipment out free of charge at the fitness centre

Intramurals

Our intramurals program provides an incredible avenue to get active and meet new friends. Our program is very inclusive by welcoming all experience levels.

Fitness

Our fitness classes are a great way to get involved with Recreation. They promote healthy living and a fun experience. We offer classes such as yoga, spin, bootcamp, and more.

Special Events

The purpose of TWU Recreation's events is to provide an active outlet for everyone on campus. While we provide a variety of traditional sports and activities according to skill level, special events differ in that they cater to all fitness levels.

Spartans Sport Club

Spartans Sport Club is a great program offered by Recreation that allows students with various levels of athletic experience to continue being active in the sport of their choice. It is a great way to maintain athletic abilities and provides opportunities to build relationships through the love of sport.



INTRAMURALS



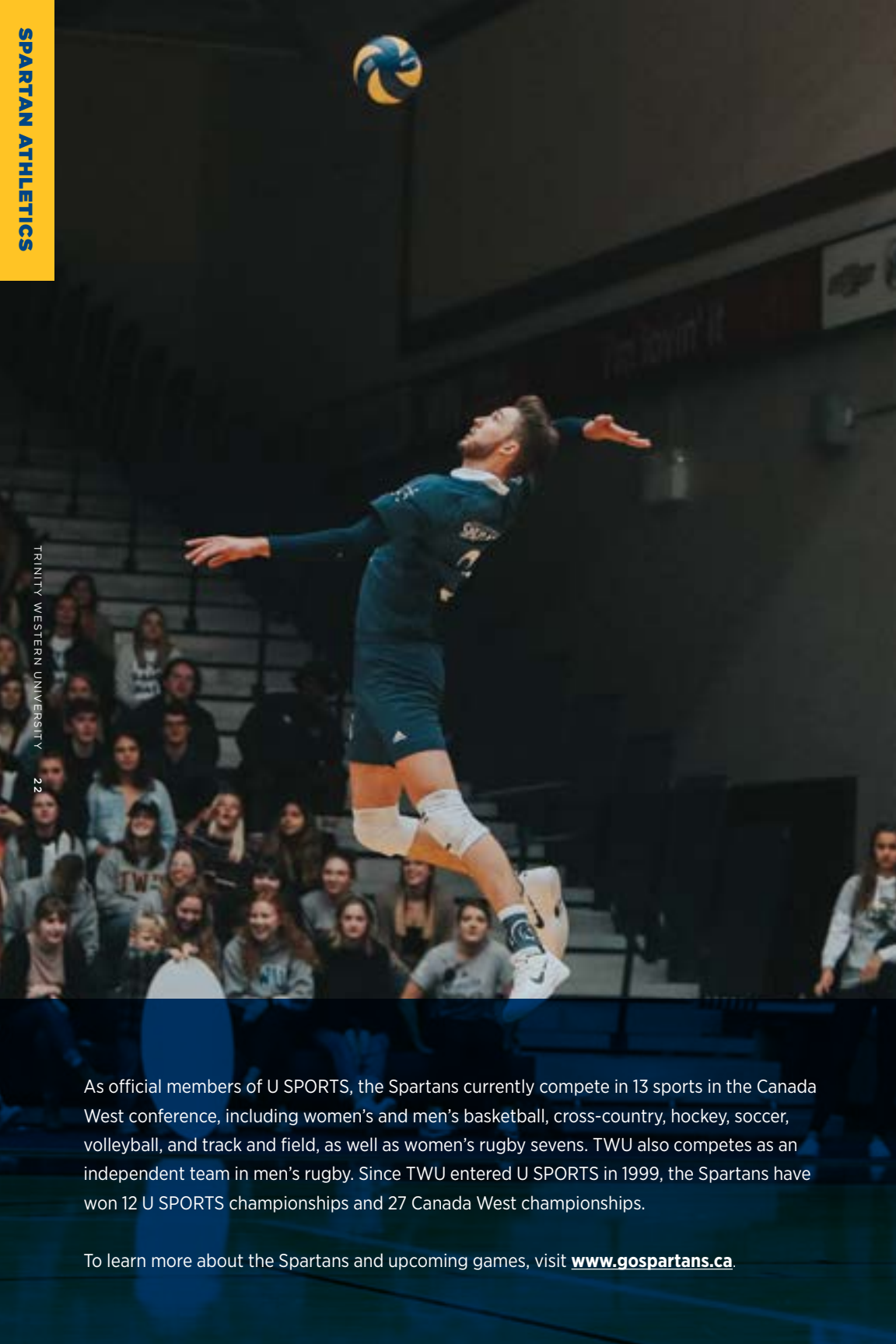
FITNESS



SPECIAL EVENTS




For more information, please visit www.twu.ca/recreation.



As official members of U SPORTS, the Spartans currently compete in 13 sports in the Canada West conference, including women's and men's basketball, cross-country, hockey, soccer, volleyball, and track and field, as well as women's rugby sevens. TWU also competes as an independent team in men's rugby. Since TWU entered U SPORTS in 1999, the Spartans have won 12 U SPORTS championships and 27 Canada West championships.

To learn more about the Spartans and upcoming games, visit www.gospartans.ca.



Omada Teambuilding is all about revitalizing teams and equipping leaders. We work within and alongside TWU to help students discover connections to self, creation, and community. Our programs employ a dynamic learning approach based on the principles of experiential learning. Through our programs, students are given the opportunity to take part in outdoor pursuits such as rock climbing, caving, canoeing, hiking, team building, and our challenge course.

Areas of focus:

- Education
- Non-profit
- Corporate

For more information, visit www.twu.ca/omada.



HOW TO APPLY

Trinity Western accepts applications year-round. To meet the priority application deadline, complete both your admissions and financial aid applications by March 1.

1. Apply for admission online at www.twu.ca/apply.
2. Send the most recent updated copy of your grades.
3. Apply for financial aid at www.twu.ca/awards.

As soon as we receive your transcripts, we'll evaluate your application. Your Admissions Counsellor will contact you once a decision has been made. (Note: You can email us a clear, easy-to-read scan or photo of your interim grades. Your official, final transcript must be mailed from your school in a sealed envelope.)

Contact Us




Our admissions team is ready to answer any questions you have about TWU. Once you apply, you'll be assigned a specific counsellor to help you along every step of the way.

UNDERGRADUATE ADMISSIONS OFFICE

t: 604.513.2019 or 1-888-GO-TO-TWU

www.twu.ca/undergraduate

SOCIAL

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Trinity Western University admits students of any race, colour, creed, nationality and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, colour, creed, nationality or ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs and athletic and other school-administered programs.

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