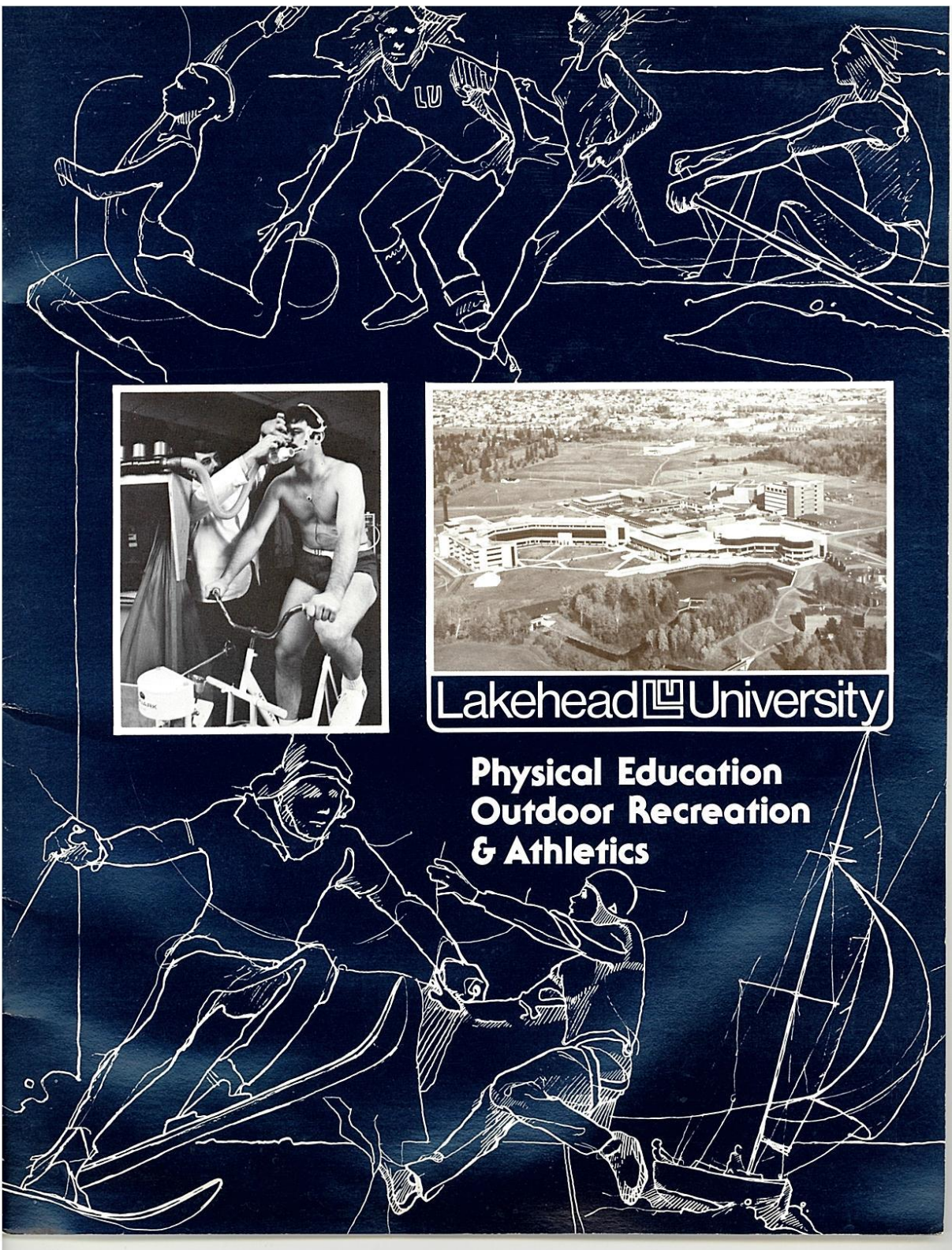
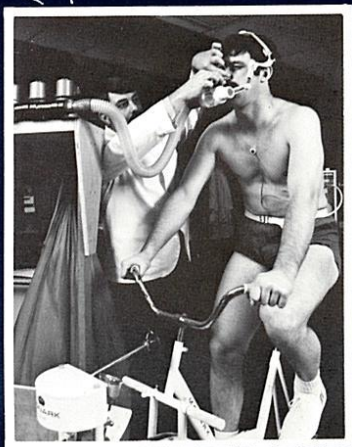
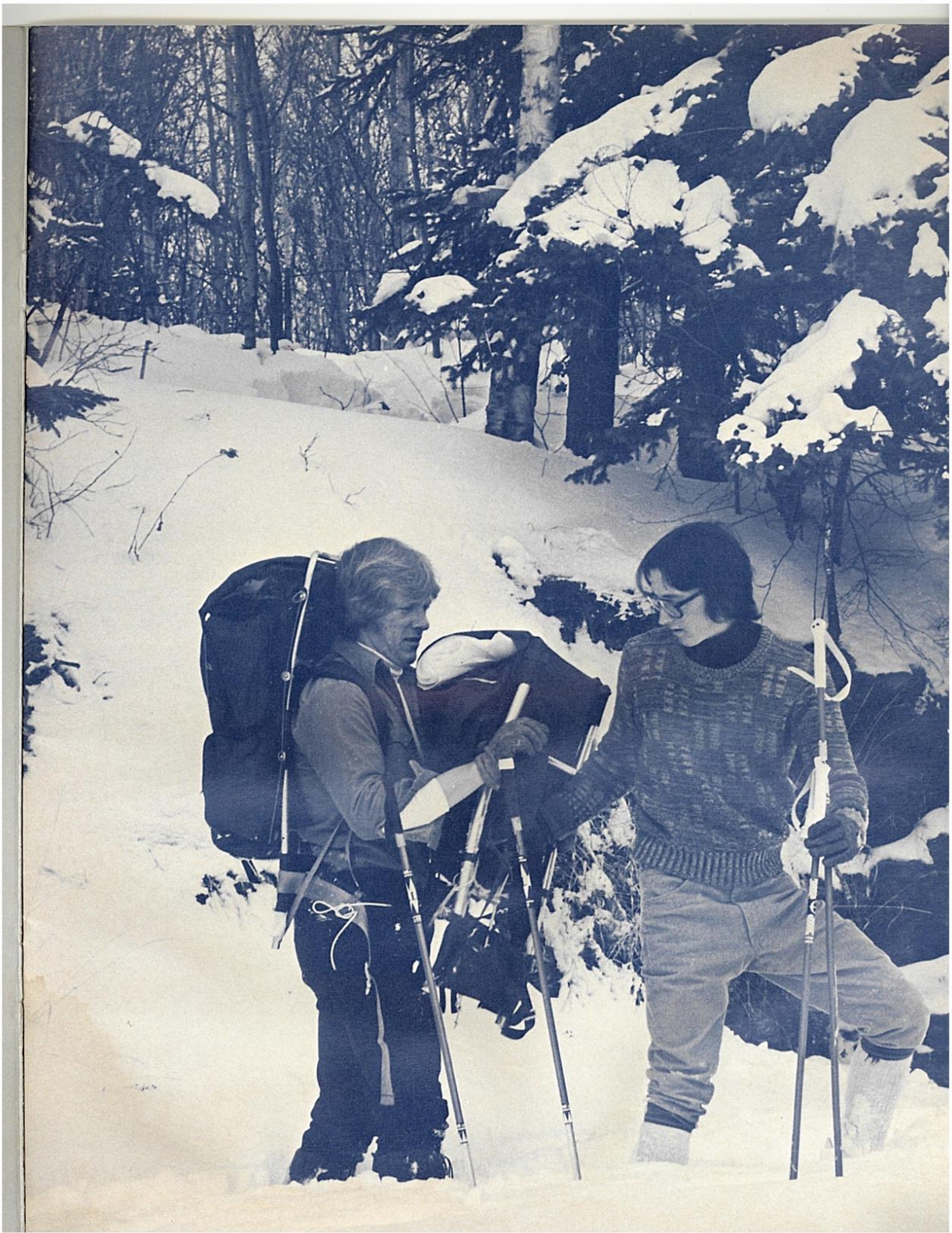




Lakehead  University

**Physical Education
Outdoor Recreation
& Athletics**

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Outdoor Recreation At Lakehead University

Outdoor Recreation is said to consist of those activities a person does in his or her leisure time and which depend on the natural environment for their existence. Some people ski the slopes, others paint them, still others get enjoyment from just looking at them. Outdoor Recreation has as its underlying purpose the enjoyment and appreciation of the natural world.

Today's society has brought shorter working hours, longer vacations and greater affluence along with opportunities for numerous recreational pursuits. In fact, the pressures of modern living have made it almost essential that people digress and participate in leisure activities. Other reasons also account for the rise in popularity of outdoor recreation: seeing our planet for the first time from space, our dwindling natural resources, our polluted environment, a shift from a "consumer" society to a "conservator" society, and a return to natural pleasures.

Lakehead University is aware of this increasing interest in the out-of-doors and of the need to provide trained leaders for recreation pursuits. Through its Outdoor Recreation Department, Lakehead offers the first Honors Bachelor of Outdoor Recreation degree program in Canada. Students enrolled in this unique four-year program study a variety of theoretical and practical subjects, subjects that provide the skills and knowledge required by government agencies and private organizations for the planning and administration of outdoor recreation programs.



The outdoor recreation program includes the following subject areas:

- (1) Outdoor Skills: Canoeing, cross country skiing, alpine skiing, backpacking, rock climbing, winter camping, kayaking, sailing and orienteering. Also instructional techniques for a variety of populations, including disabled individuals.
- (2) Outdoor Interpretation: Ecological principles, natural community concepts and cyclical processes. Emphasis is placed on interpretive styles and principles, and such specifics as guided walks and talks, visitor information services, self guided natural trails, and natural history exhibits.
- (3) Planning and Management of Outdoor Areas and Facilities: Concepts in planning and design of outdoor recreation areas and facilities within urban and natural environments. Specific topics include management of urban, provincial and federal parks and the design of wilderness trails, ski sites, residential camps, waterfronts and marinas.
- (4) Organization and Administration of Outdoor Recreation: Concepts of organizational procedure and theory of administration as they apply to the recreational service setting, concepts of leisure, historical development of recreation programs, and issues in recreation with specific reference to legislation, finance, public relations, personnel concerns, departmental organization of governmental, private and other recreation agencies.

An integral part of the program is the Professional Field Experience offered in the third and fourth years. These field placements, which take place during the academic year (September - April) or during the summer, are with approved outdoor recreation agencies in Thunder Bay or elsewhere in the province or country. Past experience has shown that good field work programs increase the "employability" of graduates and enhance the academic program.

Physical Education students might be interested in pursuing studies in Outdoor Recreation as a second area of emphasis to complement their studies. Physical Education graduates are often employed with agencies that provide a wide range of recreational services, and knowledge of the concepts, policies and skills specific to Recreation and Outdoor Recreation may enhance the education and professional performance of graduates in physical education.

Lakehead's Outdoor Recreation program also provides the option of pursuing two degrees simultaneously. A double degree program exists with the Geography Department whereby students with an interest in geography and outdoor recreation may design their course of studies such that they receive a B.A. in Geography as well as a degree in Outdoor Recreation. Joint degrees with other departments may also be arranged.





Career Opportunities

Outdoor Recreation studies can lead to exciting career possibilities in a number of areas:

Provincial and National Parks: Planning and managing facilities as well as program development, interpretive and guiding services.

Municipal Parks and Recreation Agencies: Urban park management and planning, recreation program development, instruction in outdoor skills and leadership training.

Youth Agencies: Program development in such organizations as YM-YWCA, Scouting, Hostels, etc.

Commercial Recreation: Includes professional guiding and outfitting services, and resort management.

Therapeutic Recreation: Recreation program development in hospitals, correctional institutes and community settings where recreation is employed specifically as a therapeutic technique.

Our Location

As an Outdoor Recreation student you will have easy access to the numerous rivers, lakes, mountains, and vast woodlands of Northwestern Ontario - Canadian Shield country. Several provincial parks are close by, as is the newly-developed Pukaskwa National Park.

Develop your outdoor skills and understandings at Lakehead University. For more information contact:

Co-ordinator of Outdoor Recreation
School of Physical Education & Outdoor Recreation
Lakehead University
Thunder Bay, Ontario P7B 5E1
Telephone: (807) 345-2121, Extension 744.

Physical Education At Lakehead University



Theory and practical application - they're the keywords in describing Lakehead University's Physical Education program. Throughout our four year program you'll find a strong emphasis on the practical application of theory.

In the first two years of the program you will take courses in biology, chemistry, anatomy, and physiology which provide a scientific foundation for such Physical Education courses as health education, athletic injuries and athletic medicine, motor learning, kinesiology, biomechanics, and exercise physiology. You'll also study the history of physical education, organization and administration, and statistics. In your third and fourth years you can choose from such optional courses as the philosophy of sport, comparative physical education and sport, the sociology of sport, community health, and activities for atypical children.

In the final year of the program, students who successfully complete the Theory of Coaching course receive a Level II Theory certificate through the Coaching Certification Program. In fourth year you will also be required to write a graduation thesis on a specific area of interest to you in Physical Education.

As we said at the outset, Lakehead's program stresses both theory and its practical applications. On the practical side, during your first three years you will receive eight hours of instruction in physical activity each week. In fourth year, this is reduced to four hours. You will note that in the first two years emphasis is placed on skill development while in years three and four the emphasis shifts to development of coaching, teaching and officiating expertise.

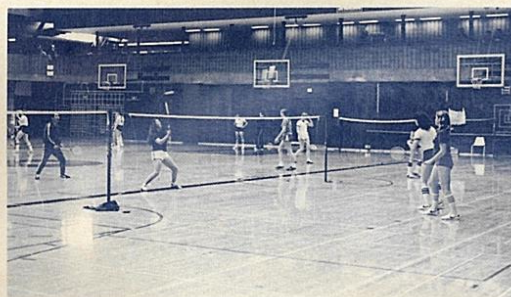
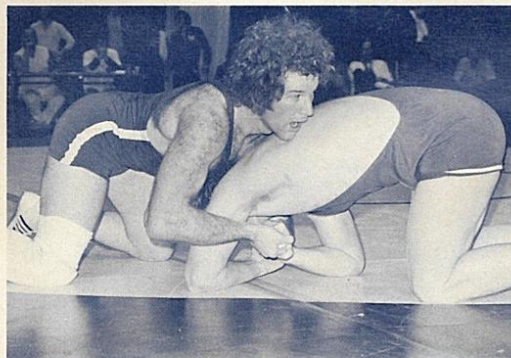
The activities taught in the four years are as follows:

First Year - track and field, soccer (men), field hockey (women), elementary apparatus and low organizational games, fitness, swimming, gymnastics, volleyball, skating, ice hockey and folk dance.

Second Year - football (men), rhythmic (women), softball (women), basketball (men), wrestling (men), creative dance (women), basketball, swimming, gymnastics, badminton, canoeing and tennis.

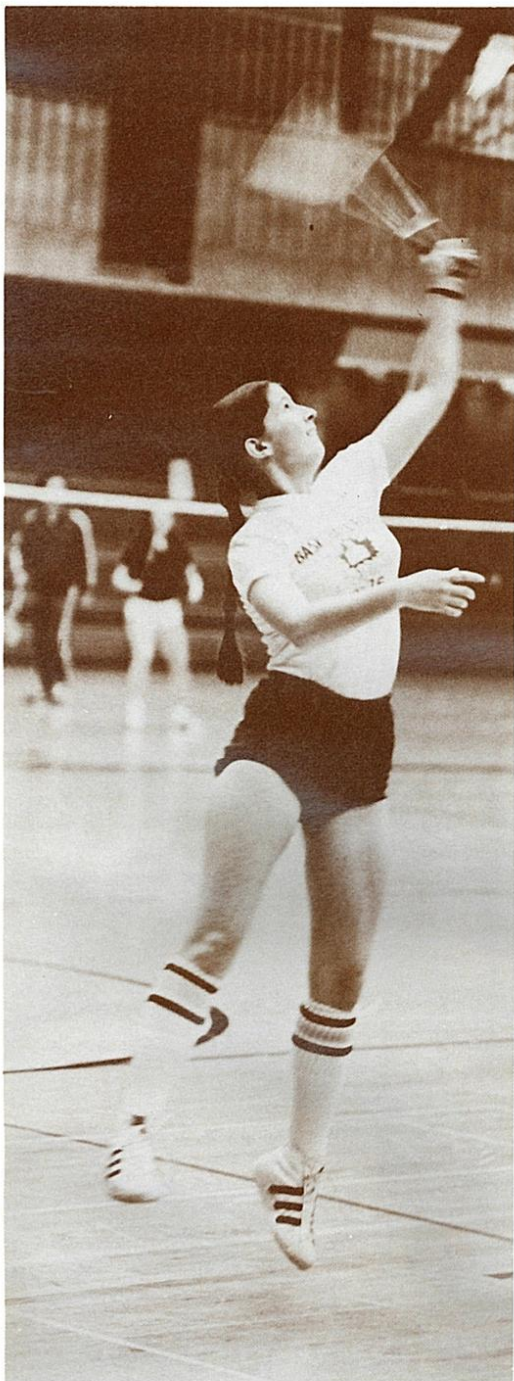
Third or Fourth Years - football officiating, self defense and karate, judo, field hockey, soccer officiating and coaching, volleyball coaching, synchronized swimming, basketball officiating, hockey, wrestling officiating, squash, tennis, volleyball officiating, creative dance, basketball coaching, badminton, nordic skiing, swimming, diving, track and field coaching, gymnastics and weight training.

In addition to these practical experiences, second year Physical Education students attend a five-day track and field camp during registration week and also a five-day ski instruction week during mid-term break in February. And many of the theory courses such as kinesiology, biomechanics, exercise physiology, athletic injuries, sports medicine, motor learning, measurement and evaluation, and physical activities for atypical children include laboratory sessions to supplement the theory with practical applications.



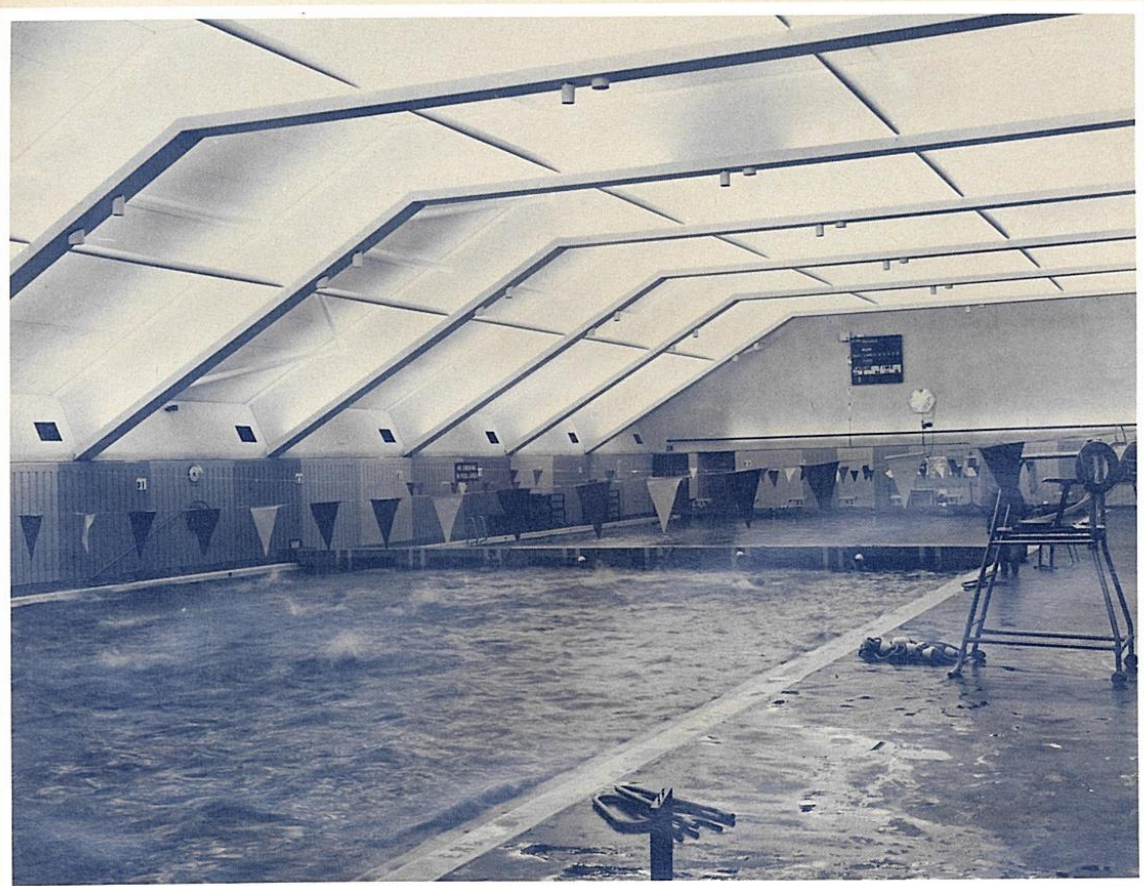


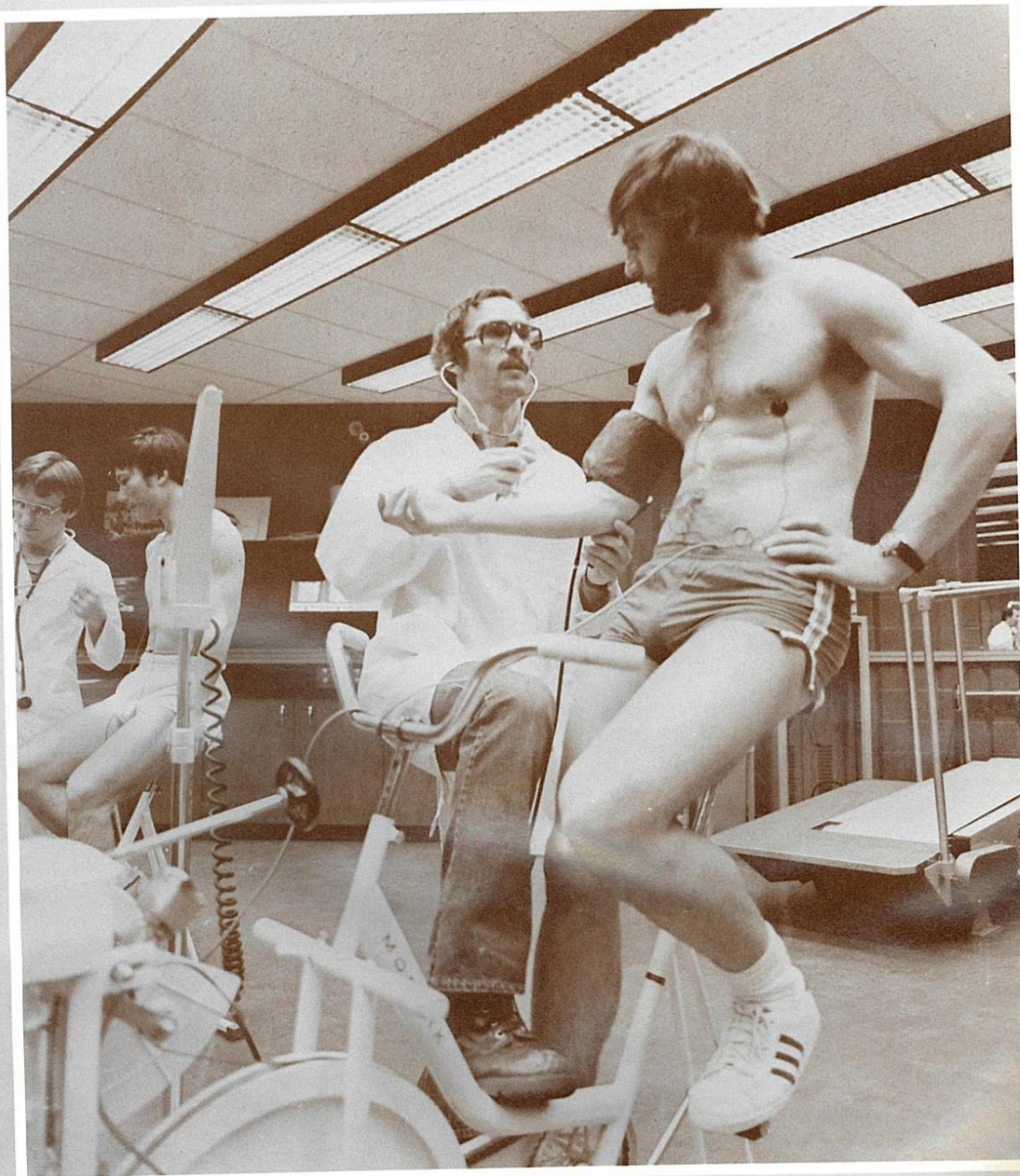




What Advantages Will You Have In Studying Physical Education At Lakehead University

1. Upon successful completion of the program, you will receive an Honors Degree in Physical Education. This degree requires a high academic standing (70% average in Physical Education subjects and 60% overall average).
2. Lakehead University is a small university which gives you more opportunity to interact with your professors and classmates. In Physical Education you will be assigned to a faculty member who will serve as your advisor throughout the four year program.
3. Thunder Bay is situated in an area of Northwestern Ontario where the opportunities for outdoor activities such as hiking, rock climbing, skiing (alpine and nordic) and canoeing are excellent.
4. You will have an excellent opportunity to develop physical skills in either the intramural or athletics program.
5. During an era when many universities with Physical Education programs seem to be overemphasizing the theoretical areas at the expense of the practical areas of Physical Education, Lakehead University's philosophy is to keep the "physical" in Physical Education and attempts to provide a balance between the theoretical and the applied.
6. If you are interested in Outdoor Recreation as well as Physical Education you will have an opportunity to develop an Outdoor Recreation minor through selection of elective courses in Outdoor Recreation.





What Are The Career Opportunities In Physical Education ?

The Physical Education program at Lakehead University provides a sound foundation for many different careers. Although a large percentage of our graduates have gone on to teaching in either elementary or secondary schools, there are numerous other opportunities for which a degree in Physical Education can be used as a stepping stone.



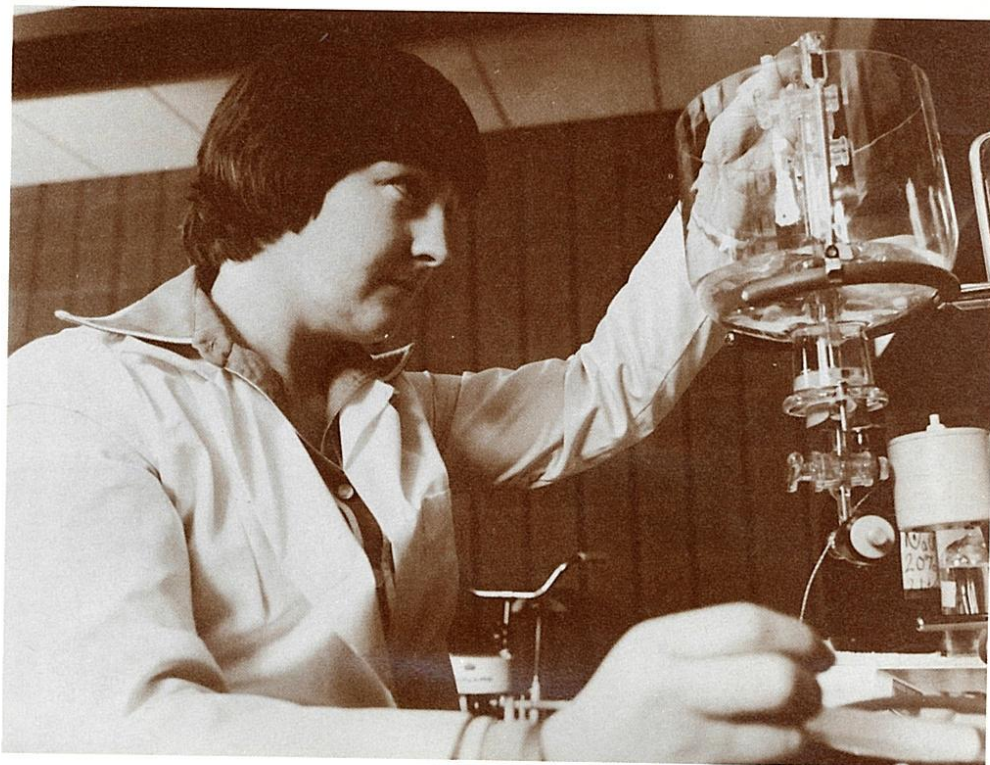
If you are interested in carrying on your education beyond the undergraduate level there is the possibility of graduate studies (M.A. or Ph.D.) in Physical Education or other professional programs such as physiotherapy, medicine, dentistry, or law. A degree in Physical Education also opens up career opportunities in the Canadian Armed Forces or the R.C.M.P.

Following is a list of career opportunities for graduates in Physical Education:

- athletic training.
- fitness and sports consulting (both for government and private industry).
- working for agencies such as Y.M.C.A.'s or Boys' Clubs.
- working in programs for handicapped people.
- managing and/or instructing at sports facilities (eg. recreation complexes, golf clubs, ski resorts, racquet sports complexes).
- instructing at health spas and other private health clubs.
- fitness testing (preventive and rehabilitative).
- coaching as a profession (eg. coach of a swim club).
- government sports administration (provincial or federal).
- supervising community sports and recreation programs.
- supervising and instructing physical activity programs in institutions such as prisons and juvenile correction schools.
- manufacturing and selling sporting equipment.
- consulting for the construction of sports facilities.
- sports journalism.
- sports telecasting and broadcasting.

For more information on Physical Education at Lakehead University contact:

Co-ordinator of Physical Education
School of Physical Education and Outdoor Recreation
Lakehead University
Thunder Bay, Ont. P7B 5E1



Graduate Studies In The Theory Of Coaching

For those who already have an undergraduate degree in physical education or a related field, Lakehead University offers a Master of Arts (M.A.) or Master of Science (M.Sc.) degree in the Theory of Coaching, the first program of its kind in Canada.

Graduate students in this program study procedures of senior, national, and international coaches, the behavior and performance of elite athletes, coaching principles, and coaching aids from such applied sciences as physiology, biomechanics and psychology. In addition, practical situations are included which allow you to test the knowledge and theory you have gained in the classroom.

Lakehead's Theory of Coaching program ties in closely to the national coaching development program being implemented in Canada and its future development will be influenced by the needs of Canadian coaching and sports programs.

Individualized Courses Of Study

A student enrolling in this program will notice considerable flexibility in selection of a course of study suited to his or her needs.

At one extreme will be the student who would choose to study one area of applied science in-depth: psychology, physiology, or biomechanics. A scholarly appraisal of the principles of applied science to performance in various classes of sports would be the general direction of study.

At the other extreme, you might choose a "sport-oriented" course of study. For example, you might have an interest in swimming and elect to study the applied principles of biomechanics, physiology and psychology which are appropriate for the effective coaching of swimming.

As in many graduate programs, a thesis is required for graduation.

Admission To The Program

Admission to the program is limited. The minimum admission requirement is an honors degree, preferably in science with at least second class standing. Past sport performance, past coaching performance, and your interest areas will also be considered and an attempt will be made to assess the coaching potential of all applicants.

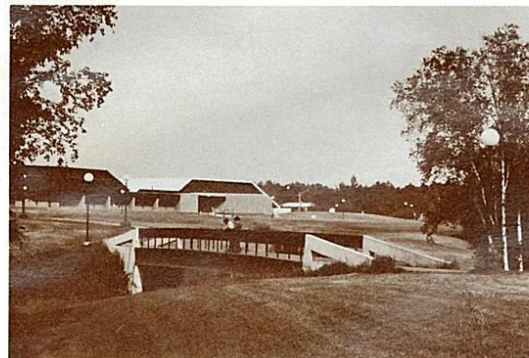
Residency Requirement

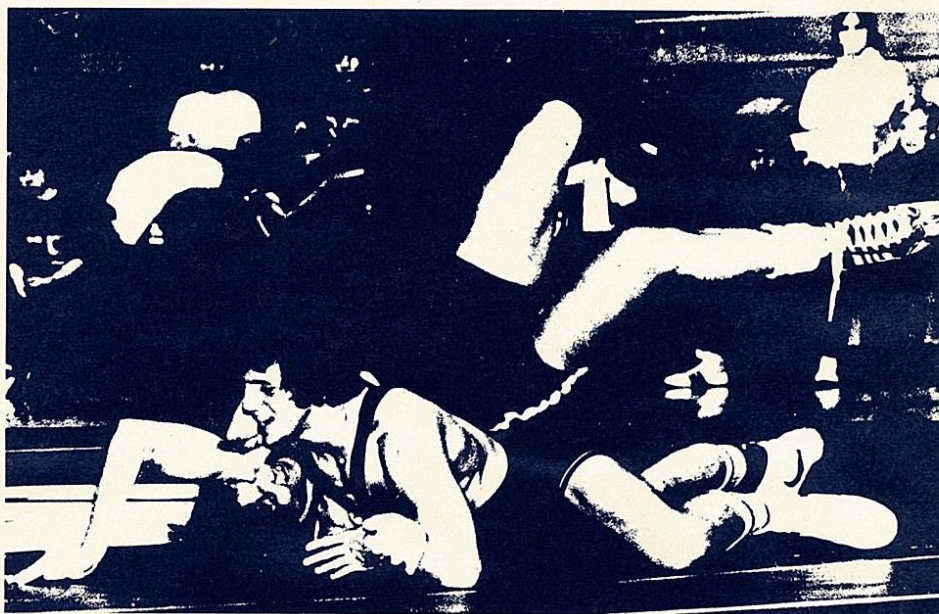
Students enrolled in the degree program must spend the equivalent of 12 months on campus.

Further Information

Interested persons may write the Registrar for information and application forms. Sources of financial assistance will be indicated at that time. Specific questions regarding the program should be addressed to:

Co-ordinator of Coaching Science,
School of Physical Education and Outdoor
Recreation,
Lakehead University,
Thunder Bay, Ontario, Canada. P7B 5E1
Telephone: (807) 345-2121





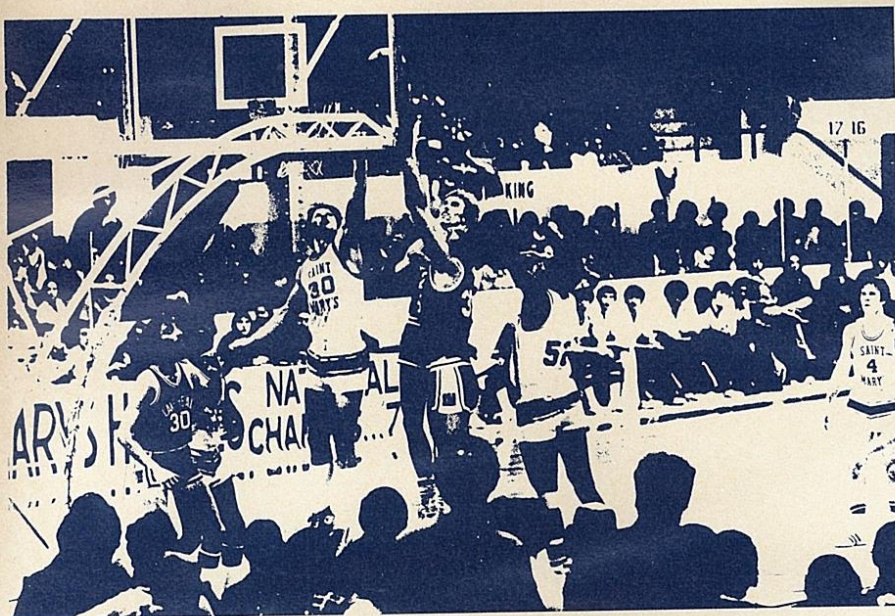
Athletic Program



The philosophy of the Athletic Department at Lakehead University is to provide you, the student, with a broad range of opportunities to develop your individual talents and interests in sport and recreational activities. We feel that part of the University experience is to develop positive and healthy attitudes toward physical fitness, sport and recreational pursuits - to complement the academic side of student life, and to lay the foundation for healthy lifestyles in the future.

The extramural program aims to provide the elite athlete with a high calibre of coaching and competition necessary to realize his or her full athletic potential. Lakehead University is a full member of the Canadian Inter-University Athletic Union (C.I.A.U.) and competes in the Great Plains Athletic Conference (G.P.A.C.) in the following sports: ice hockey, men's and women's basketball, soccer, wrestling, swimming, and judo.

Over the years Lakehead University has won several G.P.A.C. championships in these sports, and many teams and individuals have competed in C.I.A.U. championship finals. Lakehead athletes have competed in the Olympics, Pan-American Games, Commonwealth Games and World Student Games. Overall, Lakehead University has made a strong impact on Canadian Inter-University Athletics, and international competition as well.



The Intramural Program is intended to provide opportunities for students of varying athletic abilities and interests to participate in sporting activities at whatever skill level desired.

Intramural leagues exist in the following sports: soccer, flag football, curling, softball, broomball, basketball, volleyball, swimming, lob-ball, golf, tennis, bowling, badminton, ringette, inner-tube waterpolo, floor hockey, table tennis, wrestling, hockey, frisbee, canoe racing, alpine and nordic skiing, woodsman competition, European handball, and cross-country running. There is a team for anyone and everyone regardless of ability or previous experience.

The Athletic Program provides a Service Program for both students and the general public. Instructional programs such as fitness classes, creative movement and dance, golf, squash, tennis, judo, karate, volleyball, aquatics, scuba diving, cross-country skiing, etc. are all available.

The Athletic Program also sponsors the Outdoor Recreation Resource Centre in which you can check out equipment, such as snowshoes, tents, cross-country skis and camping equipment for a nominal charge.

The Intramural and Service Programs encourage you to become involved in various organizational capacities: coaches, instructors, officials, and programmers. This gives you an opportunity to organize and administer programs and gain valuable experiences.

The Extramural Program draws on the expertise of the Physical Education faculty in the fields of fitness testing, physiology and psychology of sport to improve athletic performance, as well as exposing student athletes to the various scientific aspects of sport.

The Athletic Program at Lakehead University is housed in the C.J. Sanders Fieldhouse which includes a large, fully equipped gymnasium, an auxiliary gymnasium, a 50 metre swimming pool, squash courts, jogging track, combatives rooms, a weight training room, as well as physiology and motor-learning labs.



