

# SPORT, PHYSICAL ACTIVITY AND RECREATION IN THE COMMUNITY CERTIFICATE (SPARC)

## Overview/Entrance Requirements

The Sport, Physical Activity and Recreation in the Community (SPARC) certificate program provides in-depth meaningful and relevant non-credit professional development (PD) programming along with university courses related to physical activity, sport, recreation, fitness, health and wellness, all delivered with Indigenous perspectives, worldviews and teachings and adapted for delivery in the community.

Effective Summer 2022: The SPARC certificate program consists of 237 contact hours with combined non-credit professional development instruction and for UM credit introductory experiential learning courses. Courses for the cohorts may be delivered at either an Urban or Northern/Rural location.

## Selection Process

Completed applications will be assessed in the order they are received. Applicants for the certificate program will be assessed on the following admissions criteria. Note that the selection process for northern/rural cohorts will be determined in consultation with the partner organization who is sponsoring the SPARC program.

## Application and Admission Criteria – Recent Graduates

1. A minimum average of 63-69.9% over three Grade 12 S or U credits
2. One credit of Grade 12 S or U English with a minimum grade of 60%
3. Must be a Canadian citizen or Permanent Resident

## Application and Admission Criteria – Mature Applicants (over 21 years of age)

1. Must be 21 years of age or older by September 30 for classes starting in September, January 31 for classes starting in January, May 1 for classes starting in May, and July 1 for classes starting in July.
2. Must have limited experience at college or university (fewer than 24 credit hours).
3. May or may not meet the regular academic requirements of the program.
4. Must be a Canadian citizen or Permanent Resident

Information on the next cohort intake and admission date, entrance requirements and descriptions of the student categories may available by contacting the Faculty of Kinesiology and Recreation Management General Office.

### PHED 0110 Safety in the Community 5 cr

A blend of professional safety, health and wellness certifications, including but not limited to CPR/First Aid; Applied Suicide Intervention Skills training (ASIST); Hunting Safety; Water Safety; Aboriginal Sport Coaching Certificate. Evaluated Pass/Fail.

### PHED 0120 Activity and Program Planning 8 cr

An introduction to equity-based program planning principles and strategies. Adult education and Indigenous education theories and models will address the complexity and challenges of planning for public well-being. In the course, students will learn to plan, develop, implement and evaluate community-driven physical activity, recreation and sport programs for marginalized populations, with a specific focus on Indigenous and racialized minority groups.

### PHED 0130 Living Mino-Pimatisiwin 8 cr

An introduction to Indigenous-informed, culturally relevant approaches to health and wellness set within a sport, physical activity and recreational context. Elders, Knowledge Keepers and Cultural Teachers will share their perspectives (e.g., knowledge, skills and values) related to “living Mino- Pimatisiwin” – the good life, including a deeper understanding of Medicine Wheel teachings of wholism, interdependence, sharing and respect. Students will apply these teachings to their own university experience and will be guided by Elders and community teachers to reflect on how they can apply these teachings in their work as educators. Evaluation Pass/Fail.

## Degree Requirements

Effective Summer 2022: The SPARC Cohort consists of the following Professional Development and University Courses: the PD courses are required, and two of three university courses make up the core, with an elective chosen from a list of introductory and/or experiential learning courses.

Course	Title	Hours
Non-Credit Professional Development Courses - Required (120 hours)		
PHED 0110	Safety in the Community	5
PHED 0120	Activity and Program Planning	8
PHED 0130	Living Mino-Pimatisiwin	8
FKRM University Credit Courses (117 hours)		
PHED 3770	Indigenous Games and Activities	3
REC 3770	Indigenous Perspectives on Land-Based Education	3
FKRM Elective (see lists below):		
Experiential Learning Courses (ELC)		
PHED 2710	Human Movement Principles	3
PHED 2742	Group Fitness and Leadership	3
PHED 3122	Developmental Games and Activities	3
PHED 3722	Coaching Theory and Practice	3
PHED 3760	Diverse Populations Mentorship	3
REC 2130	Introduction to Outdoor and Land-Based Recreation	3
Theory (TH) and On-line (OL) Courses		
KPER 1200	Physical Activity, Health and Wellness	3
KPER 2200	Planning Principles	3
REC 4770	Indigenous Recreation and Well-Being	3

Note: Undergraduate course descriptions can be found here (<https://catalog.umanitoba.ca/undergraduate-studies/kinesiology-recreation-management/#coursestext>).

Students seeking the credential must pass all three non-credit PD courses and achieve a minimum Grade Point Average of 2.0 for the three KRM university courses to graduate with the SPARC Certificate. Students

may repeat a course in order to achieve the minimum requirements for the certificate.

This program normally takes a minimum of 12 months to complete. Students will have up to 4 years from the initial start date (first term of enrolment) to complete the program. Note: Northern/rural cohorts may have a more condensed delivery format (e.g., 6 months), depending on resources and needs of the community.