

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Fall 2026

PE2040 (A2): Leisure and Sport in Canadian Society: Historical Perspectives

3 (3-0-0) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Sim Kaur
OFFICE: K220
OFFICE HOURS: By appointment

PHONE: 780-539-2200
E-MAIL: sdeol@nwpolytech.ca

CALENDAR DESCRIPTION: An examination of the significant changes which have occurred in leisure and sport specifically over the last century and with particular reference to Canadian society.

PREREQUISITE: PE1040 or permission of the department

REQUIRED TEXT/RESOURCE MATERIALS:

Adams, C. (2021). *Sport and recreation in Canadian history*. Human Kinetics.
Resources posted on myClass.

DELIVERY MODE: This course will be delivered via lectures, class discussions, group work, in-class activities, and individual student work that includes various delivery methods.

LEARNING OUTCOMES:

1. Students will identify key persons, organizations, and events in the history of leisure and sport in Canada.
2. Students will explain ways of interpreting the past from multiple perspectives, integrating the importance and/or significance of historical events to cultural, political, economic, religious, physical, and environmental landscapes today.
3. Students will develop a research project on an assigned topic in the discipline of history in Canadian sport and leisure.
4. Students will demonstrate skills in research, reading, writing, speaking, analyzing, and critical thinking.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions.

Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.

EVALUATIONS:

In Class Activities	30%
Annotated Bibliography	10%
Thesis Statement	15%
Chapter Quizzes	15%
Final Paper	30%

All evaluation due dates and details will be provided in class and online.

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100		C+	2.3	67-69
A	4.0	85-94		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:**Lecture:** Tuesday and Thursday from 11:30 – 12:50 @ A305

Date	Week	Topic
Sept 3	1	Course Introduction
Sept 8	2	Sport and Recreation Histories Matter
Sept 10	2	Methods and Theories in Historical Research
*Sept 14 Add/Drop Deadline		
Sept 15	3	Indigenous Peoples' Cultures and Physical Activities
Sept 17	3	Case Studies of Indigenous Sport
Sept 22	4	Library: Reading Academic Articles
Sept 24	4	National Parks
Sept 29	5	Review
No Classes: Sept 30 – National Day for Truth and Reconciliation Day		
Oct 1	5	Quiz 1
Oct 6	6	The Impact of Industrialization on Sport, Recreation, and the Environment
Oct 8	6	Ideological Struggles and the Emergence of Cricket, Lacrosse, and Baseball
Oct 13	7	The Development and Organization of Professional Sport
Oct 15	7	Library: Types of Sources
Oct 20	8	Quiz 2
Oct 22	8	Nationalism and Sport
Oct 27	9	Rereading Histories of Inclusive Recreation, Physical Education, and Sport
Oct 29	9	Academic Writing
Nov 3	10	Canadian Sporting Histories with Race/Culture/Ethnicity
Nov 5	10	Review
*Nov 9 – Nov 13 – No Classes: Fall Break		
Nov 10	11	No Class
Nov 12	11	No Class
Nov 17	12	Quiz 3
Nov 19	12	Library: Strategies for Searching
Nov 24	13	Creation Stories
Nov 26	13	Archival Visit
*Nov 27 – Last Day to Withdraw		
Dec 1	14	At Home and Abroad: Canada's Engagement With International Sport and Recreation
Dec 3	14	Media day
Dec 8	15	Review

This schedule is subject to change based on how we progress as a class. Changes will be announced in class and on MyClass

STUDENT RESPONSIBILITIES:**Late Policy:**

Assignments are due by 12 midnight MST/MDT on the specified due date. Late assignments face a 5% daily deduction. Missed exams, barring validated emergencies will result in a grade of zero. In class marks, such as quizzes and activities cannot be made up, except for case by case basis following in line with attendance and expectations

Attendance and Exceptions:

For any ongoing in class assessment, it is not possible to make up missed marks. Alternate options might be offered to accommodate case by case situations, however documentation may be required, such as a note from a doctor.

Electronic Devices:

You're welcome to use electronic devices as long as they don't disrupt the learning environment, and they serve a purpose for the class. If they become a distraction, you may be asked to step out or adjust your usage. Electronic devices should be used for class purposes only. If a personal reason comes up, please remove yourself from the space to use your device. Under no circumstances can a student record classroom activities (such as lectures, group activities, group presentations delivered in class, etc.). There may be case by case situations where allowances are made, but will require permission from the instructor.

Communication:

Note that communication regarding the course should be in direct conversation between the student enrolled and instructor. Exceptions may be made with the instructor's permission. Please do follow the proper email protocols.

Copy Right Notification:

The course will have available student versions for the ongoing material. However, students are expected to come to class and create their own notes through engagement. All of my teaching material is my own intellectual property, and I reserve the right to distribute at my discretion. As such, the material is for your private use only. It is not to be distributed, publicly exhibited, or sold without the permission of the instructor.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

**Note: all Academic and Administrative policies are available on the same page.

There will be ongoing articulations regarding the use of AI throughout the course and how it pertains to each assessment criteria.

ADDITIONAL INFORMATION:

Your success in this course is a priority. Please know that we are here to support your academic journey. If you encounter challenges or need clarification on any aspect of the course, do not hesitate to reach out. Together, we'll work towards your growth and achievement.