

McMaster University

2026 Summer Program: Sport Science and Leadership

Founded in 1887, our purpose at McMaster is the discovery, communication and preservation of knowledge. In our teaching, research and scholarship, we are committed to creativity, innovation and excellence, as our researchers confront some of the world's most urgent challenges – including health innovation, AI, advanced materials and manufacturing, social justice, and more.

McMaster University is:

- **Ranked among the top 100 public universities globally** in the 2025 Times Higher Education Ranking
- No. 5 on the Maclean's 2025 Ranking of Canadian Universities
- Consistently ranked as Canada's most research-intensive, medical-doctoral university by Research Infosource since 2017
- Home to **three Nobel prize-winners**: McMaster Professor Bertram Brockhouse (Physics in 1994), McMaster graduates Myron Scholes (Economics, 1997), Donna Strickland (Physics, 2018)
- Known for top-rated programs in: **Business, Engineering, Health Sciences, Humanities, Science, and Social Sciences**

The Department of Kinesiology is a vibrant group of faculty and students who study the science of human movement. McMaster's program was recently ranked in the top three in Canada and among the top 25 in the world, out of nearly 400 institutions.



Sport Science and Leadership Summer Program (SSL)

This program is designed to provide participants with a foundation of concepts and leadership skills relevant to sport science, athletics, and recreation management based on the latest research and best practices in the field. Through lectures from a variety of disciplines in sport and physical activity, participants will learn:

- Athletic Training & Conditioning
- Innovation and Entrepreneurship in Sport Health
- Resistance Training Exercise Technique
- Coaching and Practice for Ball Games

This program also includes a week of preparatory English so that students can effectively participate in the program while improving their English skills for academic and workplace environments.

Program Features:

- Lectures by expert faculty from McMaster's Department of Kinesiology and Athletic & Recreation Department
- Progress Report and Certificate of Completion
- Access to world-class sport and fitness facilities
- Cultural Immersion Activities

Program Dates: July 12 – August 2, 2025

Program Fee: \$5200.00 CAD

Fees include: tuition, accommodation, limited meal card for campus cafeterias, airport pick-up and drop-off, access to university facilities, weekend trips



Contact:

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<https://global.mcmaster.ca/oia-summer-programs/>



OFFICE OF
INTERNATIONAL AFFAIRS

2026 Sport Science and Leadership Summer Program (SSL)

July 12 – August 2, 2026

Sun Jul 12	Arrival			
Mon Jul 13	9:30am-10am Program Briefing	10am-12pm English for Success	12:15pm-1:30pm Welcome Lunch	2pm-4:30pm Campus & Neighbourhood Tour
Tues Jul 14	9am-12pm English for Success		1:30pm-4:30pm Cultural Immersion Activity	
Wed Jul 15			1:30pm-4:30pm McMaster Nuclear Reactor Tour	
Thurs Jul 16				
Fri Jul 17	9am-12pm Presentation		1:30pm-6:30pm Cultural Immersion Activity	
Sat Jul 18	Independent Activity			
Sun Jul 19	9am Niagara Falls		1pm Niagara-on-the-Lake Outlet Mall	
Mon Jul 20	9am-12pm Program Overview & Introduction to Athletic Training & Conditioning		1:30pm-4:30pm Football Coaching (Lecture)	
Tues Jul 21	9am-12pm Resistance Training Exercise Technique		1:30pm-4:30pm Football Coaching (Practical)	
Wed Jul 22	9am-12pm How to Teach Movement		1:30pm-4:30pm Shadowing of High Performance Volleyball Camp	
Thurs Jul 23	9am-12pm Designing a Training Program for Athletes with Specific Goals / Sport Requirements		1:30pm-4:30pm Shadowing Sport Fitness School Session	
Fri Jul 24	9am-12pm Team Presentation			

Sat Jul 25	9am Toronto CN Tower	2:30pm Toronto Eaton Centre
Sun Jul 26	Free Activities	
Mon Jul 27	9am-12pm Introduction to Principles and Practices of Entrepreneurship & Innovation in Sport Activity	1:30pm-4:30pm Lacrosse Coaching (Lecture)
Tues Jul 28	9am-12pm How to Identify and Evaluate Opportunities for New Ventures in the Fitness & Wellness Industry	1:30pm-4:30pm Fitness & Wellness (Lecture and Practical)
Wed Jul 29	9am-12pm Team Management & Communication	1:30pm-4:30pm View/Shadow McMaster Football Training Camp
Thurs Jul 30	9am-12pm Create a Pitch for a Business Idea in the Fitness, Health & Wellness Fields	1:30pm-4:30pm Ball Game
Fri Jul 31	9am-12pm Pitch Competition with Prizes	1:30pm-4:30pm Graduation/Farewell The University Club
Sat Aug 1	9am Canada's Wonderland	
Sun Aug 2	Departure	

