



GUPTA FACULTY OF KINESIOLOGY AND APPLIED HEALTH

## PHYSICAL AND HEALTH EDUCATION

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The University of Winnipeg offers a teachable major and a teachable minor through the Kinesiology and Applied Health Department as part of the Integrated BEd/BPHE program. Alternatively, students can take the 3 year Bachelor of Physical Health and Education degree and then apply to the 2 year after degree BEd program.

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The Department of Kinesiology and Applied Health at The University of Winnipeg is a student-oriented department with small class sizes and accessible professors. Our professors' expertise lies in the areas of physical education pedagogy, health, nutrition, adapted physical activity, physical activity and aging, coaching, exercise and sport psychology, and motor behaviour.

*Also, see other related fact sheets in “Kinesiology” and “Athletic Therapy.”*

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### SAMPLE CAREERS

Career opportunities for graduates are in the school system. There are also education-related positions in government and industry.

### SAMPLE COURSES

**Introduction to Kinesiology** is a first-year course that introduces the study of human movement. Questions of interest related to kinesiology broadly will be discussed with specific emphasis on sport sciences, motor behaviour, physical fitness, sport psychology, and athletic therapy.

**Introduction to Health** is a first-year course that introduces concepts related to health and prepares students to discern health information as it relates to making healthy lifestyle decision.

**Human Anatomy** involves the study of the human anatomical systems and their integration. Special emphasis will be placed on the skeletal, articular, and muscular systems. Students will also begin to undertake the analysis of movement.

**Outdoor Recreation and Education** is a second-year course that includes field trips and other practical outdoor experiences to help students gain an understanding of the relationship of physical education, recreation, and the environment.

## MORE SAMPLE COURSES

- Inclusive Physical Activity
- Prevention and Care of Sport Injuries
- Pedagogical Theories and Models
- Instruction in Fitness Activities
- Sport and Exercise Psychology
- Motor Learning & Development

## SAMPLE FIRST YEAR

BIOL-1112(6) Human Anatomy and Physiology  
KIN-1101(3) Introduction to Kinesiology  
KIN-1102(3) Introduction to Health  
KIN-1601(3) Nutrition for Health and Wellness  
RHET-1102(3) Academic Writing: Social Sciences or any other section of Academic Writing (if required)  
6 credit hours of Humanities courses  
6 credit hours of Non-KIN electives

**NOTE:** This sample first year is representative of the courses you may take. For many of our programs, you may choose another set of courses and still be well on your way to a degree. Also, for most programs you do not have to take 30 credit hours (five full courses) in your first year.

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***“The University of Winnipeg is great because of its small class sizes. That way you really get to know your instructors and classmates, which is great for building connections and feeling like you’re a part of the community.”***

- Kerri Kuzbyt (BPHE/BEd Education Program)

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## REQUIRED HIGH SCHOOL COURSES

Integrated BEd/BPHE: Have completed five credits at the Grade 12 level, designated A, S or G. Must present standing in EITHER: two credits of **English 40** (A or S level) plus one credit of **Mathematics 40S** (Pre-Calculus, Applied or Essential/Consumer) OR one credit of **English 40** (A or S level) plus **Pre-Calculus Mathematics 40S**.

## HOW TO APPLY

For details on application requirements and deadlines, and to apply online, please visit:  
[uwinnipeg.ca/apply](http://uwinnipeg.ca/apply)

For more information contact a student recruitment officer at [welcome@uwinnipeg.ca](mailto:welcome@uwinnipeg.ca) or 204.786.9844.

In any case where the University’s Academic Calendar and this fact sheet differ, the current Calendar takes precedence.

## CONTACT US

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