



THE UNIVERSITY OF WINNIPEG

For more information visit www.uwinnipeg.ca or contact a student recruitment officer at welcome@uwinnipeg.ca or 204.786.9844. In any case where The University of Winnipeg Course Calendar and this fact sheet differ, the current Calendar takes precedence.

Athletic Therapy

The University of Winnipeg offers a curriculum in athletic therapy which is accredited by the Canadian Athletic Therapists Association (CATA).

Kinesiology and Applied Health (KIN) at The University of Winnipeg is designed to help you develop an understanding of research and practice in physical activity, fitness, exercise, and sport. In addition to courses that focus on the what, why, and how of human physical activity in Teaching, Kinesiology, and Coaching, we also offer an accredited program in Athletic Therapy. Our commitment to excellence in teaching, research, and community service provides an environment where you can pursue your potential.

The curriculum is offered as a **4-year Bachelor of Science degree** with a major in Kinesiology and Applied Health (Athletic Therapy).

SAMPLE COURSES

Prevention and Care of Injuries analyzes preventative techniques and the immediate care of injuries. Students completing this course must obtain St. John's Ambulance Certification and CPR Heart Saver, and will have the opportunity to certify in Level I and II of the Provincial Athletic First Aider Program.

Nutrition for Health and Wellness will introduce students to nutrition information, especially as it contributes to informed decision-making. Students will develop an understanding of appropriate food choices by focusing on the role of nutrition in optimal health, physical activity, and disease prevention. The class will discuss topics such as the major nutrients, Canadian nutritional standards, and guidelines.

Assessment of Upper and Lower Limb Sport Injuries presents the theoretical and practical knowledge necessary for the recognition of athletic injuries to the appendicular skeleton. Students will study orthopaedic assessment techniques as well as history taking, record keeping, and assessment protocols.

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 undertake the analysis of movement.

Therapeutic Modalities in Sport Medicine involves a study of the principles of various therapeutic modalities – including ice, heat, muscle stimulation, ultrasound, and lasers – used in an athletic therapy clinic for the rehabilitation and reconditioning of sports injuries.

MORE SAMPLE COURSES

Rehabilitation of Upper and Lower Limb Sport Injuries
Exercise Physiology
Pathology in Sport Medicine
Scientific Principles of Fitness and Conditioning
Physical Growth and Motor Development

Issues in Health
Sport First Responder
Massage Techniques in Sport
Athletic Taping and Splinting Techniques

PRACTICAL EXPERIENCE

A 1,200 hour internship program is one of the requirements to write the CATA certification examination. Students must be prepared to commit a significant amount of time to building up practical experience with community teams and clinics.

The internship is divided into 600 hours of clinical and 600 hours of on-field experience. For clinical hours,

University of Winnipeg students work under the direct supervision and guidance of a Supervisory Athletic Therapist in the University of Winnipeg Athletic Therapy Centre, located on campus in the lower level of the Duckworth Centre, and at other approved clinics in the community. For on-field experience, students work with a variety of community sport teams including football, rugby, hockey, basketball, volleyball, soccer, and gymnastics.

SAMPLE CAREERS

The job market for athletic therapists is ever growing, including work for private athletic therapy clinics, multidisciplinary clinics, reconditioning centres, sport teams, as well as in industry dealing with work related injury. Your practical experience should be geared toward developing a portfolio and experience that will make you marketable in the area of athletic therapy you wish to pursue.

WHAT OUR STUDENTS SAY...

"I really like the way that students and professors are very involved in the Athletic Therapy program: In the clinic, you work alongside the same professors who are teaching your courses. Professors are there to help you through your university studies, and continue to give their support as you work towards your certification. I have had many opportunities to volunteer with sports teams around the city, helping me to gain a lot of experience in the field." - *Ashleigh Sprange (BA '05 Kinesiology and Applied Health) Ashleigh certified with the Canadian Athletic Therapists Association and will be expanding her capacity having been accepted to Medicine at the University of Manitoba.*

ATHLETIC THERAPY STUDENTS ASSOCIATION

The University of Winnipeg Athletic Therapy Students Association holds monthly meetings and is involved in continuing education opportunities, as well as planning social and fundraising events.

DEGREE AND COURSE REQUIREMENTS

Year One - 30 Credit Hours

KIN-1101(3) Introduction to Kinesiology

BIOL-1112(6) Human Anatomy and Physiology

PSYC-1000(6) Introductory Psychology

RHET-1106(3) Academic Writing: Links with the Disciplines-KIN or any other section of Academic Writing (if required) or Non-KIN Elective*

6 credit hours Humanities Requirement

6 credit hours Non-KIN Electives*

Year Two - 30 Credit Hours

KIN-2301(3) Human Anatomy

KIN-2202(3) Prevention and Care of Injuries

KIN-3201(3) Biomechanics

KIN-3505(3) Pathology in Sport Medicine

KIN-2304(3) Scientific Principles of Fitness and Conditioning

KIN-2501(3) Nutrition for Health and Wellness

KIN-XXXX(3) KIN Elective**

KIN-XXXX(3) KIN Elective**

PSYC-2101(3) Intro to Data Analysis OR STAT-1501(3) Elementary Biological Statistics I

AND

PSYC-2102(3) Intro to Research Methods OR SOC-2126(3) Introduction to Research Design and Qualitative Research

Year Three - 30 Credit Hours

KIN-2500(3) Practicum I: Field/Clinical

KIN-2503(3) Athletic Taping and Splinting Techniques

KIN-3107(3) Therapeutic Modalities in Sport Medicine

KIN-3304(3) Advanced Resistance Training

KIN-3501(3) Assessment of Upper and Lower Limb Sport Injuries

KIN-3502(3) Rehabilitation of Upper and Lower Limb Sport Injuries

KIN-3503(3) Massage Techniques in Sport

KIN-3504(3) Sport First Responder

6 credit hours Humanities Requirement

Year Four - 30 Credit Hours

KIN-3106(3) Exercise Physiology
KIN-3500(6) Practicum II: Field
KIN-4301(3) Applied Human Anatomy
KIN-4500(6) Practicum III: Clinical
KIN-4501(3) Sports Injuries of the Spine
KIN-4502(3) Drugs and Ergogenic Aids in Sports
BUS-1201(3) Introduction to Business I
3 credits Non-KIN Elective*

*Any course(s) not from Kinesiology and Applied Health

**KIN Electives:

At least one of: KIN-2305(3) Issues in Health, KIN-3105(3) Psychological Skills in Sport and Life

At least one of: KIN-3103(3) Adapted Physical Activity, KIN-3208(3) Physical Activity and Aging, KIN-3207(3) Motor Learning and Control

CATA requires all athletic therapy certification candidates to have completed 1200 hours of internship. The three practicum courses (KIN-2500, KIN-3500, KIN-4500) will account for approximately 600 internship hours.

REQUIRED HIGH SCHOOL COURSES

You must meet The University of Winnipeg's general admission requirements. Although no specific courses are required, high school courses in Biology, Physical Education, and either Chemistry or Physics are recommended.

HOW TO APPLY – Domestic Student

Apply online at uwinnipeg.ca or pick up an Application for Admission from your high school counsellor's office or the Admissions Office at The University of Winnipeg. To meet Scholarship deadline submit your application and \$80 application fee.

HOW TO APPLY – International Student

Apply online at uwinnipeg.ca/index/intl-apply and submit all official documents by mail. To meet Scholarship deadline submit application, fee, and documents by March 1st. International application fee is \$100, which includes a one-time courier fee.

CONTACT US

Dr. David Telles-Langdon, Chair

Kinesiology and Applied Health

Phone: 204. 786-9248

Email: d.telles-langdon@uwinnipeg.ca



[Subscribe to our RSS feed](#)



[Follow us on Twitter](#)



[Like us on Facebook](#)