

# KINESIOLOGY AND APPLIED HEALTH (KIN)

Updated May 5, 2020

The Department of Kinesiology and Applied Health is part of the Gupta Faculty of Kinesiology and Applied Health

**Chair: Professor M. Gregg; Professor:** G. Bergeron; **Associate Professors:** D. Defries, N. Hall, R. Pryce, D. Telles-Langdon; **Assistant Professors:** A. Hussain, Y. Molgat-Seon, N. Richer; **Instructors:** A. Bedard, J. Billeck, G. McDonald, L. McKay, V. Pelleck, B. Trunzo.

## DEGREES/PROGRAMS OFFERED

3-Year BPHE  
4-Year BKin.  
4-Year BSc. (Athletic Therapy)  
Honours BKin

## MISSION

Our mission is to provide an environment where students in Kinesiology and Applied Health can pursue their potential through our commitment to excellence in teaching, research, and community service.

## INTRODUCTION

Kinesiology is the art and science of human movement from a psychological, sociological, biological, mechanical and physiological perspective. Professionals in the field of Kinesiology are interested in increasing physical activity participation, enhancing sport performance, development of physical literacy, the technical and tactical aspects of coaching, the short and long term effects of exercise and the role of physical activity in society.

The Department of Kinesiology and Applied Health at The University of Winnipeg is student-centred with small classes and labs and accessible professors. Our professors have expertise and research interests in areas that include inclusive physical activity, physical activity and aging, sports nutrition, coaching, sport and exercise psychology, motor behaviour, exercise physiology, biomechanics, and athletic therapy

**NOTE:** Starting Sept 2020, the Department will discontinue the Bachelor of Kinesiology (General), Bachelor of Kinesiology (Sport Coaching) and Bachelor of Science in Kinesiology (Exercise Science) programs. Instead, all these areas will be incorporated into a single Bachelor of Kinesiology degree.

## REQUIREMENTS FOR A 3-YEAR BACHELOR OF PHYSICAL AND HEALTH EDUCATION (BPHE)

**ADMISSION REQUIREMENT** Students are advised to consult with a member of the Department in planning their course of study.

**GRADUATION REQUIREMENT** 90 credit hours

### RESIDENCE REQUIREMENT

Degree: Minimum 30 credit hours  
Major: Minimum 18 credit hours

### GENERAL DEGREE REQUIREMENT

Humanities: 12 credit hours in Humanities  
Science: 6 credit hours in Science  
Writing: Minimum 3 credit hours of Academic Writing  
Indigenous: 3 credit hours in designated Indigenous requirement courses  
Maximum Introductory Courses: Students may use a maximum of 42 credit hours at the 1000 level. Of these, a maximum of 6 credit hours may be below the 1000 level. As a result, students must take a minimum of 48 credit hours at the 2000-level or above in order to not exceed the maximum number of introductory courses.  
Distribution: Minimum three (3) credit hours from each of five (5) different subjects.

### MAJOR REQUIREMENT

Single Major: Minimum 42 credit hours/Maximum 54 credit hours in the Major subject.  
Double Major: Minimum 42 credit hours in Kinesiology and Applied Health and specified number of credit hours in the other department/program.

### KINESIOLOGY MAJOR (Teachable Major)

Required Courses:  
**KIN-1101(3)** Introduction to Kinesiology  
**KIN-1102(3)** Introduction to Health  
**BIOL-1112(6)\*** Human Anatomy and Physiology

<b>KIN-1601(3)</b>	Nutrition for Health and Wellness
<b>KIN-2102(3)</b>	Pedagogical Theories and Models for Physical Activity and Sport
<b>KIN-2104(3)</b>	Outdoor Education
<b>KIN-2105(3)</b>	Sport and Exercise Psychology
<b>KIN-2202(3)*</b>	Prevention and Care of Sport Injuries
<b>KIN-2207(3)</b>	Physical Growth and Motor Development
<b>KIN-2301(3)*</b>	Human Anatomy
<b>KIN-2304(3)*</b>	Scientific Principles of Fitness and Conditioning
<b>KIN 3103(3)</b>	Inclusive Physical Activity
<b>KIN-3110(1.5)</b>	Instruction in Individual/Dual Based Activities
<b>KIN-3111(1.5)</b>	Instruction in Team Based Activities
<b>KIN-3112(1.5)</b>	Instruction in Rhythmic & Gymnastic Based Activities
<b>KIN 3113(1.5)</b>	Instruction in Fitness Activities
<b>KIN-3209 (3)</b>	Motor Learning & Development

\*any 2 will fulfill the science requirement within the Bachelor of Physical Health and Education degree.

### KINESIOLOGY TEACHABLE MINOR

Required courses:

<b>KIN-1101(3)</b>	Introduction to Kinesiology
<b>KIN-1102(3)</b>	Introduction to Health
<b>KIN-2102(3)</b>	Pedagogical Theories and Models for Physical Activity and Sport
<b>KIN-2207(3)</b>	Physical Growth and Motor Development
<b>KIN-3103(3)</b>	Inclusive Physical Activity

3 credit hours from:

<b>KIN-3110(1.5)</b>	Instruction in Individual/Dual Based Activities
<b>KIN-3111(1.5)</b>	Instruction in Team Based Activities
<b>KIN-3112(1.5)</b>	Instruction in Rhythmic & Gymnastic Based Activities
<b>KIN 3113(1.5)</b>	Instruction in Fitness Activities

## REQUIREMENTS FOR A 4-YEAR BACHELOR OF KINESIOLOGY

### ADMISSION REQUIREMENT

Students are advised to consult with a member of the Department in planning their course of study.

### GRADUATION REQUIREMENT

120 credit hours

### RESIDENCE REQUIREMENT

Degree: Minimum 60 credit hours  
Major: Minimum 30 credit hours

### GENERAL DEGREE REQUIREMENT

Humanities: 12 credit hours in Humanities  
Science: 6 credit hours in Science  
Social Science: 12 credit hours in Social Science  
Writing: Minimum 3 credit hours of Academic Writing  
Indigenous: 3 credit hours in designated Indigenous requirement courses  
Maximum Introductory Courses: Students may use a maximum of 42 credit hours at the 1000 level. Of these, a maximum of 6 credit hours may be below the 1000 level. As a result, students must take a minimum of 78 credit hours at the 2000-level or above in order to not exceed the maximum number of introductory courses.  
Distribution: Minimum three (3) credit hours from each of five (5) different subjects.

### MAJOR REQUIREMENT

Major: Minimum 60 credit hours/Maximum 78 credit hours in the Major subject.

Required Courses:

<b>BIOL-1112(6)*</b>	Human Anatomy and Physiology
<b>KIN-1101(3)</b>	Introduction to Kinesiology
<b>KIN-1601(3)</b>	Nutrition for Health and Wellness
<b>KIN-2105(3)</b>	Sport and Exercise Psychology
<b>KIN-2200(3)</b>	Issues in Sport <u>or</u> <b>KIN-2305(3)</b> Issues in Health
<b>KIN-2204(3)*</b>	Human Physiology
<b>KIN-2301(3)*</b>	Human Anatomy
<b>KIN-2304(3)</b>	Scientific Principles of Fitness Conditioning
<b>KIN-3106(3)*</b>	Exercise Physiology
<b>KIN-3201(3)*</b>	Biomechanics
<b>KIN-3209(3)</b>	Motor Learning and Development
<b>KIN-3305(3)</b>	Physical Activity: Promotion and Adherence

6 credit hours from:

<b>SOC-2000(3)</b>	Sociology of Sport
<b>KIN/CLAS-2061(3)</b>	Sport in the Ancient Greek World
<b>KIN/CLAS-2062(3)</b>	Sport in the Ancient Roman World
<b>KIN/CLAS-2850(3)</b>	The Classical Roots of Medical Terminology
<b>HIST-2912(3)</b>	The History of Modern Medicine
<b>KIN/CLAS-3060/</b>	Health in Antiquity
<b>ANTH-3262(3)</b>	
<b>HIST-3913(3)</b>	The History of Disease
<b>KIN-4104(3)</b>	Sport Ethics

\*any 2 will fulfill the science requirement within the Bachelor of Kinesiology degree.

Choose a minimum of 21 additional credit hours from other Kinesiology and Applied Health courses, for a minimum total of 60 credit hours and a maximum of 78 credit hours.. A minimum of 18 total credit hours of Kinesiology and Applied Health courses must be at the 3000 or 4000 level.

Statistics Requirement:

Choose 3 credit hours from:

<b>PSYC-2101(3)**</b>	Introduction to Data Analysis (prereq. PSYC-1000(6))
<b>SOC-2125(3)**</b>	Introduction to Quantitative Research Methods (prereq. SOC-1101 or CJ-1101(6))
<b>STAT-1301(3)</b>	Statistical Analysis I
<b>STAT-1501(3)</b>	Elementary Biological Statistics I

\*\* Courses with prerequisites

Research Design and Methods Requirement

Choose 3 credit hours from:

<b>BIOL-3492(3)**</b>	Quantitative and Theoretical Biology (prereq. BIOL-2301 and BIOL-2403)
<b>PSYC-2102(3)**</b>	Introduction to Research Methods (prereq. PSYC-1000(6), PSYC-2101(3))
<b>SOC-2126(3)**</b>	Introduction to Research Design and Qualitative Research (prereq. SOC-1101(6) or permission of department chair)

\*\* Courses with prerequisites

### Canadian Memorial Chiropractic College Academic Pathway

The University of Winnipeg and the Canadian Memorial Chiropractic College have entered into an articulation agreement in which students can complete three years of study towards the 4 year BKin degree and apply for early consideration to the Chiropractic College after their second year of study; if accepted by CMCC, they would transfer to the Chiropractic College after their third year of study at the University of Winnipeg and go on to complete four more years of study towards a degree in Chiropractic; after which time, The University of Winnipeg will recognize one year of Chiropractic study towards a 4 year BKin degree. Upon completion, students will graduate with two degrees within a 7 year span that would have otherwise taken 8 years to complete.

To be accepted into the CMCC Academic Pathway you must contact the Department Assistant in the Department of Kinesiology and Applied Health at [kinesiology@uwinnipeg.ca](mailto:kinesiology@uwinnipeg.ca) or by phone 204.786.9024.

## REQUIREMENTS FOR A 4-YEAR BSc IN KINESIOLOGY (ATHLETIC THERAPY)

### ADMISSION REQUIREMENT

Students must complete an Enhanced Major Declaration and then be successful in the selection process. Entry into this program is limited. It is recommended students begin in the BKin and then apply for the Enhanced Major. Students are advised to consult with a member of the Department in planning their course of study.

### GRADUATION REQUIREMENT

120 credit hours

### RESIDENCE REQUIREMENT

Degree: Minimum 60 credit hours  
Major: Minimum 30 credit hours

### GENERAL DEGREE REQUIREMENT

Humanities: 12 credit hours in Humanities  
Writing: Minimum 3 credit hours of Academic Writing  
Indigenous: 3 credit hours in designated Indigenous requirement courses  
Maximum Introductory Courses: Students may use a maximum of 42 credit hours at the 1000 level. Of these, a maximum of 6 credit hours may be below the 1000 level. As a result, students must take a minimum of 78 credit hours at the 2000-level or above in order to not exceed the maximum number of introductory courses.  
Distribution: Minimum three (3) credit hours from each of five (5) different subjects.

## MAJOR REQUIREMENT

Major: Minimum 75 credit hours/Maximum 78 credit hours.

Recommended courses prior to submitting the Enhanced Major Declaration (these courses are required for the BSc-athletic therapy):

<b>BIOL-1112(6)</b>	Human Anatomy & Physiology
<b>BUS-1201(3)</b>	Introduction to Business I
<b>KIN-1101(3)</b>	Introduction to Kinesiology
<b>KIN-1601(3)</b>	Nutrition for Health and Wellness
<b>KIN-2202(3)</b>	Prevention and Care of Sport injuries
<b>KIN-2204(3)</b>	Human Physiology
<b>KIN-2301(3)</b>	Human Anatomy
<b>KIN-2304(3)</b>	Scientific Principles of Fitness and Conditioning
<b>KIN-2305(3)</b>	Issues in Health <b>or</b> <b>KIN-3105(3)</b> Psychological Skills in Sport and Life
<b>KIN-3201(3)</b>	Biomechanics
<b>KIN-3505(3)</b>	Pathology in Sport Medicine
<b>PSYC-1000(6)</b>	Introductory Psychology
<b>PSYC-2101(3)</b>	Intro to Data Analysis <b>or</b> <b>STAT-1501(3)</b> Elementary Biological Statistics I
<b>PSYC-2102(3)</b>	Intro to Research Methods <b>or</b> <b>SOC-2126(3)</b> Introduction to research Design and Qualitative Research
<b>RHET-1105(3)</b>	Academic Writing

Required courses following acceptance in the Program:

<b>KIN-2500(3)</b>	Athletic Therapy: Practicum I
<b>KIN-2503(3)</b>	Athletic Taping & Splinting Techniques
<b>KIN-3106(3)</b>	Exercise Physiology
<b>KIN-3107(3)</b>	Therapeutic Modalities in Sport Medicine
<b>KIN-3304(3)</b>	Advanced Resistance Training
<b>KIN-3500(6)</b>	Athletic Therapy: Practicum II
<b>KIN-3501(3)</b>	Assessment of Upper and Lower Body Sport Injuries
<b>KIN-3502(3)</b>	Rehabilitation of Upper and Lower Body Sport Injuries
<b>KIN-3503(3)</b>	Massage Techniques in Sport
<b>KIN-3504(3)</b>	Sport First Responder
<b>KIN-4301(3)</b>	Applied Anatomy
<b>KIN-4500(6)</b>	Athletic Therapy Practicum III
<b>KIN-4501(3)</b>	Sports Injuries of the Spine
<b>KIN-4502(3)</b>	Drugs and Ergogenic Aids in Sport

Additional Kinesiology electives:

At least one of:

<b>KIN-3103(3)</b>	Inclusive Physical Activity
<b>KIN-3208(3)</b>	Physical Activity and Aging
<b>KIN-4207(3)</b>	Motor Learning and Control

## REQUIREMENTS FOR AN HONOURS DEGREE IN KINESIOLOGY and APPLIED HEALTH

The Honours program gives students of demonstrated ability an opportunity to deal more extensively with the subject matter of Kinesiology. Honours courses generally have smaller enrolments and give more emphasis to research than do general courses. Honours students must consult with and identify an Honours Kinesiology and Applied Health supervisor prior to registration in the Honours program. Students can complete an Honours degree in the 4-year BKin degree.

### ADMISSION REQUIREMENT

G.P.A. Requirement

Entry into the program after completing a minimum of 45 credit hours.

To graduate with a BKin Honours, students must have a minimum of 3.0 on all major (Kinesiology) courses which will be calculated on all course attempts in the major. A minimum of 2.75 GPA on all non-major courses which will be calculated as for the general degree (i.e., F's are not included and, in the case of repeated courses, only the highest grade will be used).

### GRADUATION REQUIREMENT

120 credit hours

### RESIDENCE REQUIREMENT

Degree:

Minimum 60 credit hours

Honours:

Minimum 30 credit hours

### GENERAL DEGREE REQUIREMENT

All general degree requirements must be completed for the BKin. Please refer to the specific degree stream listed in the calendar for additional information.

### ADVISOR REQUIREMENT

After completion of a minimum of 45 credit hours interested students are instructed to contact the department Chair to apply to the honours program. Once approved students may contact the preferred faculty member (as an advisor) with their area of interest for the

thesis. Approval is required from a fulltime faculty member, who is interested in the area the student wishes to pursue and committed to the supervisor role for the duration of the degree.

## HONOURS REQUIREMENT

Single Honours:	Minimum 60 credit hours in the major subject Minimum 30 credit hours in upper-level (3000 and 4000) courses of which a minimum of 15 credit hours must be at the 4000-level.
Required Courses:	Must complete all required course for the BKin degree in addition to Honours required courses).
Additional Courses:	Statistical, Research Design and Methods and Science Course (Non-Kinesiology) may also apply depending on the degree stream chosen.
Honours Required Courses:	<b>KIN-3256 Honours Thesis I</b> <b>KIN-4256 Honours Thesis II</b> <b>KIN-4556 Honours Seminar in Kinesiology</b>

## GENERAL INFORMATION

Courses in the Department of Kinesiology and Applied Health are scheduled on a rotation basis. Since faculty members are responsible for multiple courses, a given course may not be scheduled annually. Every effort is made to offer all courses for timely access by students. Contact the Department to express interest in a particular course or in knowing when it will be next available.

## COURSE LISTINGS

KIN-1101(3) Introduction to Kinesiology	KIN-3111(1.5) Instruction in Team Based Activities
KIN-1102(3) Introduction to Health	KIN-3112(1.5) Instruction in Rhythmic & Gymnastic Based Activities
KIN-1200(3) Principles of Coaching	KIN 3113(1.5) Instruction in Fitness Activities
KIN/CLAS-2060(3) Sport in the Ancient World	KIN-3201(3) Biomechanics
KIN-1302(3) Teaching Individual Physical Activities	KIN-3206(3) Directed Studies
KIN-1303(3) Teaching Team Physical Activities	KIN-3208(3) Physical Activity and Aging
KIN-1601(3) Nutrition for Health and Wellness	KIN-3209 (3) Motor Learning & Development
KIN-2100(3) Leadership in Sport: Emerging Perspectives	KIN-3256(3) Honours Thesis I
KIN-2101(3) Program Planning in Sport	KIN-3304(3) Advanced Resistance Training
KIN-2102(3) Pedagogical Theories and Models for Physical Activity and Sport	KIN-3305(3) Physical Activity: Promotion and Adherence
KIN-2104(3) Outdoor Recreation and Education	KIN-3500(6) Athletic Therapy: Practicum II
KIN-2105(3) Sport and Exercise Psychology	KIN-3501(3) Assessment of Upper and Lower Limb Sport Injuries
KIN-2109(3) Instructing Sport and Physical Activities	KIN-3502(3) Rehabilitation of Upper and Lower Limb Sport Injuries
KIN-2111(3) Coaching & Teaching Basketball I	KIN-3503(3) Massage Techniques in Sport
KIN-2112(3) Coaching & Teaching Volleyball I	KIN-3504(3) Sport First Responder
KIN-2200(3) Issues in Sport	KIN-3505(3) Pathology in Sport Medicine
KIN-2202(3) Prevention and Care of Sport Injuries	KIN-4104(3) Sport Ethics
KIN-2204(3) Human Physiology	KIN-4106(3) Exercise Physiology in Chronic Disease
KIN-2207(3) Physical Growth and Motor Development	KIN-4200(3) Advanced Seminar in Coaching
KIN-2301(3) Human Anatomy	KIN-4201(3) Applied Biomechanics
KIN-2304(3) Scientific Principles of Fitness & Conditioning	KIN-4206(3) Directed Studies
KIN-2305(3) Issues in Health	KIN-4207(3) Motor Learning and Control
KIN-2500(3) Athletic Therapy: Practicum I	KIN-4256(3) Honours Thesis II
KIN-2503(3) Athletic Taping and Splinting Techniques	KIN-4301(3) Applied Human Anatomy
KIN/CLAS-2850 (3) The Classical Roots of Medical Terminology	KIN-4500(6) Athletic Therapy: Practicum III
KIN-3103(3) Inclusive Physical Activity	KIN-4501(3) Sports Injuries of the Spine
KIN-3105(3) Psychological Skills in Sport and Life	KIN-4502(3) Drugs and Ergogenic Aids in Sport
KIN-3106(3) Exercise Physiology	KIN-4556(3) Honours Seminar in Kinesiology
KIN-3107(3) Therapeutic Modalities in Sport Medicine	KIN 4601(3) Nutrition for Sport Performance
KIN-3110(1.5) Instruction in Individual/Dual Based Activities	

## COURSE DESCRIPTIONS

All course descriptions for all undergraduate programs can now be found in one large PDF called "All course descriptions" in the "Academic Calendar" section of the University website:  
<http://uwinnipeg.ca/academics/calendar/index.html>