

# KINESIOLOGY AND APPLIED HEALTH (KIN)

Updated May 7, 2018

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

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

## DEGREES/PROGRAMS OFFERED

3-Year BPHE  
4-Year BKin.  
4-Year BKin. (Sport Coaching)  
4-Year BSc. (Exercise Science)  
4-Year BSc. (Athletic Therapy)

## 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 adapted physical activity, physical activity and aging, sports nutrition, coaching, sport and exercise psychology, motor behaviour, exercise physiology, biomechanics, and athletic therapy

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

<b>ADMISSION REQUIREMENT</b>	Students are advised to consult with a member of the Department in planning their course of study.
<b>GRADUATION REQUIREMENT</b>	90 credit hours
<b>RESIDENCE REQUIREMENT</b>	
Degree:	Minimum 30 credit hours
Major:	Minimum 18 credit hours
<b>GENERAL DEGREE REQUIREMENT</b>	
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.
<b>MAJOR REQUIREMENT</b>	
Single Major:	Minimum 48 credit hours/Maximum 48 credit hours.
Double Major:	Minimum 48 credit hours in Kinesiology and Applied Health and specified number of credit hours in the other department/program.

## KINESIOLOGY MAJOR (Teachable Major)

Required Courses:

<b>KIN-1101(3)</b>	Introduction to Kinesiology
<b>KIN-1302(3)</b>	Teaching Individual Physical Activities <u>or</u> KIN-1303(3) Teaching Team Physical Activities
<b>KIN-2105(3)</b>	Sport Psychology
<b>KIN-2202(3)*</b>	Prevention and Care of Sport Injuries
<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>KIN 3103(3)</b>	Adapted Physical Activity
<b>KIN 3305(3)</b>	Physical Activity: Promotion and Adherence

6 credit hours from:

<b>KIN-2104(3)</b>	Outdoor Recreation and Education (all years)
<b>KIN-2206(3)</b>	Movement Education (early/middle years)
<b>KIN-2207(3)</b>	Physical Growth and Motor Development (all years)
<b>KIN-2400(3)</b>	Teaching Games for Understanding (middle/senior years)

Minimum of 9 **additional** credit hours from:

<b>KIN-1200(3)</b>	Principles of Coaching
<b>KIN-1302(3)</b>	Teaching Individual Physical Activities <b>or</b> KIN-1303(3) Teaching Team Physical Activities
<b>KIN-2109(3)</b>	Instructing Sport and Physical Activities
<b>KIN-2111(3)</b>	Coaching and Teaching Basketball 1
<b>KIN-2112(3)</b>	Coaching and Teaching Volleyball 1

6 credit hours from:

<b>KIN-1601(3)</b>	Nutrition for Health and Wellness
<b>KIN-2101(3)</b>	Program Planning in Sport
<b>KIN-2200(3)</b>	Issues in Sport
<b>KIN-3201(3)</b>	Biomechanics
<b>KIN-3208(3)</b>	Physical Activity and Aging
<b>KIN-4104(3)†</b>	Sport Ethics
<b>KIN-4207(3)</b>	Motor Learning and Control

† any course that can be used towards the humanities requirement

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

#### **KINESIOLOGY TEACHABLE MINOR (Senior and Middle Years)**

Required courses:

<b>KIN-2301(3)</b>	Human Anatomy
<b>KIN-2305(3)</b>	Issues in Health
<b>KIN-3103(3)</b>	Adapted Physical Activity

6 credit hours from:

<b>KIN-1302(3)</b>	Teaching Individual Physical Activities (middle/senior years)
<b>KIN-1303(3)</b>	Teaching Team Physical Activities (middle/senior years)
<b>KIN-2400(3)</b>	Teaching Games for Understanding

3 credit hours from:

<b>KIN-2105(3)</b>	Sport Psychology
<b>KIN-3105(3)</b>	Psychological Skills in Sport and Life
<b>KIN-3305(3)</b>	Physical Activity: Promotion and Adherence

#### **KINESIOLOGY TEACHABLE MINOR (Early and Early/Middle Years)**

Required courses:

<b>KIN-2301(3)</b>	Human Anatomy
<b>KIN-3103(3)</b>	Adapted Physical Activity

9 credit hours from:

<b>KIN-2206(3)</b>	Movement Education
<b>KIN-2207(3)</b>	Physical Growth and Motor Development
<b>KIN-2305(3)</b>	Issues in Health
<b>KIN-2400(3)</b>	Teaching Games for Understanding

3 credit hours from:

<b>KIN-2105(3)</b>	Sport Psychology
<b>KIN-3305(3)</b>	Physical Activity: Promotion and Adherence
<b>KIN-3105(3)</b>	Psychological Skills in Sport and Life

# 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  
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 66 credit hours.

Required Courses:

**KIN-1101(3)** Introduction to Kinesiology  
**KIN-2105(3)** Sport Psychology  
**KIN-2200(3)** Issues in Sport **or** **KIN-2305(3)** Issues in Health  
**KIN-2207(3)** Physical Growth and Motor Development  
**KIN-2204(3)\*** Human Physiology **or** **BIOL-1112(6)** Human Anatomy and Physiology  
**KIN-2301(3)\*** Human Anatomy  
**KIN-3105(3)** Psychological Skills in Sport and Life **or** **KIN-3305(3)** Physical Activity: Promotion and Adherence  
**KIN-3106(3)\*** Exercise Physiology **or** **KIN-3201/3\*** Biomechanics **or** **KIN-3304/3\*** Advanced Resistance Training  
**KIN-3208(3)** Physical Activity and Aging  
**KIN-4207(3)** Motor Learning and Control

3 credit hours from:

**KIN-1200(3)** Principles of Coaching  
**KIN-1302(3)** Teaching Individual Physical Activities  
**KIN-1303(3)** Teaching Team Physical Activities

3 credit hours from:

**KIN-2109(3)** Instructing Sport and Physical Activities  
**KIN-2111(3)** Coaching and Teaching Basketball 1  
**KIN-2112(3)** Coaching and Teaching Volleyball 1

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

Choose a minimum of 24 additional credit hours from other Kinesiology courses, for a total of 60 credit hours from Kinesiology. A minimum of 18 total credit hours of Kinesiology courses must be at the 3000 or 4000 level.

Statistics Requirement:

Choose 3 credit hours from:

**PSYC-2101(3)\*\*** Introduction to Data Analysis (prereq. PSYC-1000(6))  
**STAT-1501(3)** Elementary Biological Statistics I

\*\* Courses with prerequisites

Research Design and Methods Requirement

Choose 3 credit hours from:

**PSYC-2102(3)\*\*** Introduction to Research Methods (prereq. PSYC-1000(6), PSYC-2101(3))  
**SOC-2126(3)\*\*** Introduction to Research Design and Qualitative Research (prereq. SOC-1101(6) or permission of department chair)  
**IDS-3920(3)\*\*** Action Research Methods (prereq. IDS-1100(6) or CRS-1200(6) or permission)  
**CJ-2101(3)\*\*** Research Method in Criminal Justice (prereq. CJS-1101(6))  
**WGS-3200(6)\*\*** Feminist Research Methodologies Seminar (prereq. WOM-1232(6) or permission of Program Coordinator)

\*\* Courses with prerequisites

# REQUIREMENTS FOR A 4-YEAR BACHELOR OF KINESIOLOGY (SPORT COACHING)

**ADMISSION REQUIREMENT**                      Students are advised to consult with a member of the Department in planning 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 66 credit hours.  
Required Courses:

- BIOL-1112(6)\***                      Human Anatomy and Physiology
- KIN-1200(3)**                         Principles of Coaching
- KIN-1601(3) \***                        Nutrition for Health and Wellness
- KIN-2100(3)**                         Leadership in Sport: Emerging Perspectives
- KIN-2101(3)**                         Program Planning in Sport
- KIN-2105(3)**                         Sport Psychology
- KIN-2200(3)**                         Issues in Sport
- KIN-2202(3) \***                        Prevention and Care of Sport Injuries
- KIN-2204(3) \***                        Introduction to Human Physiology **or**
- KIN-2301(3) \***                        Human Anatomy
- KIN-2304(3) \***                        Scientific Principles of Fitness and Conditioning
- KIN-3105(3)**                         Psychological Skills in Sport and Life
- KIN-3106(3) \***                        Exercise Physiology
- KIN-3201(3) \***                        Biomechanics
- KIN-3304(3) \***                        Advanced Resistance Training
- KIN-4200(3)**                         Advanced Seminar in Coaching
- KIN-4207(3)**                         Motor Learning and Control
- KIN-4502(3) \***                        Drugs and Ergogenic Aids in Sport

In addition, choose a minimum of 9 additional credit hours from other Kinesiology courses, for a total of 60 credit hours from Kinesiology.

\*any 2 will fulfill the science requirement within the Bachelor of Kinesiology (Sport Coaching) degree

Statistics Requirement  
Choose at least 3 credit hours from:

- PSYC-2101(3)\*\***                      Introduction to Data Analysis (prereq. PSYC-1000(6))
  - STAT-1501(3)**                        Elementary Biological Statistics I
- \*\* Courses with prerequisites*

Research Design and Methods Requirement

Choose 3 credit hours from:

- PSYC-2102(3)\*\***                      Introduction to Research Methods (prereq. PSYC-1000(6), PSYC-2101(3))
  - SOC-2126(3)\*\***                        Introduction to Research Design and Qualitative Research (prereq. SOC-1101(6) or permission of department chair)
  - IDS-3920(3)\*\***                        Action Research Methods (prereq. IDS-1100(6) or CRS-1200(6) or permission)
  - CJ-2101(3)\*\***                         Research Method in Criminal Justice (prereq. CJS-1101(6))
  - WGS-3200(6)\*\***                        Feminist Research Methodologies Seminar (prereq. WOM-1232(6) or permission of Program Coordinator)
- \*\*Courses with prerequisites*

## REQUIREMENTS FOR A 4-YEAR BSc IN KINESIOLOGY (EXERCISE SCIENCE)

<b>ADMISSION REQUIREMENT</b>	Students are advised to consult with a member of the Department in planning their course of study.
<b>GRADUATION REQUIREMENT</b>	120 credit hours
<b>RESIDENCE REQUIREMENT</b>	
Degree:	Minimum 60 credit hours
Major:	Minimum 30 credit hours
<b>GENERAL DEGREE REQUIREMENT</b>	
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.
<b>MAJOR REQUIREMENT</b>	
Single Major:	Minimum 48 credit hours/Maximum 78 credit hours.
Double Major:	Minimum credit hours in Kinesiology and Applied Health and specified number of courses in other major.
High School Prerequisites:	Chemistry 40S is required and Pre-Calculus or Applied Mathematics 40S is highly recommended

### Required Courses:

<b>KIN-1101(3)</b>	Introduction to Kinesiology
<b>KIN-1601(3)</b>	Nutrition for Health and Wellness
<b>KIN-2105(3)</b>	Sport Psychology <b>or</b> <b>KIN-3105(3)</b> Psychological Skills in Sport and Life <b>or</b> <b>KIN-3305(3)</b> Physical Activity: Promotion and Adherence
<b>KIN-2200(3)</b>	Issues in Sport <b>or</b> <b>KIN-2305(3)</b> Issues in Health
<b>KIN-2202(3)</b>	Prevention and Care of Sport Injuries
<b>KIN-2301(3)</b>	Human Anatomy
<b>KIN-2304(3)</b>	Scientific Principles of Fitness and Conditioning
<b>KIN-3106(3)</b>	Exercise Physiology
<b>KIN-3201(3)</b>	Biomechanics
<b>KIN-4201(3)</b>	Applied Biomechanics <b>or</b> <b>KIN-4106(3)</b> Exercise Physiology in Chronic Disease
<b>KIN-4207(3)</b>	Motor Learning and Control

Plus choose a minimum of 9 additional credit hours from Kinesiology and Applied Health science courses:

<b>KIN-3304(3)</b>	Advanced Resistance Training
<b>KIN-3505(3)</b>	Pathology in Sport Medicine
<b>KIN-4106(3)</b>	Exercise Physiology in Chronic Disease
<b>KIN-4201(3)</b>	Applied Biomechanics
<b>KIN-4301(3)</b>	Applied Anatomy
<b>KIN-4502(3)</b>	Drugs and Ergogenic Aids in Sport

Plus choose an additional minimum 6 credit hours from any other Kinesiology and Applied Health course, for a minimum total of 48 credit hours from Kinesiology and Applied Health. Students may select up to an additional 30 credit hours in Kinesiology and Applied Health to 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.

Plus students need a total of 30 credit hours in Non-Kinesiology and Applied Health science courses (i.e. science courses which do not start with KIN). These include specific requirements as follows:

### Statistics Requirement:

#### Choose at least 3 credit hours from:

<b>PSYC-2101(3)**</b>	Introduction to Data Analysis (prereq. PSYC-1000(6))
<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(3) and BIOL- 2403(3))
<b>PSYC-2102(3)</b>	Introduction to Research Methods (prereq. PSYC-2101(3) or STAT-1501(3))
<b>SOC-2126(3)</b>	Introduction to Research Design and Qualitative Research (prereq. SOC-1101(6) or permission of department chair)

NOTE: The course choices for meeting the Statistics Requirement and the Research Design and Methods Requirement (as outlined above), with the EXCEPTION of SOC 2126(3), may be used toward the 30 credit hours of Non- Kinesiology and Applied Health science courses required for the degree.

Non-Kinesiology and Applied Health Science Course Requirements

**CHEM-1111(3)** Introduction to Chemical Properties of Matter

**CHEM-1112(3)** Basic Principles of Chemical Reactivity

**BIOL-1112(6)** Human Anatomy and Physiology

or

**\*BIOL-1115(3)** Cells and Cell Processes **\*BIOL-1116(3)** Evolution and Ecology

**\*KIN 2204(3)** Introduction to Human Physiology

**\*Students wishing to double major in Biology need to take these three courses (BIOL-1115(3), BIOL1116(3) & KIN-2204(3))**

To achieve the total of 30 credit hours, students must select additional courses that fulfill the Science Requirement, with the **exceptions** of BIOL-1102(6), BIOL-1103(6), HIST-2900(6).

The following upper level courses in Biology are recommended for students in Kinesiology and Applied Health degree streams:

**BIOL-2301(3)** Genetics

**BIOL-3202(3)** Histology

**BIOL-3221(3)** Cell Biology

**BIOL-3303(3)** Molecular Genetics and Genomics (prereq. BIOL-2301(3))

**BIOL-3602(3)** Comparative Animal Physiology I

**BIOL-3603(3)** Comparative Animal Physiology II(prereq. BIOL-3602(3))

**BIOL-3562(3)** Human Reproductive Biology

**BIOL-3563(3)** Human Embryology

**BIOL-4502(3)** Molecular Cell Biology (prereq. BIOL-2301(3), BIOL-3221(3), CHEM-3502(3), CHEM-3503(3), coreq. BIOL-3303(3))

**BIOL-4601(3)** Ecological Animal Physiology (prereq. CHEM-1111(3), CHEM-1112(3), and any one of BIOL-2111(6), BIOL-3602(3) and BIOL-3603(3), or CHEM-3502(3) and CHEM-3503(3))

#### **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 BSc. (Exercise Science) 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 BSc (Exercise Science) 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)**

<b>ADMISSION REQUIREMENT</b>	Students are advised to consult with a member of the Department in planning their course of study.
<b>GRADUATION REQUIREMENT</b>	120 credit hours
<b>RESIDENCE REQUIREMENT</b>	
Degree:	Minimum 60 credit hours
Major:	Minimum 30 credit hours
<b>GENERAL DEGREE REQUIREMENT</b>	
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.

Required Courses:

<b>KIN-1101(3)</b>	Introduction to Kinesiology
<b>PSY-1000(6)</b>	Introductory Psychology
<b>BIOL-1112(6)</b>	Human Anatomy & Physiology
<b>BUS-1201(3)</b>	Introduction to Business I
<b>KIN-1601(3)</b>	Nutrition for Health and Wellness
<b>KIN-2202(3)</b>	Prevention and Care of Sport Injuries
<b>KIN-2301(3)</b>	Human Anatomy
<b>KIN-2304(3)</b>	Scientific Principles of Fitness and Conditioning
<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-3201(3)</b>	Biomechanics
<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-3505(3)</b>	Pathology in Sport Medicine
<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-2305(3)</b>	Issues in Health
<b>KIN-3105(3)</b>	Psychological Skills in Sport and Life

At least one of:

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

Statistics Requirement

Choose at least 3 credit hours from:

<b>PSYC-2101(3)**</b>	Intro to Data Analysis (prereq. PSYC-1000(6))
<b>STAT-1501(3)</b>	Elementary Biological Statistics I

*\*\* Courses with prerequisites*

Research Design and Methods Requirement

Choose at least 3 credit hours from:

<b>PSYC-2102(3)</b>	Introduction to Research Methods (prereq. PSYC-2101(3) or STAT-1501(3))
<b>SOC-2126(3)</b>	Introduction to Research Design and Qualitative Research (prereq. SOC-1101(6) or permission of department chair)

## REQUIREMENTS FOR THE 4-YEAR BSc IN KINESIOLOGY WITH A BUSINESS STREAM

Students must complete the requirements of the 4-year BSc in Kinesiology degree (see previous section) and the set of core courses indicated in the "Science with a Business Stream" section of the Calendar.

## 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-3107(3)	Therapeutic Modalities in Sport Medicine
KIN-1200(3)	Principles of Coaching	KIN-3201(3)	Biomechanics
KIN/CLAS-2060(3)	Sport in the Ancient World	KIN-3206(3)	Directed Studies
KIN-1302(3)	Teaching Individual Physical Activity	KIN-3208(3)	Physical Activity and Aging
KIN-1303(3)	Teaching Team Physical Activities	KIN-3256(3)	Honours Thesis I
KIN-1601(3)	Nutrition for Health and Wellness	KIN-3304(3)	Advanced Resistance Training
KIN-2100(3)	Leadership in Sport: Emerging Perspectives	KIN-3305(3)	Physical Activity: Promotion and Adherence
KIN-2101(3)	Program Planning In Sport	KIN-3500(6)	Athletic Therapy: Practicum II
KIN-2104(3)	Outdoor Recreation and Education	KIN-3501(3)	Assessment of Upper and Lower Limb Sport Injuries
KIN-2105(3)	Sport Psychology	KIN-3502(3)	Rehabilitation of Upper and Lower Limb Sport Injuries
KIN-2109(3)	Instructing Sport and Physical Activities	KIN-3503(3)	Massage Techniques in Sport
KIN-2111(3)	Coaching & Teaching Basketball I	KIN-3504(3)	Sport First Responder
KIN-2112(3)	Coaching & Teaching Volleyball I	KIN-3505(3)	Pathology in Sport Medicine
KIN-2200(3)	Issues in Sport	KIN-3904(3)	Personal Fitness Trainer
KIN-2202(3)	Prevention and Care of Sport Injuries	KIN-4104(3)	Sport Ethics
KIN-2204(3)	Introduction to Human Physiology	KIN-4106(3)	Exercise Physiology in Chronic Disease
KIN-2206(3)	Movement Education	KIN-4200(3)	Advanced Seminar in Coaching System
KIN-2207(3)	Physical Growth and Motor Development	KIN-4201(3)	Applied Biomechanics
KIN-2301(3)	Human Anatomy	KIN-4206(3)	Directed Studies
KIN-2304(3)	Scientific Principles of Fitness & Conditioning	KIN-4207(3)	Motor Learning and Control
KIN-2305(3)	Issues in Health	KIN-4256(3)	Honours Thesis II
KIN-2400(3)	Teaching Games for Understanding	KIN-4301(3)	Applied Human Anatomy
KIN-2500(3)	Athletic Therapy: Practicum I	KIN-4500(6)	Athletic Therapy: Practicum III
KIN-2503(3)	Athletic Taping and Splinting Techniques	KIN-4501(3)	Sports Injuries of the Spine
KIN-2511(3)	Coaching & Teaching Basketball II	KIN-4502(3)	Drugs and Ergogenic Aids in Sport
KIN-2512(3)	Coaching & Teaching Volleyball II	KIN-4556(3)	Honours Seminar in Kinesiology
KIN/CLAS-2850	(3) The Classical Roots of Medical Terminology	KIN 4601(3)	Nutrition for Sport Performance
KIN-3103(3)	Adapted Physical Activity		
KIN-3105(3)	Psychological Skills In Sport and Life		
KIN-3106(3)	Exercise Physiology		

## 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>