KINESIOLOGY AND APPLIED HEALTH (KIN)

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

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

KINESIOLOGY TEACHABLE MINOR

Required courses:
- KIN-1101(3)  Introduction to Kinesiology
- KIN-1102(3)  Introduction to Health
- KIN-2102(3)  Pedagogical Theories and Models for Physical Activity and Sport
- KIN-2207(3)  Physical Growth and Motor Development
- KIN-3103(3)  Inclusive Physical Activity

3 credit hours from:
- KIN-3110(1.5)  Instruction in Individual/Dual Based Activities
- KIN-3111(1.5)  Instruction in Team Based Activities
- KIN-3112(1.5)  Instruction in Rhythmic & Gymnastic Based Activities
- KIN 3113(1.5)  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
- 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 and Exercise 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
- 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-2108(3) Leadership in Sport: Emerging Perspectives
  - KIN-2101(3) Program Planning in Sport
  - KIN-2105(3) Sport and Exercise Psychology
  - KIN-2200(3) Issues in Sport
  - KIN-2202(3) * Prevention and Care of Sport Injuries
  - KIN-2204(3) * 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)

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

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

- KIN-3304(3)  Advanced Resistance Training
- KIN-4106(3)  Exercise Physiology in Chronic Disease
- KIN-4201(3)  Applied Biomechanics
- KIN-4301(3)  Applied Anatomy
- KIN-4502(3)  Drugs and Ergogenic Aids in Sport

- KIN-3505(3)  Pathology in Sport Medicine
- KIN-4106(3)  Exercise Physiology in Chronic Disease
- KIN-4201(3)  Applied Biomechanics
- KIN-4301(3)  Applied Anatomy
- KIN-4502(3)  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:
- 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:
- BIOL-3482(3)  Quantitative and Theoretical Biology (prereq. BIOL-2301(3) and BIOL-2403(3))
- PSYC-2102(3)  Introduction to Research Methods (prereq. PSYC-2101(3) or STAT-1501(3))
- SOC-2126(3)  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 towards 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  
  - or
- *KIN 2204(3)  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 or by phone 204.786.9024

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

**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: Minimum 12 credit hours in Humanities
- Writing: Minimum 3 credit hours of Academic Writing
- Indigenous: Minimum 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:**
- KIN-1101(3) Introduction to Kinesiology
- PSY-1000(6) Introductory Psychology
- BIOL-1112(6) Human Anatomy & Physiology
- BUS-1201(3) Introduction to Business I
- KIN-1601(3) Nutrition for Health and Wellness
- KIN-2202(3) Prevention and Care of Sport Injuries
- KIN-2301(3) Human Anatomy
- KIN-2304(3) Scientific Principles of Fitness and Conditioning
- KIN-2500(3) Athletic Therapy: Practicum I
- KIN-2503(3) Athletic Taping & Splinting Techniques
- KIN-3106(3) Exercise Physiology
- KIN-3107(3) Therapeutic Modalities in Sport Medicine
- KIN-3201(3) Biomechanics
- KIN-3304(3) Advanced Resistance Training
- KIN-3500(6) Athletic Therapy: Practicum II
- KIN-3501(3) Assessment of Upper and Lower Body Sport Injuries
- KIN-3502(3) Rehabilitation of Upper and Lower Body Sport Injuries
- KIN-3503(3) Massage Techniques in Sport
- KIN-3504(3) Sport First Responder
- KIN-3505(3) Pathology in Sport Medicine
- KIN-4301(3) Applied Anatomy
- KIN-4500(6) Athletic Therapy Practicum III
- KIN-4501(3) Sports Injuries of the Spine
- KIN-4502(3) Drugs and Ergogenic Aids in Sport

**Additional Kinesiology 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) Inclusive Physical Activity
- KIN-3208(3) Physical Activity and Aging
- KIN-4207(3) Motor Learning and Control

**Statistics Requirement**
- Choose at least 3 credit hours from:
**Courses with prerequisites**

Research Design and Methods Requirement
Choose at least 3 credit hours from:

- PSYC-2102(3)  Introduction to Research Methods (prereq. PSYC-2101(3) or STAT-1501(3))
- SOC-2126(3)  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-1102(3) Introduction to Health
KIN-1200(3) Principles of Coaching
KIN/CLAS-2060(3) Sport in the Ancient World
KIN-1302(3) Teaching Individual Physical Activities
KIN-1303(3) Teaching Team Physical Activities
KIN-1601(3) Nutrition for Health and Wellness
KIN-2100(3) Leadership in Sport: Emerging Perspectives
KIN-2101(3) Program Planning in Sport
KIN-2102(3) Pedagogical Theories and Models for Physical Activity and Sport
KIN-2104(3) Outdoor Recreation and Education
KIN-2105(3) Sport and Exercise Psychology
KIN-2109(3) Instructing Sport and Physical Activities
KIN-2111(3) Coaching & Teaching Basketball I
KIN-2112(3) Coaching & Teaching Volleyball I
KIN-2200(3) Issues in Sport
KIN-2202(3) Prevention and Care of Sport Injuries
KIN-2204(3) Human Physiology
KIN-2206(3) Movement Education
KIN-2207(3) Physical Growth and Motor Development
KIN-2301(3) Human Anatomy
KIN-2304(3) Scientific Principles of Fitness & Conditioning
KIN-2305(3) Issues in Health
KIN-2400(3) Teaching Games for Understanding
KIN-2500(3) Athletic Therapy: Practicum I
KIN-2503(3) Athletic Taping and Splinting Techniques
KIN/CLAS-2850 (3) The Classical Roots of Medical Terminology
KIN-3103(3) Inclusive Physical Activity
KIN-3105(3) Psychological Skills in Sport and Life
KIN-3106(3) Exercise Physiology
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](http://uwinnipeg.ca/academics/calendar/index.html)