

KINESIOLOGY AND APPLIED HEALTH (KIN)

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

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

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 enhancing sport performance; the promotion of physical literacy; the technical and tactical aspects of coaching; the short and long term effects of exercise; and the impact of physical activity on society.

The Bachelor of Physical and Health Education, The Bachelor of Kinesiology or Bachelor of Science degrees focus on areas related to health and fitness, exercise prescription, motor behaviour, sport science, sport and exercise psychology, physical activity and aging, adapted physical activity for individuals with mental and physical disabilities, sport management and athletic therapy.

Graduates from Kinesiology and Applied Health are often employed in the school system, with amateur or professional sports organizations, in private business, with institutions or agencies and in community sport, and recreation programs. Additionally, upon completion of the initial degree, students may pursue graduate school in Physical Education, Sport and Exercise Psychology, Biomechanics, Human Anatomy, Exercise physiology, Motor Behaviour and many more areas of Kinesiology.

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.
Distribution:	Minimum three (3) credit hours from each of five (5) different subjects.
MAJOR REQUIREMENT	
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:	
KIN-1101(3)	Introduction to Kinesiology
KIN-1302(3)	Teaching Individual Physical Activities <u>or</u> KIN-1303(3) Teaching Team Physical Activities
KIN-2105(3)	Sport Psychology
KIN-2202(3)*	Prevention and Care of Sport Injuries
KIN-2301(3)*	Human Anatomy
KIN-2304(3)*	Scientific Principles of Fitness and Conditioning
KIN-2305(3)	Issues in Health

KIN 3103(3) Adapted Physical Activity
KIN 3305(3) Physical Activity: Promotion and Adherence

6 credit hours from:

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

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

KIN-1200(3) Principles in Coaching
KIN-1302(3) Teaching Individual Physical Activities **or** KIN-1303(3) Teaching Team Physical Activities
KIN-2111(3) Coaching and Teaching Basketball 1
KIN-2112(3) Coaching and Teaching Volleyball 1
KIN-2109(3) Instructing Sport and Physical Activities

6 credit hours from:

KIN-2101(3) Program Planning in Sport
KIN-2200(3) Issues in Sport
KIN-2501(3) Nutrition for Health and Wellness
KIN-3201(3) Biomechanics
KIN-3208(3) Physical Activity and Aging
KIN-4104(3)† Sport Ethics
KIN-4207(3) 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:

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

6 credit hours from:

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

3 credit hours from:

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

KINESIOLOGY TEACHABLE MINOR (Early and Early/Middle Years)

Required courses:

KIN-2301(3) Human Anatomy
KIN-3103(3) Adapted Physical Activity

9 credit hours from:

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

3 credit hours from:

KIN-2105(3) Sport Psychology
KIN-3305(3) Physical Activity: Promotion and Adherence
KIN-3105(3) 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.
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-3208(3)	Physical Activity and Aging
KIN-3106(3)*	Exercise Physiology or KIN-3201/3* Biomechanics or KIN-3304/3* Advanced Resistance Training
KIN-3105(3)	Psychological Skills in Sport and Life or KIN-3305(3) Physical Activity: Promotion and Adherence
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-2111(3)	Coaching and Teaching Basketball 1
KIN-2112(3)	Coaching and Teaching Volleyball 1
KIN-2109(3)	Instructing Sport and Physical Activities

*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:

GEOG-2309(3)**	Statistical Techniques in Environmental Analysis (prereq. GEOG-1102(3) or GEOG-1103(3) or GEOG-1201(3) or GEOG-1202(3) or permission)
PSYC-2101(3)**	Introduction to Data Analysis (prereq. PSYC-1000(6))
SOC-2125(3)**	Introduction to Quantitative Research Methods (prereq. SOC-1101(6) or permission of department chair)
STAT-1302(3)**	Statistical Analysis II (prereq. STAT 1301(3))
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 (prere. 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.
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-1200(3)	Principles of Coaching
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
BIOL-1112(6)*	Human Anatomy and Physiology
KIN-2301(3) *	Human Anatomy
KIN-2304(3) *	Scientific Principles of Fitness and Conditioning
KIN-2501(3) *	Nutrition for Health and Wellness
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:

GEOG-2309(3)**	Statistical Techniques in Environmental Analysis (prereq. GEOG-1102(3) or GEOG-1103(3) or GEOG-1201(3) or GEOG-1202(3) or permission)
PSYC-2101(3)**	Introduction to Data Analysis (prereq. PSYC-1000(6))
SOC-2125(3)**	Introduction to Quantitative Research Methods (prereq. SOC-1101(6) or permission of department chair)

STAT-1302(3)** Statistical Analysis II (prereq. STAT 1301(3))
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.
 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-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-2501(3) Nutrition for Health and Wellness
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
KIN-2105(3) Sport Psychology **or** **KIN-3105(3)** Psychological Skills in Sport and Life **or**
KIN-3305(3) Physical Activity: Promotion and Adherence

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

KIN-3304(3) Advanced Resistance Training
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:

- GEOG-2309(3)**** Statistical Techniques in Environmental Analysis
(prereq. GEOG-1102(3) or GEOG-1103(3) or GEOG-1201(3) or GEOG-1202(3) or permission)
- PSYC-2101(3)**** Introduction to Data Analysis (prereq. PSYC-1000(6))
- STAT-1302(3)**** Statistical Analysis II (prereq. STAT 1301(3))
- STAT-1501(3)** Elementary Biological Statistics I
** Courses with prerequisites

Research Design and Methods Requirement

Choose 3 credit hours from:

- BIOL-3492(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 GEOG 2309(3) and 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 where 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: 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.
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
BIOL-1112(6)	Human Anatomy & Physiology
PSY-1000(6)	Introductory Psychology
BUS-1201(3)	Introduction to Business I
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-2501(3)	Nutrition for Health and Wellness
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)	Adapted Physical Activity
KIN-3208(3)	Physical Activity and Aging
KIN-4207(3)	Motor Learning and Control

The Canadian Athletic Therapists Association (CATA) requires all athletic therapy certification candidates to have completed 1200 hours of internship. The three Practicum courses (KIN-2500(3), KIN-3500(6), KIN-4500(6)) will account for approximately 600 internship hours.

Statistics Requirement

Choose at least 3 credit hours from:

PSYC-2101(3)** Intro to Data Analysis (prereq. PSYC-1000(6))

STAT-1302(3)** Statistical Analysis II (prereq. STAT 1301(3))

STAT-1501(3) Elementary Biological Statistics I

** 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-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-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-3501(3)	Assessment of Upper and Lower Limb Sport Injuries
KIN-2104(3)	Outdoor Recreation and Education	KIN-3502(3)	Rehabilitation of Upper and Lower Limb Sport Injuries
KIN-2105(3)	Sport Psychology		
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-4301(3)	Applied Human Anatomy
KIN-2400(3)	Teaching Games for Understanding	KIN-4500(6)	Athletic Therapy: Practicum III
KIN-2500(3)	Athletic Therapy: Practicum I	KIN-4501(3)	Sports Injuries of the Spine
KIN-2501(3)	Nutrition for Health and Wellness	KIN-4502(3)	Drugs and Ergogenic Aids in Sport
KIN-2503(3)	Athletic Taping and Splinting Techniques		
KIN-2511(3)	Coaching & Teaching Basketball II		
KIN-2512(3)	Coaching & Teaching Volleyball II		
KIN/CLAS-2850	(3) The Classical Roots of Medical Terminology		
KIN-3103(3)	Adapted Physical Activity		
KIN-3105(3)	Psychological Skills In Sport and Life		
KIN-3106(3)	Exercise Physiology		

EXPERIMENTAL COURSES

KIN 4601(3) Nutrition for Exercise and Sport Performance

COURSE DESCRIPTIONS

All course descriptions for all undergraduate programs can now be found in the back portion of the print Undergraduate Academic Calendar. They are also available in one large PDF in the "Academic Calendar" section of the University website:

<http://uwinnipeg.ca/academics/calendar/index.html>