

KINESIOLOGY AND APPLIED HEALTH (KIN)

Updated April 23, 2019

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
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 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-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-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 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)** 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: 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:

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:

PSYC-2101(3)** Intro to Data Analysis (prereq. PSYC-1000(6))
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-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-2206(3)	Movement Education	KIN-4200(3)	Advanced Seminar in Coaching
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/CLAS-2850 (3)	The Classical Roots of Medical Terminology	KIN-4502(3)	Drugs and Ergogenic Aids in Sport
KIN-3103(3)	Inclusive Physical Activity	KIN-4556(3)	Honours Seminar in Kinesiology
KIN-3105(3)	Psychological Skills in Sport and Life	KIN 4601(3)	Nutrition for Sport Performance
KIN-3106(3)	Exercise Physiology		
KIN-3107(3)	Therapeutic Modalities in Sport Medicine		
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>

