



GUPTA FACULTY OF KINESIOLOGY AND APPLIED HEALTH

BACHELOR OF KINESIOLOGY

The University of Winnipeg offers a Bachelor of Kinesiology for those interested in a broad psycho-social perspective of health, physical activity, exercise and sports. This program leads to a 4-year Bachelor of Kinesiology Degree.

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 effect of physical activity on 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.

See other related fact sheets in “Physical & Health Education,” “Athletic Therapy” and “Exercise Science.”

SAMPLE CAREERS

Graduates find employment in areas such as sport administration, health and physical activity promotion, adapted physical activity, senior’s fitness and wellbeing and children’s physical literacy. The program also prepares students for further education at the graduate level.

SAMPLE COURSES

Introduction to Kinesiology, a first-year course, introduces the study of human movement. Questions of interest related to sport sciences, motor behaviour, physical fitness, sport psychology, are discussed.

Human Anatomy involves the study of the human anatomical systems and their integration. Special emphasis will be placed on the skeletal, articular, and muscular systems. Students will also begin to undertake the analysis of movement.

Sport Psychology is a second-year course that involves the study of psychological effects in sport and physical activity. Topics include motivation, perception, psychological skills, leadership and group dynamics in sport.

Prevention and Care of Injuries is a second-year course that analyses the preventative techniques and immediate care of athletic injuries. Students completing this course must obtain St. John’s Ambulance Certification.

MORE SAMPLE COURSES

- Leadership in Sport: Emerging Perspectives
- Scientific Principles of Fitness and Conditioning
- Advanced Resistance Training
- Nutrition Health and Wellness
- Physical Growth and Motor Development

SAMPLE FIRST YEAR

PSYC-1000(6) Introductory Psychology
BIOL-1112(6) Human Anatomy and Physiology
KIN-1101(3) Introduction to Kinesiology
KIN-2207(3) Physical Growth and Motor Development
KIN-2305(3) Issues in Health
KIN-2501(3) Nutrition for Health and Wellness
RHET-1103(3) Academic Writing: Sciences or any other section of Academic Writing (if required)
3 - 6 credit hours of Humanities courses

“The University of Winnipeg is great because of its small class sizes. That way you really get to know your instructors and classmates, which is great for building connections and feeling like you’re a part of the community.”

– Kerri Kuzbyt (BPHE/BEd)

REQUIRED HIGH SCHOOL COURSES

You must meet The University of Winnipeg's general admission requirements. We **recommend** that you complete either **Applied Mathematics 40S** or **Pre-Calculus 40S**.

HOW TO APPLY

For details on application requirements and deadlines, and to apply online, please visit: uwinnipeg.ca/apply

For more information contact a student recruitment officer at welcome@uwinnipeg.ca or 204.786.9844. In any case where the University's Academic Calendar and this fact sheet differ, the current Calendar takes precedence.

CONTACT US

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