



GUPTA FACULTY OF KINESIOLOGY AND APPLIED HEALTH

## BACHELOR OF KINESIOLOGY

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

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Professionals in the field of Kinesiology aim to increase physical activity participation, enhance sport performance, foster physical literacy, develop optimal technical and tactical aspects of coaching, understand the short and long term effects of exercise on the body, and explore the effect of physical activity on society.

Kinesiology involves the study of human anatomy, biomechanics, sport and exercise psychology, exercise physiology and motor development. These core foundations are integrated with the study of aging, behaviour change, growth and development, nutrition, physical activity/exercise, inclusion, and chronic disease.

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

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### SAMPLE CAREERS

Graduates find employment in areas such as sport administration, health and physical activity promotion, inclusive physical activity, senior’s fitness and wellbeing, children’s physical literacy, general fitness assessment, training/exercise prescription, personal training, and delivering corporate fitness/ergonomic programs.

A bachelor’s degree in Kinesiology may qualify you to enter medicine, pharmacy, physiotherapy or provide the foundation for further research and study 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, and 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.

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**Prevention and Care of Injuries** is a second-year course that analyses the preventative techniques and immediate care of athletic injuries.

### **MORE SAMPLE COURSES**

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

### **SAMPLE FIRST YEAR**

BIOL-1112(6) Human Anatomy and Physiology  
KIN-1101(3) Introduction to Kinesiology  
STAT-1501(3) Elementary Biological Statistics I  
KIN-1601(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

NOTE: This sample first year is representative of the courses you may take. You may choose another set of courses, although BIOL-1112 and KIN-1101 are strongly recommended for your first year. Also, you do not have to take 30 credit hours (five full courses) in your first year.

#### **Canadian Memorial Chiropractic College (CMCC) Academic Pathway**

Students in this pathway must complete 3 years of specified courses at UWinnipeg before entering the Doctor of Chiropractic Program at CMCC. Students apply to CMCC after their second year of studies at UWinnipeg. Through transfer agreements, when the student graduates from CMCC, they can also receive their 4 year Bachelor of Kinesiology degree; students would then have two degrees after 7 years of study. Please visit [www.uwinnipeg.ca/dept-kinesiology](http://www.uwinnipeg.ca/dept-kinesiology) for more details.

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***“Studying Kinesiology has truly felt like my calling. My goal is to be able to give back to young athletes.”***

*- Hillary Rempel (4-Yr BKIN)*

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### **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](http://uwinnipeg.ca/apply)

For more information contact a student recruitment officer at [welcome@uwinnipeg.ca](mailto: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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