



GUPTA FACULTY OF KINESIOLOGY AND APPLIED HEALTH

# BACHELOR OF PHYSICAL AND HEALTH EDUCATION

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The University of Winnipeg offers a teachable major and a teachable minor through the Kinesiology and Applied Health Department as part of the Integrated BEd/BPHE program. Alternatively, students can take the 3 year Bachelor of Physical Health and Education degree and then apply to the 2 year after degree BEd program.

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The Department of Kinesiology and Applied Health at The University of Winnipeg is a student-oriented department with small class sizes and accessible professors. Our professors' expertise lies in the areas of physical education pedagogy, health, nutrition, adapted physical activity, physical activity and aging, coaching, exercise and sport psychology, and motor behaviour.

*Also, see other related fact sheets in "Kinesiology", "Athletic Therapy" and "Exercise Science."*

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## SAMPLE CAREERS

Career opportunities for graduates are in the school system. There are also education-related positions in government and industry.

## SAMPLE COURSES

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

**Teaching Team or Teaching Individual Activities** are first-year courses that introduce principles of instruction, teaching methods & theories, and pedagogical practices in physical education.

**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.

**Issues in Health** is a second-year course that examines current topics in health and wellness. A key focus is promoting healthy behaviours in schools and communities.

## MORE SAMPLE COURSES

- Adapted Physical Activity
  - Motor Learning and Control
  - Movement Education
  - Outdoor Recreation and Education
  - Teaching Games for Understanding
  - Physical Activity: Promotion and Adherence
  - Principles of Coaching
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## SAMPLE FIRST YEAR

KIN-1101(3) Introduction to Kinesiology  
KIN-1302(3) Teaching Individual Physical Activity or KIN-1303(3) Teaching Team Physical Activity  
KIN-2207(3) Physical Growth and Motor Development  
KIN-2305(3) Issues in Health  
RHET-1102(3) Academic Writing: Social Sciences or any other section of Academic Writing (if required)  
6 credit hours of Humanities courses  
6 credit hours of Non-KIN electives

***NOTE:** This sample first year is representative of the courses you may take. For many of our programs, you may choose another set of courses and still be well on your way to a degree. Also, for most programs you do not have to take 30 credit hours (five full courses) in your first year.*

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***“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 Education Program)

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## REQUIRED HIGH SCHOOL COURSES

Integrated BEd/BPHE: Have completed five credits at the Grade 12 level, designated A, S or G. Must present standing in EITHER: two credits of **English 40** (A or S level) plus one credit of **Mathematics 40S** (Pre-Calculus, Applied or Essential/Consumer) OR one credit of **English 40** (A or S level) plus **Pre-Calculus Mathematics 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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