

KINESIOLOGY AND APPLIED HEALTH (KIN)

Updated January 31, 2024

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

Chair: Associate Professor D. Defries; **Professor:** G. Bergeron, M. Gregg; **Associate Professors:** A. Hussain, D. Telles-Langdon, R. Pryce; **Assistant Professors:** Y. Molgat-Seon, N. Richer; **Instructors:** J. Billeck, G. McDonald, L. McKay, V. Pelleck, A. Smith, B. Trunzo.

DEGREES/PROGRAMS OFFERED

3-Year BPHE
4-Year BKin.
4-Year BSc. (Athletic Therapy)
Honours BKin

MISSION

Our mission is to engage students with evidence-based experiential learning to promote health, human movement, and sport. We envision health active communities built through knowledge, research, and practice.

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

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| 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 the 6 credit hours may be below the 1000 level. As a result, students must complete 48 credit hours at the 2000-level or above in order to not exceed the maximum credit hours for introductory courses. |
| Distribution: | Minimum three (3) credit hours from each of five (5) different subjects. |

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| 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:

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| 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:

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|----------------------|--|
| 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

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Recommended courses prior to submitting the Enhanced Major Declaration (these courses are required for the BSc-athletic therapy):

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| BIOL-1112(6) | Human Anatomy & Physiology |
| KIN-1101(3) | Introduction to Kinesiology |
| KIN-1601(3) | Nutrition for Health and Wellness |
| KIN-2105(3) | Sport and Exercise Psychology |
| KIN-2202(3) | Prevention and Care of Sport injuries |
| KIN-2204(3) | Human Physiology |
| KIN-2301(3) | Human Anatomy |
| KIN-2304(3) | Scientific Principles of Fitness and Conditioning |
| KIN-3201(3) | Biomechanics |
| KIN-3209(3) | Motor Learning and Development |
| KIN-3505(3) | Pathology in Sport Medicine |

Statistics Requirement:

Choose 3 credit hours from:

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|-----------------------|---|
| PSYC-2101(3)** | Intro to Data Analysis (prereq PSYC-1000) |
| STAT-1301(3)** | Statistical Analysis I (prereq Pre-calculus Math 40S or Applied Math 40S) |
| STAT-1501(3)** | Elementary Biological Statistics I (prereq Pre-calculus Math 40S or Applied Math 40S) |

*** Courses with prerequisites*

Research Design and Methods Requirement:

Choose 3 credit hours from:

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|-----------------------|--|
| PSYC-2102(3)** | Intro to Research Methods (prereq PSYC-2101(3), STAT-1302(3), or STAT-2001(3)) |
| SOC-2126(3)** | Introduction to Research Design and Qualitative Research (prereq KIN-1101(3), or SOC-1100(3), or CJ-1002(3)) |

*** Courses with prerequisites*

Required courses following acceptance in the Program:

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|--------------------|---|
| BUS-2755(3) | Business Planning Basics |
| KIN-3100(3) | Professionalism in Applied Health |
| KIN-3106(3) | Exercise Physiology |
| KIN-3107(3) | Therapeutic Modalities in Sport Medicine |
| KIN-3202(3) | Musculoskeletal Support Techniques |
| KIN-3301(3) | Applied Human Anatomy |
| KIN-3304(3) | Advanced Resistance Training |
| KIN-3305(3) | Physical Activity: Promotion and Adherence |
| KIN-3500(6) | Athletic Therapy: Practicum 1 |
| KIN-3501(3) | Assessment of Upper and Lower Body Sport Injuries |

Honours: Minimum 30 credit hours

GENERAL DEGREE REQUIREMENT All general degree requirements must be completed for the BKin.

ADVISOR REQUIREMENT After completion of a minimum of 60 credit hours, interested students are