

# KHS Faculty Unit Review

## Appendix 6.b

### Bachelor of Kinesiology Course Description

<b>DEGREE PROGRAM:</b>	<b>Bachelor of Kinesiology</b>	<b>Core Credits:</b>	<b>81</b>
<b>MAJOR:</b>	<b>Human Kinetics</b>	<b>Major Credits:</b>	<b>33</b>
	<b>Double Major: Bachelor of Kinesiology Human Kinetics Concentrations</b>	<b>Double Major Credits:</b>	<b>18</b>

<b>BACHELOR OF KINESIOLOGY(BKIN)</b>	
<b>CORE REQUIRED COURSES:</b>	<b>DESCRIPTION:</b>
<b>KIN 105</b>	<p><b>KIN 105: Indigenous Health and Sport in Historical Perspective</b>            This course introduces students to current challenges facing Indigenous people in North America using sport and health as its central themes. The course provides a survey of topics from prehistory to current events. Another focus is the participation of students in Indigenous cultural events.</p>
<b>KIN 110</b>	<p><b>KIN 110: Sociology of Sport, Recreation and Physical Activity</b>            This course examines selected topics related to the sociology of sport and physical activity. The emphasis of the course is on understanding the construction and organization of sport in modern societies and the social and cultural influences on sport and physical activity, particularly in Canadian society.</p>
<b>KIN 115</b>	<p><b>KIN 115: Introduction to Sport and Exercise Psychology</b>            An introduction to the theoretical and practical understanding of the behavioural aspects of physical activity from a sport and exercise psychology perspective.</p>
<b>KIN 120</b>	<p><b>KIN 120: Rec - Persons with Disabilities</b>            This course will broadly introduce the student to the diagnosis, associated characteristics, and shifting sociocultural paradigms that influence the experiences of persons with physical, intellectual and/or developmental disabilities. Using an active living approach to situate theoretical and practical learning, this course requires the student to exercise the application of adapted physical activity principles to engage children, youth, and young adults in physical activities that are safe, challenging, and self-determined with a focus on success. *This course is crosslisted with SRS 120*</p>
<b>KIN 170</b>	<p><b>KIN 170: Lifestyle, Health and Wellness</b>            The factors which affect and individual's health will be examined and the potential role of lifestyle choices in the maintenance of health will be discussed. This course will enable the student to become an informed, responsible, active participant in one's own health. * Note: Students will not receive credit for both KIN 170 (KHS 170) and KIN 171 (KHS 171).</p>

CORE REQUIRED COURSES:	DESCRIPTION:
KIN 180	<p><b>KIN 180: Lifespan Growth and Motor Development</b>  This course provides a general introduction to the analysis of motor development across the life span. It presents students with the opportunity to investigate the principles, research and applied practice of motor development from infancy to older adult. Current topics in motor development are presented using a unifying constraints model approach. This approach takes into account the individual as well as the environmental and task factors that potentially affect human growth and motor development.</p>
KIN 220	<p><b>KIN 220: Research Methods in Kinesiology and Health Studies</b> Focus on various research methods and statistical analyses used in Kinesiology and Health Studies. Emphasis on ability to read and understand published research. Course focuses on basic research methods, experimental and non-experimental designs, and basic statistical analyses students will encounter in most Kinesiology and Health Studies research. Emphasis is placed on becoming a critical consumer (read, understand and critique) of research. Students are expected to design their own research project to answer a relevant research question for their own area of interest. ***Prerequisite: One of SOST 201, STAT 100 or STAT 160, and one of ENGL 100 or KIN 101.***</p>
KIN 260	<p><b>KIN 260: Human Anatomy</b>  The study of human anatomy and the application of this knowledge to movement and physical activity. Although the course will focus on muscular and skeletal anatomy, basic anatomy of all systems will be covered.</p>
KIN 267	<p><b>KIN 267: Human Physiology I</b>  An introductory class that deals with cellular mechanisms and some of the functions and interactions between major physiological systems of the human body.  ***Prerequisite: KIN 260***  *Note: Students with KIN 260, KIN 267 and KIN 268 cannot take for credit KIN 261 and KIN 262, or BIOL 110 and BIOL 111*</p>
KIN 269	<p><b>KIN 269: Exercise Physiology</b>  The study of the physiological mechanisms involved during physical activity. The course covers the physiological effects of acute and chronic exercise on the metabolic, neuromuscular, respiratory, and cardiovascular systems.  ***Prerequisite: KIN 267***</p>
KIN 275	<p><b>KIN 275: Introduction to Nutrition</b>  This course will provide an introduction to the macro and micro nutrients vital to health and well-being with specific reference to the Dietary Reference Intakes and the Canada's Food Guide to Healthy Eating.  Emphasis will be on their functions, metabolism and dietary sources.</p>

CORE REQUIRED COURSES:	DESCRIPTION:
KIN 280	<p><b>KIN 280: Motor Learning and Control</b>  This course provides a general introduction to the analysis of motor performance in human movement and sport, with specific application of the neuromuscular, biomechanical and psychological factors that affect motor skill acquisition and performance.  ***Prerequisite: KIN 260***</p>
KIN 285	<p><b>KIN 285: Biomechanics</b>  This course provides a general introduction to the fundamental human movement science discipline of biomechanics, a core discipline in many fields such as kinesiology, biomedical engineering, physical and occupational therapy, orthopaedics, ergonomics, etc. This course provides a basis for understanding both qualitative and quantitative human movement analysis techniques, with specific emphasis and application of functional anatomy, motion capture and classical mechanics (kinematics and kinetics).  ***Prerequisite: KIN 260***</p>
KIN 370	<p><b>KIN 370: Health Psychology</b>  To provide exposure to various social psychological theories and models designed specifically in an attempt to understand health and exercise behaviours.  ***Prerequisite: KIN 115 and KIN 220; or PSYC 101 and PSYC 102, and 204***</p>
KIN 420	<p><b>KIN 420: Diversity Issues in Kinesiology, Health, Sport and Recreation</b>  This course examines the relationship between the diversity of the Canadian population and involvement in sport, recreation, exercise and/ or physical activity. Specific areas of focus might include gender, race, ethnicity, sexuality, age, ability, social class, body type, and religion.  Current issues will be used for discussion and illustration.  ***Prerequisite: Completion of 60 credit hours, including KIN 110, and KIN 120.***</p>
KIN 101 OR ENG 101	<p><b>KIN 101: Writing and Discourse for Academia</b>  The course introduces students to the University of Regina and Faculty of KHS community, culture, services, and opportunities. The course focuses on variety of approaches to reading, writing and researching with the intent to develop the student's overall communication skills. Emphasis is placed on critical thought and effectively communicating well-developed ideas when writing research papers, and how to formulate, organize, and present meaningful academic arguments.</p> <p><b>ENG 101: Critical Reading and Writing I</b> This course develops students' proficiency in critical reading and writing through the study of a wide range of non-literary and literary texts, and the study of composition, with emphasis on connections between modes of reading and writing.</p> <p>*Note: Students who are planning to repeat ENGL 100 should seek academic advising before doing so*</p>

CORE REQUIRED COURSES:	DESCRIPTION:
<b>ONE of SOST 201, STAT 100 or STAT 160</b>	
<b>SOST 201</b>	<p><b>SOST 201: Statistics and Software for the Social Sciences</b>  This course introduces students to the basic methods of statistics with applications in the social sciences and the use of computer software for data management, manipulation and (univariate and bivariate) statistical analysis.  ***Prerequisite: Completion of 12 credit hours or SOC 100 or permission of the Department Head***  *Note: It is recommended that sociology majors take SOST 201 and 203 concurrently in the Fall semester.*</p>
<b>STAT 100</b>	<p><b>STAT 101:Elementary Statistics for Applications</b>  An introduction to statistical methods; descriptive statistics; the normal distribution; basic techniques of statistical inference; confidence intervals and hypothesis tests for population means and proportions; simple linear regression; and one-way analysis of variance.  ***Prerequisite: Foundations of Math 20 or Precalculus 20 or Apprenticeship &amp; Workplace Math 30 or MATH A30 or AMTH 091 or MATH 101***</p>
<b>STAT 160</b>	<p><b>STAT 160: Introductory Statistics</b>  A comprehensive introduction to probability, probability distributions, sampling distributions, basic techniques of statistical inference, analysis of variance, linear regression, inference for categorical variables, and nonparametric statistics.  ***Prerequisite: Precalculus 30, or MATH B30 and MATH C30, or MATH 127***  *Note: STAT 160 is designed to provide a comprehensive single semester introduction to statistical techniques and is intended for students majoring in statistics, actuarial science, or any other program requiring a detailed knowledge of statistics. Students who receive credit for STAT 160 may not receive credit for STAT 100 or STAT 200*</p>

CORE REQUIRED COURSES:	DESCRIPTION:
<b>ONE of PHIL 270, PHIL 272, PHIL 273, PHIL 276 or KIN 205</b>	
<b>PHIL 270</b>	<p><b>PHIL 270: Ethics</b>  A critical introduction to the problems of moral philosophy, such as good and evil, virtue and vice, right and wrong, and related moral concepts. Readings will normally be selected from the following philosophers: Plato, Aristotle, St. Augustine, Aquinas, Hume, Kant, Hegel, Mill and Nietzsche.  *** Prerequisite: PHIL 100 or completion of 15 credit hours ***</p>
<b>PHIL 272</b>	<p><b>PHIL 272: Contemporary Moral Issues</b>  A philosophical consideration of such contemporary moral issues as racism, sexism, abortion, the right to privacy, adultery, homosexuality, capital punishment, pacifism, the obligation to obey laws, and social justice.  *** Prerequisite: PHIL 100 or completion of 15 credit hours ***</p>
<b>PHIL 273</b>	<p><b>Phil 273: Contemporary Moral Issues</b>  A philosophical consideration of such contemporary moral issues as racism, sexism, abortion, the right to privacy, adultery, homosexuality, capital punishment, pacifism, the obligation to obey laws, and social justice.  *** Prerequisite: PHIL 100 or completion of 15 credit hours ***</p>
<b>PHIL 276</b>	<p><b>PHIL 276: Professional Ethics</b>  Philosophical consideration of ethical problems which arise in the context of the conduct of various professions. Areas may include justice, business ethics, biomedical ethics, ethics of education, ethics of privacy and confidentiality (with applications to journalism, social work, psychology), and environmental ethics.  *** Prerequisite: PHIL 100 or completion of 15 credit hours ***  * Note: Students may receive credit for only one of PHIL 276 or JS 276.*</p>
<b>KIN 205</b>	<p><b>KIN 205: Applied Philosophy in Kinesiology and Health</b>  Application of philosophical theories and concepts to kinesiology and health.  ***Prerequisite: Completion of 15 credit hours, including ENGL 100 or KIN 101.***</p>

CORE REQUIRED COURSES:	DESCRIPTION:
KHS 100 (NON CREDIT)	<p><b>KIN 100: Seminar in Kinesiology and Health Studies</b>            An introductory seminar to the University and the Faculty of Kinesiology and Health Studies. Students will be introduced to a variety of services available to them and their roles and responsibilities as members of the university community. The seminar will also provide students with degree and career related opportunities. This required course must be completed within one year of admission to the Bachelor of Kinesiology.</p> <p>* Note: This required course must be completed within one year of admission to the Bachelor of Kinesiology program. Normally offered in fall semester only. * (except if credit received for KHS 101)</p>
KHS 300 (NON CREDIT)	<p><b>KHS 300: Pre-Fieldwork Seminar</b>            This non-credit mandatory pre-fieldwork seminar will provide the student with an in-depth overview of the Fieldwork Program within Kinesiology and Health Studies. Students will gain an understanding of the policies, procedures, rules, and responsibilities of the student, faculty, and agency.***Prerequisite: Completion of 60 credit hours***</p>
<p><b>SIX Electives (May include two activity-based courses from KHS 131, KHS 132, KHS 231, KHS 232, KHS 233</b></p>	
KHS 131	<p><b>KHS 131:Philosophy and Practice of Yoga and T'ai Chi</b>            A study of the philosophical and practical aspects of movement through yoga and t'ai chi. This course will incorporate fundamental principles of flexibility training and proper technique.</p> <p>* Note: This is an applied activity-based course. *</p>
KHS 132	<p><b>KHS 132: Recreational Sport in an Aquatic Environment</b>            An introduction to various recreational or sport related activities that use water as a medium. This course will focus on water related safety skills, and the development of knowledge and skill in a variety of aquatic-based activities; the course may include water polo, swimming, canoeing, synchronized swimming, and diving.</p> <p>* Note: Cannot take for credit if completed KHS 110 unless prior permission received from Program Chair/Associate Dean. Normally offered in fall semester only. *</p>
KHS 135	<p><b>KHS 135: Personal Fitness and Wellness</b>            The study and practice of effective performance in physical fitness and wellness. This course will include the development of skill, knowledge and attitude in the areas of nutrition, flexibility training, strength training, and aerobic training. Theoretical and practical application of wellness principles as they relate to personal well-being is foundational.</p> <p>* Note: Cannot take for credit if completed KHS 116, KHS 119, and/or KHS 120, unless prior permission is received from the program Chair/Associate Dean. Normally offered in fall semester only. *</p>

**SIX Electives (May include two activity-based courses from KHS 131, KHS 132, KHS 231, KHS 232, KHS 233 (continued))**

<p align="center"><b>KHS 231</b></p>	<p><b>KHS 231: Educational Gymnastics</b>                  The study and practice of effective performance in educational gymnastics. Through theoretical and practical experiences, students will learn the application of Basic Movement Variables, Basic Movement Patterns, Performance Cues, appropriate methods of analysis, and instruction of performance in educational gymnastics.                  *** Prerequisite: KHS 139 ***                  * Note: Cannot take for credit if completed KHSA 107 unless prior permission received from Program Chair/Associate Dean. Normally offered in fall semester only.</p>
<p align="center"><b>KHS 232</b></p>	<p><b>KHS 232: Rhythmics and Dance</b>                  The study and practice of effective performance in rhythmics and dance. Through theoretical and practical environments, students will learn the application of Basic Movement Variables, Basic Movement Patterns, Performance Cues, appropriate methods of analysis, and instruction in rhythmics and dance.                  *** Prerequisite: KHS 139 ***                  * Note: Cannot take for credit if completed KHSA 108 and/or KHSA 109, unless prior permission received from Program Chair/Associate Dean. Normally offered in winter semester only. *</p>
<p align="center"><b>KHS 233</b></p>	<p><b>KHS 233: Developmental Games and Sports</b>                  The study and practice of educational and developmental appropriate experiences to learning and teaching games and sports. Through theoretical and practical experiences students will learn the application of Basic Movement Patterns, Basic Movement Variables, Performance Cues, appropriate methods of analysis, and instruction in developmental games and sports.                  *** Pre-requisite: KHS 139 ***                  * Note: Cannot take for credit if completed KHSA 103, KHSA 104, KHSA 106, and/or KHSA 112, unless prior permission received from Program Chair/ Associate Dean. Normally offered in fall semester only. *</p>

<b>CORE REQUIRED COURSES:</b>	<b>DESCRIPTION:</b>
<b>KHS 400 (9 Credits)</b>	<p><b>KHS 400: Fieldwork</b>  Students will be given the opportunity to apply their knowledge in a specific professional role related to their major. The Fieldwork experience will be undertaken by the student under supervision of a mentor/host professional and the fieldwork coordinator. The placement is a minimum of 14 weeks full time. This component is Pass/Fail, and must be taken concurrently with KHS 405 (Fieldwork Project).  *** Prerequisite: KHS 300, completion of 75 credit hours within the program; completion of required major courses; a minimum 60% PGPA; and, a minimum 65% major GPA.***</p>
<b>KHS 405 (6 Credits)</b>	<p><b>KHS 405: Fieldwork Project</b>  This course offers the senior sport and recreation management, therapeutic recreation and kinesiology student with the opportunity to use their knowledge in skill in a professional setting. Further, students will learn about professional environments through a program and service delivery lens. Seminar-based discussions will help students critically analyse their experiences, appreciate and examine various perspectives, and develop theoretical and practical ideas for their projects.  ***Corequisite: KHS 400***  *Note: KHS 400 and KHS 405 must be taken concurrently.*</p>

## HUMAN KINETICS (Major)

MAJOR REQUIRED COURSES:	DESCRIPTION:
KIN 241	<p><b>KIN 241: Social Construction of Disability</b>            This course will enable the student to critically explore the traditional and contemporary understanding of disability, as a social construction, from a variety of perspectives: educational, socio-psychological, historical, socio-political, gender and community. Through this course, students will be able to contextualize disability within a broader social context. ***Prerequisite: KIN 120***</p>
KIN 278	<p><b>KIN 278: Introduction to Health Promotion</b>            This course will introduce the students to health promotion across lifespan. Specific emphasis will be on population health principles and approaches across lifespan.            ***Prerequisite: KIN 170 or KIN 171***</p>
KIN 341	<p><b>KIN 341: Physical Disability and Well Being</b>            This course will enable the student to further examine issues facing persons with a physical disability through the understanding of assessment and diversity of functioning. Using theory and practical application, students will critically examine the sociocultural, psychological, and functional aspects of physical disability and their implications on quality of life and well being. ***Prerequisite: KIN 241***</p>
KIN 342	<p><b>KIN 342: Developmental Disability and Well Being</b>            This course will enable the student to further examine issues facing persons with a physical disability through the understanding of assessment and diversity of functioning. Using theory and practical application, students will critically examine the sociocultural, psychological, and functional aspects of developmental disability and their implications on quality of life and well being. ***Prerequisite: KIN 241***</p>
KIN 350	<p><b>KIN 350: Fitness Appraisal and Exercise Leadership</b>            The scientific basis of physical fitness appraisal and exercise counselling will be examined, as will the administration of standardized tests of fitness and program leadership. Students will have the opportunity to write the Certified Personal Trainer exam through the Canadian Society for Exercise Physiology.            ***Prerequisite: KIN 170 and KIN 269**</p>
KIN 369	<p><b>KIN 369: Advanced Topics in Exercise Physiology</b>            This course examines current methods of appraising performance and prescribing exercise in diverse population ranging from the general population to athletes and individuals involved with physically demanding occupations. ***Prerequisite: KIN 269 and KIN 285***</p>

MAJOR REQUIRED COURSES:	DESCRIPTION:
<p><b>KIN 380</b></p>	<p><b>KIN 380: Advanced Topics in Motor Behaviour</b>  Theories underlying skill acquisition and control of goal-directed movements will be discussed, with specific emphasis on the practical application these theoretical concepts. Current methods and experimental paradigms will be examined through advanced research topics. Our current understanding of motor behaviour will be guided by the structure and functional organization of the central nervous system.  ***Prerequisite: KIN 280 and KIN 285***  ***Prerequisite/Corequisite: KIN 220***</p>
<p><b>KIN 385</b></p>	<p><b>KIN 385: Clinical Biomechanics</b>  This course will apply the basic principles of biomechanics to the understanding and assessment of musculoskeletal injury and movement related disorders. It will focus on clinical application and will demonstrate the relationship between biomechanical theory, assessment strategy and pathomechanics in the successful application of knowledge for treatment intervention. It will also encourage and promote independent research and inquiry in the field of biomechanics.  ***Prerequisite: KIN 285 and KIN 267***</p>
<p><b>KIN 450</b></p>	<p><b>KIN 450: Advanced Fitness Appraisal (CEP Preparation)</b>  This course will examine advanced issues involving the physiological assessment, response, and adaptations from different exercise modalities. Topics include musculoskeletal morphology, exercise fatigue, cardiovascular kinetics, and endocrinology. This is a preparatory course for the Canadian Society for Exercise Physiology- Certified Exercise Physiologist (CEP), the highest exercise designation in Canada.  ***Prerequisite: KIN 350***</p>

MAJOR ELECTIVE COURSES:	DESCRIPTION:
<p><b>MAJOR ELECTIVES: CHOOSE TWO: BIOL 100</b></p>	<p><b>BIOL 100: Biology I - From Cells to Organisms</b>            An examination of biological molecules, cell structure and fundamental cellular processes, bioenergetics, genetics, evolution, and animal and plant physiology.            *Notes: Biology 30 and Chemistry 30 are strongly recommended as background preparation. This course is designed for biology majors, pre- professional students, secondary education science students, and those wanting two semesters of biology. Students seeking a single semester introductory course are advised to take Biology 140 or 150*</p>
<p><b>BIOL 101</b></p>	<p><b>BIOL 101: Biology II - Organisms in their Environment</b>            A comparative approach to the three Domains of life, including structure, diversity, physiology, and ecology.            *Notes: One of BIOL 100, or Biology 30 and Chemistry 30, are strongly recommended as background preparation. This course is designed for biology majors, pre-professional students, secondary education science students, and those wanting two semesters of biology. Students seeking a single semester introductory course are advised to take BIOL 140 or 150*</p>
<p><b>BIOL 140</b></p>	<p><b>BIOL 140: Human Biology for Non-majors</b>            An introductory level course covering the principles of biology with examples taken from humans.            * Note: This course is designed to apply the study of biological principles to humans. Biology majors cannot take this course for credit. Students cannot receive credit for both BIOL 140 and 150. Students who have credit for either BIOL 100 or BIOL 101 cannot subsequently receive credit for either of BIOL 140 or BIOL 150. *</p>
<p><b>PHYS 109</b></p>	<p><b>PHYS 109: General Physics I</b>            General algebra-based physics, including classical mechanics and geometrical optics.            ***Prerequisite: Pre-Calculus 30 or Calculus 30 or Math B30 and C30 or Math 102.***            * Note: May not be taken for credit if a student has received credit for PHYS 111 or PHYS 112. Students cannot receive credit for both PHYS 105 and PHYS 109. *</p>
<p><b>CHEM 104</b></p>	<p><b>CHEM 104: General Chemistry I</b>            An introduction to the fundamental principles of chemistry. Topics discussed will include atomic structure, bonding, stoichiometry, enthalpy, solutions, organic compounds. Lab component: Introduction to standard chemistry laboratory techniques.            ***Prerequisite: CHEM 30 or CHEM 100 (minimum 65%); and Precalculus 30 or Mathematics C30 with a grade of at least 65%, or AMTH 092 with a grade of at least 80%, or MATH 102.***            *Note: Students cannot receive credit for both CHEM 102 and CHEM 104*</p>

MAJOR ELECTIVE COURSES:	DESCRIPTION:
KIN 240	<p><b>KIN 240: Physical Activity and Aging</b>  This course provides the student with a basis for examining the effects of the aging process and the relationship amongst physical activity, sport, recreation, leisure and therapeutic recreation and aging. The course will also explore aspects of fitness assessments and adaptation of physical activity programs to meet the needs of the whole continuum of fit to frail older adults.  ***Prerequisite: KIN 170 and KIN 120.***</p>
KIN 268	<p><b>KIN 268: Human Physiology II</b>  An advanced class in the major physiological systems that are involved in the preservation of homeostasis in the human body.  *** Prerequisite/Corequisite: KIN 267***  *Note: Students with KIN 260, KIN 267 and KIN 268 cannot take for credit KIN 261 and KIN 262, or BIOL 110 and BIOL 111*</p>
KIN 321	<p><b>KIN 268: Principles of Epidemiology</b>  This course will provide a broad overview of the fundamentals of Epidemiology, and the methods involved in researching the distribution and determinants of health and disease in human populations. Basic principles as well as core measurements (rates, standardization, association) and interpretation (bias, confounding, interaction chance) issues will be covered. The course will also examine epidemiological approaches to study design including descriptive (cross-sectional and ecological), observational (cohort, case-control), and experimental (randomized controlled trials, community trials) approaches.  ***Prerequisite: One of STAT 100, STAT 160, SOST 201 or PSYC 305, or equivalent***  *Note: Research methods course or research experience is recommended.*  *Students can only receive credit for one of KIN 381AA or KIN 321.*</p>
KIN 355	<p><b>KIN 355: Training and Conditioning</b>  This course provides an intensive examination of the scientific and methodological theories, techniques, and planning methods utilized in training and conditioning.***Prerequisite: KIN 269 and KIN 285***</p>
KIN 373	<p><b>KIN 373: Sport Psychology</b>  A study of the psychological theories and concepts used in coaching individual and team sports and the factors related to their implementation. Special emphasis will be given to the theoretical models of anxiety, aggression, and activation.  ***Prerequisite: KIN 115***</p>
KIN 375	<p><b>KIN 375: Care and Prevention of Athletic Injuries</b>  An examination of the causes, symptoms, and appropriate treatment of athletic injuries and an opportunity to practice taping and other techniques used in the treatment and prevention of such injuries.  ***Prerequisite: KIN 260***</p>

MAJOR ELECTIVE COURSES:	DESCRIPTION:
KIN 378	<p><b>KIN 378: Advanced Health and Wellness Promotion</b>            An in-depth examination of health and wellness at the population levels in the context of health and health care trends. The course will also examine the development evidence-based health programs from needs assessment, program plan/implementation and evaluation.            ***Prerequisite: KIN 278***</p>
KIN 475	<p><b>KIN 475: Sport Nutrition and Exercise Metabolism</b>            This course examines the basic principles of nutrition, including Dietary Reference Intakes, macro and micro nutrients and the important role that nutrition plays in sport, recreation, and athletic performance. The role of ergogenic aids, exercise metabolism and sports nutrition will also be examined.            ***Prerequisite: KIN 170, KIN 275 and KIN 269.***</p>
KIN 478	<p><b>KIN 478: Health Promotion for Diverse Populations</b>            This course will focus on health promotion principles across diverse populations within and outside Canada.            ***Prerequisite/Corequisite: KIN 378***</p>
KIN 485	<p><b>KIN 485: Pathophysiology of Human Movement</b>            Capacities for movement will be examined relative to structural and functional changes as a result of aging and/or progression of disease among individuals with specific cardiovascular, physical, and/or neuromuscular impairments.            ***Prerequisite: KIN 220 and KIN 280***            ***Prerequisite/Corequisite: KIN 350***</p>
HS 200	<p><b>HS 200: Understanding Health and Illness</b>            An exploration of the major theories and models of health and illness (biomedical, health promotion, population health). Problem-based seminar.            ***Prerequisite: Completion of 15 credit hours, including one of ENGL 100 or KIN 101 (or equivalent).***            *Note: Normally offered in fall semester only.*</p>
SRS 115	<p><b>SRS 115: Leadership</b>            This course will provide the student with an in-depth theoretical and practical exploration of the concepts associated with leadership and human motivation in the organizational environments associated with kinesiology, health, recreation, and sport.</p>

MAJOR ELECTIVE COURSES:	DESCRIPTION:
KHS 325	<p><b>KHS 325: Interprofessional Collaboration for Health, Justice and Learning</b>            In this course students will explore, in an interprofessional context, complex issues related to health and learning. A primary objective will be to engage in opportunities to develop knowledge, skills and attitudes related to collaborative competencies and promote interprofessional learning to foster interprofessional practice.</p>
SRS 220	<p><b>SRS 220: Program Delivery and Management</b>            An examination of the planning process and various program applications in the sport, recreation, and physical activity delivery systems.            *** Prerequisite: SRS 105 (KHS 140)***</p>

## HUMAN KINETICS CONCENTRATIONS (OPTIONAL)

HIGH PERFORMANCE CONCENTRATION REQUIRED COURSES	DESCRIPTION:	ADAPTATION AND REHABILITATION CONCENTRATION REQUIRED COURSES	DESCRIPTION:
KIN 355	<p><b>KIN 355: Training and Conditioning</b> This course provides an intensive examination of the scientific and methodological theories, techniques, and planning methods utilized in training and conditioning. ***Prerequisite: KIN 269 and KIN 285***</p>	THRC 200 OR KHS 325	<p><b>KHS 325: Interprofessional Collaboration for Health, Justice and Learning</b> In this course students will explore, in an interprofessional context, complex issues related to health and learning. A primary objective will be to engage in opportunities to develop knowledge, skills and attitudes related to collaborative competencies and promote interprofessional learning to foster interprofessional practice.</p> <p><b>THRC 200: Therapeutic Recreation Foundations</b> This course will provide the student with an introduction to the field of Therapeutic Recreation. More specifically, the course is designed to provide an introduction to the foundations, history, and development of the profession of Therapeutic Recreation. Students will be supported in their journey to understand the specialized area of expertise that makes Therapeutic Recreation unique within the health professions. ***Prerequisite: KIN 120***</p>

HIGH PERFORMANCE CONCENTRATION REQUIRED COURSES	DESCRIPTION:	ADAPTATION AND REHABILITATION CONCENTRATION REQUIRED COURSES	DESCRIPTION:
<b>KIN 373</b>	<p><b>KIN 373: Sport Psychology</b> A study of the psychological theories and concepts used in coaching individual and team sports and the factors related to their implementation. Special emphasis will be given to the theoretical models of anxiety, aggression, and activation. ***Prerequisite: KIN 115***</p>	<b>KIN 240</b>	<p><b>KIN 240 - Physical Activity and Aging</b> This course provides the student with a basis for examining the effects of the aging process and the relationship amongst physical activity, sport, recreation, leisure and therapeutic recreation and aging. The course will also explore aspects of fitness assessments and adaptation of physical activity programs to meet the needs of the whole continuum of fit to frail older adults. ***Prerequisite: KIN 170 and KIN 120.***</p>
<b>KIN 375</b>	<p><b>KIN 375: Care and Prevention of Athletic Injuries</b> An examination of the causes, symptoms, and appropriate treatment of athletic injuries and an opportunity to practice taping and other techniques used in the treatment and prevention of such injuries. ***Prerequisite: KIN 260***</p>	<b>KIN 378</b>	<p><b>KIN 478: Health Promotion for Diverse Populations</b> This course will focus on health promotion principles across diverse populations within and outside Canada. ***Prerequisite/Corequisite: KIN 378***</p>
<b>KIN 475</b>	<p><b>KIN 475: Sport Nutrition and Exercise Metabolism</b> This course examines the basic principles of nutrition, including Dietary Reference Intakes, macro and micro nutrients and the important role that nutrition plays in sport, recreation, and athletic performance. The role of ergogenic aids, exercise metabolism and sports nutrition will also be examined. ***Prerequisite: KIN 170, KIN 275 and KIN 269.***</p>	<b>KIN 447</b>	<p><b>KIN 447: Seminar in Adapted Movement Science</b> A critical examination of historical and contemporary trends and assumptions besetting activity for persons with disabilities. ***Prerequisite: Completion of 75 credit hours which includes KIN 241 and one of KIN 341 or KIN 342***</p>

HIGH PERFORMANCE CONCENTRATION REQUIRED COURSES	DESCRIPTION:	ADAPTATION AND REHABILITATION CONCENTRATION REQUIRED COURSES	DESCRIPTION:
SRS 115	<p><b>SRS 115: Leadership</b> This course will provide the student with an in-depth theoretical and practical exploration of the concepts associated with leadership and human motivation in the organizational environments associated with kinesiology, health, recreation, and sport.</p>	KIN 485	<p><b>KIN 485: Pathophysiology of Human Movement</b> Capacities for movement will be examined relative to structural and functional changes as a result of aging and/or progression of disease among individuals with specific cardiovascular, physical, and/or neuromuscular impairments. ***Prerequisite: KIN 220 and KIN 280*** ***Prerequisite/Corequisite: KIN 350***</p>
SRS 220	<p><b>SRS 220: Program Delivery and Management</b> An examination of the planning process and various program applications in the sport, recreation, and physical activity delivery systems. *** Prerequisite: SRS 105 (KHS 140)***</p>	SRS 220	<p><b>SRS 220: Program Delivery and Management</b> An examination of the planning process and various program applications in the sport, recreation, and physical activity delivery systems. *** Prerequisite: SRS 105 (KHS 140)***</p>

## GERONTOLOGY (Major)

MAJOR REQUIRED COURSES:	DESCRIPTION:
<b>KIN 268</b>	<p><b>KIN 268:Human Physiology II</b>            An advanced class in the major physiological systems that are involved in the preservation of homeostasis in the human body.            *** Prerequisite/Corequisite: KIN 267***            *Note: Students with KIN 260, KIN 267 and KIN 268 cannot take for credit KIN 261 and KIN 262, or BIOL 110 and BIOL 111*</p>
<b>KIN 240</b>	<p><b>KIN 240 - Physical Activity and Aging</b>            This course provides the student with a basis for examining the effects of the aging process and the relationship amongst physical activity, sport, recreation, leisure and therapeutic recreation and aging. The course will also explore aspects of fitness assessments and adaptation of physical activity programs to meet the needs of the whole continuum of fit to frail older adults.            ***Prerequisite: KIN 170 and KIN 120.***</p>
<b>KIN 485</b>	<p><b>KIN 485: Pathophysiology of Human Movement</b>            Capacities for movement will be examined relative to structural and functional changes as a result of aging and/or progression of disease among individuals with specific cardiovascular, physical, and/or neuromuscular impairments.            ***Prerequisite: KIN 220 and KIN 280***            ***Prerequisite/Corequisite: KIN 350***</p>
<b>SRS 220</b>	<p><b>SRS 220: Program Delivery and Management</b>            An examination of the planning process and various program applications in the sport, recreation, and physical activity delivery systems.            *** Prerequisite: SRS 105 (KHS 140)***</p>
<b>HS 200</b>	<p><b>HS 200: Understanding Health and Illness</b>            An exploration of the major theories and models of health and illness (biomedical, health promotion, population health). Problem-based seminar.            ***Prerequisite: Completion of 15 credit hours, including one of ENGL 100 or KIN 101 (or equivalent).***            *Note: Normally offered in fall semester only.*</p>

<b>MAJOR REQUIRED COURSES:</b>	<b>DESCRIPTION:</b>
<b>GERO 4401 (MRU)</b>	
<b>GERO 4403 (MRU)</b>	
<b>MAJOR ELECTIVE:</b>	<b>Choose two courses from GERO 4405 (MRU), GERO 4407 (MRU), GERO 4413 (MRU)</b>
<b>GERO 4405 (MRU)</b>	
<b>GERO 4407 (MRU)</b>	
<b>GERO 4413 (MRU)</b>	

<b>MAJOR ELECTIVE:</b>	<b>CHOOSE TWO COURSES FROM KIN 278, SRS 115 (KHS 156), THRC 245. KHS 325, ECON 253, HJ 333, SW 412, SW 470</b>
<b>KIN 278</b>	<p><b>KIN 278: Introduction to Health Promotion</b>  This course will introduce the students to health promotion across lifespan. Specific emphasis will be on population health principles and approaches across lifespan.  ***Prerequisite: KIN 170 or KIN 171***</p>
<b>SRS 115</b>	<p><b>SRS 115: Volunteer Management</b>  The focus of this course is the management of voluntary/ non-profit sport or recreation organizations. The management of key resources, including volunteers and finances, will be covered. Additionally, the current context of these organizations will be discussed.  *** Prerequisite: SRS 105 (KHS 140) and SRS 115 (KHS 156) ***</p>
<b>THRC 245</b>	<p><b>THRC 245: Assessment in Therapeutic Recreation</b>  This course will provide the student with an introduction to assessment in therapeutic recreation. Students will be afforded opportunities to learn about assessment principles and practices as well as the use of outcome measurement as an evaluative tool in therapeutic recreation.  ***Prerequisite: KIN 120***  ***Prerequisite/Corequisite: THRC 200** **Note: This course is crosslisted with KIN 245.*</p>
<b>KHS 325</b>	<p><b>KIN 268: Human Physiology II</b>  An advanced class in the major physiological systems that are involved in the preservation of homeostasis in the human body.  *** Prerequisite/Corequisite: KIN 267***  *Note: Students with KIN 260, KIN 267 and KIN 268 cannot take for credit KIN 261 and KIN 262, or BIOL 110 and BIOL 111*</p>
<b>ECON 253</b>	
<b>HJ 333</b>	
<b>SW 412</b>	<p><b>SW 112: Child Welfare Practice</b>  This course provides an overview of historical, and current child welfare legislation, policies and services. Regional perspectives are highlighted. Child maltreatment is defined and identified. The effects of child abuse and neglect on the child, family, and society will be explored. Prevention, investigation and intervention approaches are covered.</p>

<b>MAJOR ELECTIVE:</b>	<b>CHOOSE TWO COURSES FROM KIN 278, SRS 115 (KHS 156), THRC 245. KHS 325, ECON 253, HJ 333, SW 412, SW 470</b>
<b>ECON 253</b>	<p><b>ECON 253: Economic Issues in the Canadian Health Care System</b>          Surveys the Canadian health care system from an economic perspective. Discusses common misconceptions about health care. Examines the economic costs and socio-economic benefits of health care in this country, and compares the health care system here with those prevailing in other countries.          *** Prerequisite: 15 credit hours or ECON 100 ***</p>
<b>HJ 333</b>	
<b>SW 412</b>	<p><b>SW 112: Child Welfare Practice</b>          This course provides an overview of historical, and current child welfare legislation, policies and services. Regional perspectives are highlighted. Child maltreatment is defined and identified. The effects of child abuse and neglect on the child, family, and society will be explored. Prevention, investigation and intervention approaches are covered.</p>
<b>SW 470</b>	<p><b>SW 470: Social Work in Health Settings</b>          The course will focus on the knowledge, attitudes, and skills social workers need in order to practice effectively in health care settings. Students will apply critical thinking in understanding the intricacies of issues in health care, the impact of various systems and the role of policy development on social work.</p>

## HEALTH PROMOTION (Major)

MAJOR REQUIRED COURSES:	DESCRIPTION:
<b>KIN 240</b>	<p><b>KIN 240 - Physical Activity and Aging</b>            This course provides the student with a basis for examining the effects of the aging process and the relationship amongst physical activity, sport, recreation, leisure and therapeutic recreation and aging. The course will also explore aspects of fitness assessments and adaptation of physical activity programs to meet the needs of the whole continuum of fit to frail older adults.            ***Prerequisite: KIN 170 and KIN 120.***</p>
<b>KIN 278</b>	<p><b>KIN 278: Introduction to Health Promotion</b>            This course will introduce the students to health promotion across lifespan. Specific emphasis will be on population health principles and approaches across lifespan.            ***Prerequisite: KIN 170 or KIN 171***</p>
<b>KIN 378</b>	<p><b>KIN 378: Advanced Health and Wellness Promotion</b>            An in-depth examination of health and wellness at the population levels in the context of health and health care trends. The course will also examine the development evidence-based health programs from needs assessment, program plan/implementation and evaluation.            ***Prerequisite: KIN 278***</p>
<b>KIN 478</b>	<p><b>KIN 478: Health Promotion for Diverse Populations</b>            This course will focus on health promotion principles across diverse populations within and outside Canada.            ***Prerequisite/Corequisite: KIN 378***</p>
<b>SRS 220</b>	<p><b>SRS 220: Program Delivery and Management</b>            An examination of the planning process and various program applications in the sport, recreation, and physical activity delivery systems.            *** Prerequisite: SRS 105 (KHS 140)***</p>
<b>ECON 253</b>	<p><b>KIN 268: Principles of Epidemiology</b>            This course will provide a broad overview of the fundamentals of Epidemiology, and the methods involved in researching the distribution and determinants of health and disease in human populations. Basic principles as well as core measurements (rates, standardization, association) and interpretation (bias, confounding, interaction chance) issues will be covered. The course will also examine epidemiological approaches to study design including descriptive (cross-sectional and ecological), observational (cohort, case-control), and experimental (randomized controlled trials, community trials) approaches.            ***Prerequisite: One of STAT 100, STAT 160, SOST 201 or PSYC 305, or equivalent***            *Note: Research methods course or research experience is recommended.*            *Students can only receive credit for one of KIN 381AA or KIN 321.*</p>

<b>MAJOR REQUIRED COURSES:</b>	<b>DESCRIPTION:</b>
<b>HS 200</b>	<p><b>HS 200: Understanding Health and Illness</b>            An exploration of the major theories and models of health and illness (biomedical, health promotion, population health).            Problem-based seminar.            ***Prerequisite: Completion of 15 credit hours, including one of ENGL 100 or KIN 101 (or equivalent).***            *Note: Normally offered in fall semester only.*</p>
<b>INHS 100</b>	<p><b>INHS 100: Introduction to Indigenous Health Studies I</b>            Introduction to health science emphasizing Indigenous perspectives. Topics: history of health and health care, theories of health, personal health, consumerism, interpreting health information and statistics, health careers.</p>

MAJOR ELECTIVES	Choose three from: KIN 321, KIN 475, KIN 485, HS 300, SRS 115, KHS 325, ECON 353, THRC 245
KIN 321	<p><b>KHS 132: Recreational Sport in an Aquatic Environment</b>            An introduction to various recreational or sport related activities that use water as a medium. This course will focus on water related safety skills, and the development of knowledge and skill in a variety of aquatic-based activities; the course may include water polo, swimming, canoeing, synchronized swimming, and diving.            * Note: Cannot take for credit if completed KHS 110 unless prior permission received from Program Chair/Associate Dean.            Normally offered in fall semester only. *</p>
KIN 475	<p><b>KIN 475: Sport Nutrition and Exercise Metabolism</b>            This course examines the basic principles of nutrition, including Dietary Reference Intakes, macro and micro nutrients and the important role that nutrition plays in sport, recreation, and athletic performance. The role of ergogenic aids, exercise metabolism and sports nutrition will also be examined.            ***Prerequisite: KIN 170, KIN 275 and KIN 269.***</p>
KIN 485	<p><b>KIN 485: Pathophysiology of Human Movement</b>            Capacities for movement will be examined relative to structural and functional changes as a result of aging and/or progression of disease among individuals with specific cardiovascular, physical, and/or neuromuscular impairments.            ***Prerequisite: KIN 220 and KIN 280***            ***Prerequisite/Corequisite: KIN 350***</p>
HS 300	<p><b>HS 300: Health in Canada</b>            A political, economic and social history of health and health care in Canada. Problem-based seminar.            ***Prerequisite: HS 200***            *Note: Normally offered in winter semester only.*</p>
SRS 115	<p><b>SRS 115: Volunteer Management</b>            The focus of this course is the management of voluntary/ non-profit sport or recreation organizations. The management of key resources, including volunteers and finances, will be covered. Additionally, the current context of these organizations will be discussed.            *** Prerequisite: SRS 105 (KHS 140) and SRS 115 (KHS 156) ***</p>
KHS 325	<p><b>KHS 325: Interprofessional Collaboration for Health, Justice and Learning</b>            In this course students will explore, in an interprofessional context, complex issues related to health and learning. A primary objective will be to engage in opportunities to develop knowledge, skills and attitudes related to collaborative competencies and promote interprofessional learning to foster interprofessional practice.</p>
ECON 353	<p><b>ECON 353: Health Economics</b>            Examines the Canadian health care system from an economic perspective. Uses models of patient, physician and institutional behaviour to analyze the factors governing health and the demand for health care, and to evaluate competing proposals for health care reform.            ***Prerequisite: ECON 201 or ECON 253***</p>

<b>MAJOR ELECTIVES</b>	<b>Choose three from: KIN 321, KIN 475, KIN 485, HS 300, SRS 115, KHS 325, ECON 353, THRC 245</b>
<b>THRC 245</b>	<p><b>THRC 245: Assessment in Therapeutic Recreation</b>  This course will provide the student with an introduction to assessment in therapeutic recreation. Students will be afforded opportunities to learn about assessment principles and practices as well as the use of outcome measurement as an evaluative tool in therapeutic recreation.  ***Prerequisite: KIN 120*** ***Prerequisite/Corequisite: THRC 200***  *Note: This course is crosslisted with KIN 245.*</p>
<b>SRS 215</b>	<p><b>Volunteer Management</b>  The focus of this course is the management of voluntary/ non-profit sport or recreation organizations. The management of key resources, including volunteers and finances, will be covered. Additionally, the current context of these organizations will be discussed.  *** Prerequisite: SRS 105 (KHS 140) and SRS 115 (KHS 156) ***</p>

## PHYSICAL LITERACY

**Note: This major is restricted to students enrolled in the Joint Bachelor of Education/Bachelor of Kinesiology program**

MAJOR REQUIRED COURSES:	DESCRIPTION:
<b>KHS 135</b>	<p><b>KHS 135: Personal Fitness and Wellness</b>                      The study and practice of effective performance in physical fitness and wellness. This course will include the development of skill, knowledge and attitude in the areas of nutrition, flexibility training, strength training, and aerobic training. Theoretical and practical application of wellness principles as they relate to personal well-being is foundational.                      * Note: Cannot take for credit if completed KHSA 116, KHSA 119, and/or KHSA 120, unless prior permission is received from the program Chair/Associate Dean. Normally offered in fall semester only. *</p>
<b>KHS 139</b>	<p><b>KHS 139: Movement Education</b>                      A study of the theoretical, practical, and professional aspects of the content and methodology of movement education, and the growth and development of children.</p>
<b>KHS 231</b>	<p><b>KHS 231: Educational Gymnastics</b>                      The study and practice of effective performance in educational gymnastics. Through theoretical and practical experiences, students will learn the application of Basic Movement Variables, Basic Movement Patterns, Performance Cues, appropriate methods of analysis, and instruction of performance in educational gymnastics.                      *** Prerequisite: KHS 139 ***                      * Note: Cannot take for credit if completed KHSA 107 unless prior permission received from Program Chair/Associate Dean. Normally offered in fall semester only. *</p>
<b>KHS 232</b>	<p><b>KHS 232: Rhythmics and Dance</b>                      The study and practice of effective performance in rhythmics and dance. Through theoretical and practical environments, students will learn the application of Basic Movement Variables, Basic Movement Patterns, Performance Cues, appropriate methods of analysis, and instruction in rhythmics and dance.                      *** Prerequisite: KHS 139 ***</p>
<b>KHS 233</b>	<p><b>KHS 233: Developmental Games and Sports</b>                      The study and practice of educational and developmental appropriate experiences to learning and teaching games and sports. Through theoretical and practical experiences students will learn the application of Basic Movement Patterns, Basic Movement Variables, Performance Cues, appropriate methods of analysis, and instruction in developmental games and sports.                      *** Pre-requisite: KHS 139 ***                      * Note: Cannot take for credit if completed KHSA 103, KHSA 104, KHSA 106, and/or KHSA 112, unless prior permission received from Program Chair/ Associate Dean. Normally offered in fall semester only. *</p>

<b>MAJOR REQUIRED COURSES:</b>	<b>DESCRIPTION:</b>
<b>EHE 258</b>	<p><b>EHE 258: Personal and Community Health</b>            The course focuses on basic background and content in health education, covering major areas such as environment, drugs, sex, consumer health, safety, mental health, nutrition, fitness, and aging.            * Note: Normally offered in winter only. *</p>
<b>EOE 224</b>	<p><b>EOE 224: Introduction to Outdoor Education</b>            A foundational course utilizing an interdisciplinary approach to the study of the nature and scope of outdoor education, its potential in the education process; techniques of conducting outdoor learning experiences.            *** Prerequisite: Second-year standing in the Faculty of Education. ***            * Note: Normally offered in fall semester only. *</p>
<b>EOE 338</b>	<p><b>EOE 338: Utilization of the Winter Environment for Outdoor Education</b>            A developmental course in outdoor education using an interdisciplinary approach to the acquisition of personal skills, knowledge, and attitudes related to the winter outdoor environment.            *** Prerequisite: EOE 224 or permission of health and physical education subject area. ***            * Note: Normally offered in winter semester only. *</p>
<b>EPE 100</b>	<p><b>Introduction to Teaching Physical Education</b>            Designed specifically for students preparing to teach physical education at the middle and high school levels. Objectives, instructional procedures, and curriculum are considered for elementary school physical education.            * Note: Normally offered in fall semester only. *</p>
<b>EPE 300</b>	<p><b>EPE 300: Curriculum Content and Instruction for Elementary and Secondary School Physical Education</b>            A study of the nature and scope of the school physical education program, analysis of selected curricula, development of curriculum support materials, study of program components, facilities, and equipment.            *** Prerequisite: Minimum of 21 credit hours in approved physical education courses. ***            * Note: Normally offered in fall semester only. *</p>

<b>MAJOR REQUIRED COURSES:</b>	<b>DESCRIPTION:</b>
	<b>Choose three from: KHS 132, KHS 182, KIN 350, KIN 373 or KIN 375</b>
<b>KHS 132:</b>	<p><b>KHS 132: Recreational Sport in an Aquatic Environment</b>  An introduction to various recreational or sport related activities that use water as a medium. This course will focus on water related safety skills, and the development of knowledge and skill in a variety of aquatic-based activities; the course may include water polo, swimming, canoeing, synchronized swimming, and diving. * Note: Cannot take for credit if completed KHS 110 unless prior permission received from Program Chair/Associate Dean. Normally offered in fall semester only. *</p>
<b>KHS 182:</b>	<p><b>KHS 182: Coaching Theory</b>  The theory of coaching in sport with an emphasis upon the content of the National Coaching Certification Program.  * Note: normally offered in the winter semester only. *</p>
<b>KIN 350:</b>	<p><b>Fitness Appraisal and Exercise Leadership</b>  The scientific basis of physical fitness appraisal and exercise counselling will be examined, as will the administration of standardized tests of fitness and program leadership. Students will have the opportunity to write the Certified Personal Trainer exam through the Canadian Society for Exercise Physiology.  ***Prerequisite: KIN 170 and KIN 269***</p>
<b>KIN 373:</b>	<p><b>KIN 373: Sport Psychology</b>  A study of the psychological theories and concepts used in coaching individual and team sports and the factors related to their implementation. Special emphasis will be given to the theoretical models of anxiety, aggression, and activation.  ***Prerequisite: KIN 115***</p>
<b>KIN 375:</b>	<p><b>KIN 375: Care and Prevention of Athletic Injuries</b>  An examination of the causes, symptoms, and appropriate treatment of athletic injuries and an opportunity to practice taping and other techniques used in the treatment and prevention of such injuries.  ***Prerequisite: KIN 260***</p>

<b>MAJOR REQUIRED COURSES:</b>	<b>DESCRIPTION:</b>
	<b>ONE OF: KHS 132, KHS 182, KIN 350, KIN 373 OR KIN 375</b>
<b>KHS 132</b>	<p><b>KHS 132: Recreational Sport in an Aquatic Environment</b>  An introduction to various recreational or sport related activities that use water as a medium. This course will focus on water related safety skills, and the development of knowledge and skill in a variety of aquatic-based activities; the course may include water polo, swimming, canoeing, synchronized swimming, and diving.  * Note: Cannot take for credit if completed KHS 110 unless prior permission received from Program Chair/Associate Dean.  Normally offered in fall semester only. *</p>
<b>KHS 182</b>	<p><b>KHS 182: Coaching Theory</b>  The theory of coaching in sport with an emphasis upon the content of the National Coaching Certification Program.  * Note: normally offered in the winter semester only. *</p>
<b>KIN 350</b>	<p><b>KIN 350: Fitness Appraisal and Exercise Leadership</b>  The scientific basis of physical fitness appraisal and exercise counselling will be examined, as will the administration of standardized tests of fitness and program leadership. Students will have the opportunity to write the Certified Personal Trainer exam through the Canadian Society for Exercise Physiology.  ***Prerequisite: KIN 170 and KIN 269***</p>
<b>KIN 373</b>	<p><b>KIN 373: Sport Psychology</b>  A study of the psychological theories and concepts used in coaching individual and team sports and the factors related to their implementation. Special emphasis will be given to the theoretical models of anxiety, aggression, and activation.  ***Prerequisite: KIN 115***</p>
<b>KIN 375</b>	<p><b>KIN 375: Care and Prevention of Athletic Injuries</b>  An examination of the causes, symptoms, and appropriate treatment of athletic injuries and an opportunity to practice taping and other techniques used in the treatment and prevention of such injuries.  ***Prerequisite: KIN 260***</p>