

Practicum Course List

Aquatic Courses

HH/PKIN 0200 0.00 Swimming I
HH/PKIN 0240 0.00 Lifesaving I
HH/PKIN 0250 0.00 Lifesaving II: Advanced Lifesaving
HH/PKIN 0261 0.00 Lifeguarding I
HH/PKIN 0262 0.00 Lifeguarding II
HH/PKIN 0265 0.00 Competitive Lifesaving
HH/PKIN 0270 0.00 Skin Diving
HH/PKIN 0285 0.00 Aqua Fitness (Deep Water)
HH/PKIN 0291 0.00 Aquatic Instructor I
HH/PKIN 0292 0.00 Aquatic Instructor II
HH/PKIN 0294 0.00 Competitive & Cooperative Aquatic Sports & Activities
HH/PKIN 0295 0.00 Pre-Swim I

Team Games/Sports Courses

HH/PKIN 0301 0.00 Co-ed Basketball I
HH/PKIN 0302 0.00 Men's Basketball I
HH/PKIN 0303 0.00 Women's Basketball I
HH/PKIN 0304 0.00 Basketball II
HH/PKIN 0305 0.00 Field Hockey I
HH/PKIN 0306 0.00 Field Hockey II
HH/PKIN 0308 0.00 Football I
HH/PKIN 0312 0.00 Hockey I
HH/PKIN 0313 0.00 Hockey II
HH/PKIN 0324 0.00 Rugby I
HH/PKIN 0328 0.00 Soccer I
HH/PKIN 0329 0.00 Soccer II: Coaching
HH/PKIN 0330 0.00 Futsal (indoor soccer)
HH/PKIN 0332 0.00 Volleyball I
HH/PKIN 0333 0.00 Volleyball II
HH/PKIN 0336 0.00 Beach Volleyball I
HH/PKIN 0340 0.00 Softball
HH/PKIN 0350 0.00 Team Handball I
HH/PKIN 0390 0.00 Fundamental Motor/Movement Skills in Team Sport

Individual and Dual Sports Courses

HH/PKIN 0400 0.00 Tai Chi I
HH/PKIN 0401 0.00 Tai Chi II
HH/PKIN 0402 0.00 Yoga I
HH/PKIN 0403 0.00 Karate-Do I
HH/PKIN 0404 0.00 Aikido Yoshinkan
HH/PKIN 0405 0.00 Pilates
HH/PKIN 0406 0.00 Kung-Fu
HH/PKIN 0407 0.00 Self-Defense
HH/PKIN 0410 0.00 Golf I
HH/PKIN 0411 0.00 Golf II
HH/PKIN 0415 0.00 Court Games
HH/PKIN 0416 0.00 Squash II
HH/PKIN 0435 0.00 Tennis I
HH/PKIN 0436 0.00 Tennis II
HH/PKIN 0437 0.00 Tennis Instructor
HH/PKIN 0440 0.00 Badminton I
HH/PKIN 0460 0.00 Strength Training
HH/PKIN 0465 0.00 Weightlifting

Dance/Gymnastics Courses

HH/PKIN 0500 0.00 Basic Movement
HH/PKIN 0502 0.00 Men's Gymnastics I
HH/PKIN 0503 0.00 Women's Gymnastics I
HH/PKIN 0512 0.00 Men's Gymnastics II
HH/PKIN 0513 0.00 Women's Gymnastics II
HH/PKIN 0514 0.00 Rhythmic Gymnastics I (Women)
HH/PKIN 0560 0.00 Modern Dance I
HH/PKIN 0565 0.00 African and Caribbean Dance
HH/PKIN 0570 0.00 Ballroom Dance I
HH/PKIN 0575 0.00 Ballroom Dance II
HH/PKIN 0585 0.00 Country Dance
HH/PKIN 0590 0.00 Jazz Dance I
HH/PKIN 0595 0.00 Jazz Dance II
HH/PKIN 0597 0.00 Experiential Approach to Laban Movement Analysis

Track and Field Courses

HH/PKIN 0600 0.00 Track and Field I
HH/PKIN 0610 0.00 Track and Field II

Emergency Care Courses

HH/PKIN 0750 0.00 Emergency Care I
HH/PKIN 0751 0.00 Advanced First Aid/CPR
HH/PKIN 0761 0.00 First Responder for Athletic Therapy I
HH/PKIN 0762 0.00 First Responder for Athletic Therapy II
HH/PKIN 0770 0.00 First Aid/CPR Instructor

Additional Courses

HH/PKIN 0801 0.00 Independent Studies
HH/PKIN 0821 0.00 Athletic Therapy Clinical Practicum I
HH/PKIN 0822 0.00 Athletic Therapy Clinical Practicum II
HH/PKIN 0840 0.00 Elementary and Recreational Games
HH/PKIN 0861 0.00 Personal Training I
HH/PKIN 0862 0.00 Personal Training II

Practicum Course Descriptions

Aquatic Courses

HH/PKIN 0200 0.00 Swimming I

An introduction to the fundamentals of stroke technique for front crawl, back crawl, elementary backstroke, breast-stroke and sidestroke. Non-swimmers are encouraged to enrol as this course will focus on deep water skills and safety requirements. Note: Equivalency for this course is the Canadian Red Cross Swim Kids 10 or AquaQuest 12; the Toronto Learn to Swim Ultra 9; the YMCA of Canada Star 6; or the Lifesaving Society of Canada Learn to Swim Level 6. Course credit exclusions: HH/PKIN 2000 0.00 (prior to Summer 2008).

HH/PKIN 0240 0.00 Lifesaving I

An introduction to aquatic lifesaving with particular emphasis on the water skills associated with self-rescue and techniques for rescuing others safely. Basic first aid for the aquatic environment is included. Bronze Star Certification may be earned in this course. Prerequisite: AS/HH/SC/PKIN 2000 2.00, or Canadian Red Cross Swim Kids 10 or AquaQuest 12, or Toronto Learn to Swim Ultra 9, or YMCA Star 6, or Lifesaving Society Level 6, or by permission of the Instructor. Course credit exclusions: HH/PKIN 2040 0.00 (prior to Summer 2008).

HH/PKIN 0250 0.00 Lifesaving II: Advanced Lifesaving

An advanced lifesaving course which provides students with assessment skills and rescue techniques for emergency situations in, on, and around water. The Lifesaving Society Bronze Medallion and Bronze Cross plus standard first aid with CPR-C may be earned in this course. Prerequisite: AS/HH/SC/PKIN 2040 2.00, or Lifesaving Society Bronze Star, or permission of the instructor. Course credit exclusions: HH/PKIN 2050 0.00 (prior to Summer 2008).

HH/PKIN 0261 0.00 Lifeguarding I

This course is a comprehensive lifeguard training course that includes lifeguarding strokes, skills, water rescue techniques and aquatic emergency care for students with advanced lifesaving skills. Aquatic legislation, supervision and liability is included. Upon successful completion of HH/PKIN 0261 0.00 and 0262 0.00, students are eligible to receive a National Lifeguard Service Certification. Prerequisite: HH/PKIN 0250 0.00, Lifesaving II or Bronze Cross (and Standard First Aid and CPR-C Certifications). Corequisite: HH/PKIN 0262 0.00. Course credit exclusions: HH/PKIN 2060 0.00 (prior to Summer 2008). Students must be concurrently enrolled in HH/PKIN 0262 0.00 and must successfully complete both HH/PKIN 0261 0.00 and HH/PKIN 0262 0.00.

HH/PKIN 0262 0.00 Lifeguarding II

This course builds on the principle and learning objectives of HH/PKIN 0261 0.00. Upon successful completion of HH/PKIN 0261 0.00 and HH/PKIN 0262 0.00, students are eligible to receive a National Lifeguard Service Certification. Corequisite: HH/PKIN 0261 0.00. Course credit exclusions: HH/PKIN 2060 0.00 (prior to Summer 2008). Open to: Only students concurrently enrolled in HH/PKIN 0261 0.00. Note: Students must successfully complete both HH/PKIN 0261 0.00 and HH/PKIN 0262 0.00.

HH/PKIN 0265 0.00 Competitive Lifesaving

This course is an introduction to competitive lifesaving for advanced swimmers. Prerequisite: HH/PKIN 0250 0.00 (or equivalent), or HH/PKIN 2500 0.00 (prior to Summer 2008), or permission of the course director.

HH/PKIN 0270 0.00 Skin Diving

The course is designed to provide the student with opportunities for learning in all aspects of skin diving. Participants will be involved in both the theoretical and practical aspects of the activity. Prerequisite: HH/PKIN 0200 0.00, or HH/PKIN 2000 0.00 (prior to Summer 2008), or ability to swim.

HH/PKIN 0285 0.00 Aqua Fitness (Deep Water)

This course provides students with fitness activities and teaching techniques in a deep water aquatic environment. Students can opt to take WaterArt teacher certification. All classes will include theory and practical activities which are low- to non-weight bearing. Prerequisite: AS/HH/SC/PKIN 2000 2.00 or equivalent. Course credit exclusions: HH/PKIN 2085 0.00 (prior to Summer 2008).

HH/PKIN 0291 0.00 Aquatic Instructor I

A comprehensive instructor training program of aquatic instructional practices for learning to swim, water safety, strokes, skills, first aid, water rescue and lifesaving techniques for those with advanced swimming skills. Prerequisite: HH/PKIN 0250 0.00 or Lifesaving Society Bronze Cross or National Lifeguard Service plus a standard first aid with a CPR-C; plus a Canadian Red Cross Assistant Swim Instructor, Aqua Leader or Leader certification, or Instructor's Permission. Corequisite: HH/PKIN 0292 0.00. Course credit exclusions: HH/PKIN 2090 0.00 (prior to Summer 2008). Open to: Only students concurrently enrolled in HH/PKIN 0292 0.00. Note: Students must successfully complete both HH/PKIN 0291 0.00 and HH/PKIN 0292 0.00.

HH/PKIN 0292 0.00 Aquatic Instructor II

This course builds on the principles and learning objectives of HH/PKIN 0291 0.00. Corequisite: HH/PKIN 0291 0.00. Course credit exclusions: HH/PKIN 2090 0.00 (prior to Summer 2008). Open to: Only students concurrently enrolled in HH/PKIN 0291 0.00. Note: Students must successfully complete both HH/PKIN 0291 0.00 and HH/PKIN 0292 0.00.

Upon successful completion of HH/PKIN 0291 0.00 and HH/PKIN 0292 0.00 students are eligible to receive the following certifications:
Red Cross Water Safety Instructor, Red Cross Assistant Water Safety Instructor, Lifesaving Swim Instructor, Lifesaving Instructor

HH/PKIN 0294 0.00 Competitive & Cooperative Aquatic Sports & Activities

This course focuses on aquatic activities featuring competitive sports and cooperative exercises. The range of involvement spans exercises for team building to competitive team and one on one competition. Prerequisite: AS/HH/SC PKIN 2000 2.00 or equivalent. Course credit exclusions: HH/PKIN 2100 0.00 (prior to Summer 2008).

HH/PKIN 0295 0.00 Pre-Swim I

This is a course designed for non-swimmers, particularly those with no previous aquatic learning. It is also suitable for those who may have a fear of water. Prerequisite: permission of the instructor. Course credit exclusions: HH/PKIN 2900 0.00 (prior to Summer 2008).

Team Sports

HH/PKIN 0301 0.00 Co-ed Basketball I**HH/PKIN 0302 0.00 Men's Basketball I****HH/PKIN 0303 0.00 Women's Basketball I**

The student will be exposed to the fundamental basketball skills and will be expected to perform these basketball skills with a level of skill and proficiency. The student will be able to describe the important teaching points related to specific basketball skills and describe the common basketball terms. The student will apply the skills in scrimmage situations. Course Credit Exclusions: HH/PKIN 3001 0.00 (prior to Summer 2008); HH/PKIN 3002 0.00 (prior to Summer 2008); HH/PKIN 3003 0.00 (prior to Summer 2008).

HH/PKIN 0304 0.00 Basketball II

This course is a continuation of Basketball I, and will deal with advanced individual skills and team play. Prerequisite: HH/PKIN 0301 0.00 or HH/PKIN 0302 0.00 or HH/PKIN 0303 0.00 or AS/HH/SC/PKIN 3000 0.00 (prior to Summer 2008). Course credit exclusions: HH/PKIN 3010 0.00 (prior to Summer 2008).

HH/PKIN 0305 0.00 Field Hockey I

This course stresses fundamental stick handling skills and rules of play. Individual and team offence and defence are practiced and developed in game situations. Course credit exclusions: HH/PKIN 3040 0.00 (prior to Summer 2008).

HH/PKIN 0306 0.00 Field Hockey II

Advanced skills and team play are built on the techniques learned in Field Hockey I. An introduction is made to the "art of coaching". Prerequisite: HH/PKIN 0305 0.00 or AS/HH/SC/PKIN 3040 0.00 (prior to Summer 2008). Course credit exclusions: HH/PKIN 3050 0.00 (prior to Summer 2008).

HH/PKIN 0308 0.00 Football I

This course introduces the student to the basic skills involved in the various positions of a football team. Course credit exclusions: HH/PKIN 3080 0.00 (prior to Summer 2008).

HH/PKIN 0312 0.00 Hockey I

This course teaches each student the fundamental skills of ice hockey. Canadian Hockey Association Coaching Certification may be granted with successful completion of this course. Course credit exclusions: HH/PKIN 3120 0.00 (prior to Summer 2008).

HH/PKIN 0313 0.00 Hockey II

This course introduces students to facets of team play including special situational strategies. In addition, students will be given background material on the organization, administration and scientific basis of the sport. Canadian Hockey Association Coaching Certificate will be granted with successful completion of this course. Prerequisite: HH/PKIN 0312 0.00 or AS/HH/SC/PKIN 3120 0.00 (prior to Summer 2008). Course credit exclusions: HH/PKIN 3130 0.00 (prior to Summer 2008).

HH/PKIN 0324 0.00 Rugby I

This course introduces students to the basic skills of Rugby Football. The course will highlight a hands-on acquisition of skill of the basic components of the game including running, passing, line-outs, scrums, tackling, rucks and mauls. Course credit exclusions: HH/PKIN 3240 0.00 (prior to Summer 2008).

HH/PKIN 0328 0.00 Soccer I

The course provides opportunities for practice and instruction in the basic skills of soccer including knowledge and understanding of offensive and defensive principles used in game situations. Course credit exclusions: HH/PKIN 3280 0.00 (prior to Summer 2008).

HH/PKIN 0329 0.00 Soccer II: Coaching

This course provides opportunities for practice in advanced soccer skills with emphasis on the execution and coaching of team play. The course provides students with the opportunity to qualify for coaching certification accredited by the Canadian Soccer Association. Prerequisite: HH/PKIN 0328 0.00 or AS/HH/SC/PKIN 3280 0.00 (prior to Summer 2008). Course credit exclusions: HH/PKIN 3290 0.00 (prior to Summer 2008).

HH/PKIN 0330 0.00 Futsal (indoor soccer)

This course provides instruction on the basic soccer skills that are required to play the contemporary indoor soccer game Soccer Futsal. Team competitions, rules of the game, and the theory and history of Soccer Futsal will also be covered. Course credit exclusions: None.

HH/PKIN 0332 0.00 Volleyball I

This course introduces students to basic skills and concepts in volleyball. Particular emphasis is placed on passing skills and basic volleyball play. Limited involvement as a minor official in a volleyball event is utilized to develop an understanding of rules and match protocol. Course credit exclusions: HH/PKIN 3320 0.00 (prior to Summer 2008).

HH/PKIN 0333 0.00 Volleyball II

This course reviews and develops basic skills of the game emphasizing a coaching perspective, and develops an understanding of offensive and defensive team play and various team tactics. The pedagogy fulfills the requirements for Technical Level I certification by the Ontario Volleyball Association. Limited involvement as a minor official in a volleyball event is utilized in the course pedagogy. Prerequisite: HH/PKIN 0332 0.00 or AS/HH/SC/PKIN 3320 0.00 (prior to Summer 2008). Course credit exclusions: HH/PKIN 3330 0.00 (prior to Summer 2008).

HH/PKIN 0336 0.00 Beach Volleyball I

An introduction to the basic skills of beach volleyball with an understanding of the main differences between indoor volleyball and beach volleyball. Skills taught include: overhead pass, forearm pass, serve, attacks and block. Basic tactical knowledge will be introduced as part of skill development. Prerequisite: HH/PKIN 0332 0.00 or AS/HH/SC/PKIN 3320 0.00 (prior to Summer 2008). Course credit exclusions: HH/PKIN 3360 0.00 (prior to Summer 2008).

HH/PKIN 0340 0.00 Softball

Softball I is a skills-based and participation-based course in which the basic skills of throwing, batting, fielding, team play and offence are emphasized. Short games are a daily component of the class. Course credit exclusions: HH/PKIN 3400 0.00 (prior to Summer 2008).

HH/PKIN 0350 0.00 Team Handball I

For more details including a course description, please consult the Kinesiology and Health Science supplemental calendar. Course credit exclusions: HH/PKIN 3500 0.00 (prior to Summer 2008).

HH/PKIN 0390 0.00 Fundamental Motor/Movement Skills in Team Sport

The aim of this course is to introduce students to basic motor/movement skills and drills in order to progress to team sports. Students will develop knowledge and confidence in their basic motor skills allowing for a smoother transition into team sport practica. Course credit exclusions: HH/PKIN 3900 0.00 (prior to Summer 2008).

Individual and Dual Sports

HH/PKIN 0400 0.00 Tai Chi I

The course comprises practical and theoretical study of Chinese traditional therapeutic Qi-Gong (twenty-posture) and an Essential Tai-Chi training routine. Included are the role of moral character in martial arts training and professional Tai-Chi training techniques. Course credit exclusions: HH/PKIN 4000 0.00 (prior to Summer 2008).

HH/PKIN 0401 0.00 Tai Chi II

Students will continue to learn and complete the Essential Tai-Chi training routine begun in Tai Chi I. This course also introduces Tai-Chi weapons, Flying Rainbow Tai-Chi fan, 2-person applications. Emphasis is on health benefits and self-defence applications. Prerequisite: HH/PKIN 0400 0.00 or AS/HH/SC/PKIN 4000 0.00 (prior to Summer 2008). Course credit exclusions: HH/PKIN 4010 0.00 (prior to Summer 2008).

HH/PKIN 0402 0.00 Yoga I

An introduction to the principles and skills of posture, movement and breath in Hatha Yoga. Course credit exclusions: HH/PKIN 4020 0.00 (prior to Summer 2008).

HH/PKIN 0403 0.00 Karate-Do I

An introduction to the art of Karate-Do. Students learn the fundamentals of Karate-Do through the practice of Kata (Forms), Kihon (Basic Technique), Kumite (Pre-arranged Sparring). These exercises are geared to the participant's level of ability. Course credit exclusions: HH/PKIN 4030 0.00 (prior to Summer 2008).

HH/PKIN 0404 0.00 Aikido Yoshinkan

An introduction to basic movements of Aikido Yoshinkan from which all techniques evolve. The techniques for the first two levels are taught as well as backward and forward rolls. Course credit exclusions: HH/PKIN 4040 0.00 (prior to Summer 2008).

HH/PKIN 0405 0.00 Pilates

This course offers a comprehensive overview of Joseph Pilates' work, and training in the proper execution of Pilates mat exercises. Students will develop an appreciation of the potential for Pilates to benefit special populations (i.e. athletes, seniors, dancers, etc.) and for the prevention and rehabilitation of injuries. Course credit exclusions: None.

HH/PKIN 0406 0.00 Kung-Fu

The course introduces traditional Northern Shao-Lin Kung-Fu which has a long and rich history in China. The course focuses on basic drills and applied techniques with controlled sparring. The course concludes with a short weapon routine - Flying Rainbow Kung-Fu fan which combines all basic skills into a sequence of moves.

HH/PKIN 0407 0.00 Self-Defense

This practicum course trains students in awareness, tactical communication and effective self-defense techniques.

HH/PKIN 0410 0.00 Golf I

An introduction to the techniques and skills of driving, approach shots and putting. Individual practice, swing analysis and correction are included in the course. The course is offered off campus at a golf setting. Note: Fee required. Sign up at Undergraduate Office, prior to enrolment date. Location: Off-Campus. Course credit exclusions: HH/PKIN 4100 0.00 (prior to Summer 2008).

HH/PKIN 0411 0.00 Golf II

This course is a continuation of PKIN 4100 2.0, and builds on the skills introduced in that course. The course is offered off campus at a golf setting. Prerequisite: HH/PKIN 0410 0.00 or AS/HH/SC/PKIN 4100 0.00 (prior to Summer 2008). Course credit exclusions: HH/PKIN 4110 0.00 (prior to Summer 2008).

HH/PKIN 0415 0.00 Court Games

Introductory and intermediate level of skills and play for racquetball and squash. The focus is on the development of squash skills and strategies of play. Course credit exclusions: HH/PKIN 4150 0.00 (prior to Summer 2008).

HH/PKIN 0416 0.00 Squash II

This course builds on the introduction to squash in PKIN 4150. Through stroke mechanics analysis, tactical match analysis and exposure to the roles of match referees, students will be prepared to play competitive squash at the club level. Prerequisite: HH/PKIN 0415 0.00 or AS/HH/SC/PKIN 4150 0.00 (prior to Summer 2008). Course credit exclusions: HH/PKIN 4210 0.00 (prior to Summer 2008).

HH/PKIN 0435 0.00 Tennis I

Introductory and intermediate level course covering techniques for basic strokes, tactics and strategies for singles and doubles. Theory component covers rules and general knowledge of the sport. Course credit exclusions: HH/PKIN 4350 0.00 (prior to Summer 2008).

HH/PKIN 0436 0.00 Tennis II

This course teaches advanced tennis strokes and tactics. Theory includes tournament organization, competition rules, practice techniques and introduction to teaching tennis. Prerequisite: Completion of HH/PKIN 0435 0.00 or AS/HH/SC/PKIN 4350 0.00 (prior to Summer 2008) at the intermediate level or permission of instructor. Course credit exclusions: HH/PKIN 4360 0.00 (prior to Summer 2008).

HH/PKIN 0437 0.00 Tennis Instructor

This course provides students with on and off court theory for the Instructor I certification level offered by Tennis Ontario. A minimum playing level is required as students will participate in and provide lessons to small groups in a structured setting. Prerequisite: Completion of HH/PKIN 0436 0.00 or AS/HH/SC/PKIN 4360 0.00 (prior to Summer 2008) or permission of the instructor. Course credit exclusions: HH/PKIN 4365 0.00 (prior to Summer 2008).

HH/PKIN 0440 0.00 Badminton I

This course teaches introductory and intermediate level of basic skills and play. Emphasis is on developing correct technique and strategies for singles and doubles. Course credit exclusions: HH/PKIN 4370 0.00 (prior to Summer 2008).

HH/PKIN 0460 0.00 Strength Training

The course introduces strength training techniques and methods and teaches the principles of maximum strength training, maximum endurance training, a combination of strength and endurance training, power training, and circuit training. Course credit exclusions: HH/PKIN 4600 0.00 (prior to Summer 2008).

HH/PKIN 0465 0.00 Weightlifting

The focus of this course is to become familiar with weightlifting methods used to improve athletic performance. Students will be exposed to different types of training methods implemented by strength and conditioning coaches. Course credit exclusions: None.

Dance/Gymnastics Courses

HH/PKIN 0500 0.00 Basic Movement

The course introduces integrated movements, concepts and philosophies from Eastern and Western traditions: Dance (Jazz and Modern), Martial Arts (Tai Chi, Tae Kwon Do, Aikido) and Healing Movement (Yoga) are explored. Course credit exclusions: HH/PKIN 5000 0.00 (prior to Summer 2008).

HH/PKIN 0502 0.00 Men's Gymnastics I

An introductory course with a recreation/educational base that teaches basic movements and movement patterns characteristic of gymnastics, the utilization of various types of gymnastics equipment and covers the fundamentals of safety and liability. Course credit exclusions: HH/PKIN 1002 0.00 (prior to Summer 2008).

HH/PKIN 0503 0.00 Women's Gymnastics I

An introductory course with a recreation/educational base that teaches basic movements and movement patterns characteristic of gymnastics, the utilization of various types of gymnastics equipment and covers the fundamentals of safety and liability. Course credit exclusions: HH/PKIN 1003 0.00 (prior to Summer 2008).

HH/PKIN 0512 0.00 Men's Gymnastics II

Gymnastics II is a continuation of Gymnastics I in which students learn and perform basic artistic gymnastic skills. Students are provided with a basic level of knowledge of artistic gymnastics, skill progressions, techniques, spotting and specific conditions. Prerequisite: HH/PKIN 0502 0.00 or AS/HH/SC/PKIN 1002 0.00 (prior to Summer 2008) or Coaching Certificate Level I Men's and Women's Sections. Course credit exclusions: HH/PKIN 1012 0.00 (prior to Summer 2008).

HH/PKIN 0513 0.00 Women's Gymnastics II

Gymnastics II is a continuation of Gymnastics I in which students learn and perform basic artistic gymnastic skills. Students are provided with a basic level of knowledge of artistic gymnastics, skill progressions, techniques, spotting and specific conditions. Prerequisite: HH/PKIN 0503 0.00 or AS/HH/SC/PKIN 1003 0.00 (prior to Summer 2008) or Coaching Certificate Level I Men's and Women's Sections. Course credit exclusions: HH/PKIN 1013 0.00 (prior to Summer 2008).

HH/PKIN 0514 0.00 Rhythmic Gymnastics I (Women)

An introduction to the Rhythmic Gymnastics basic skills and progressions. Emphasis will be placed on the basic skills in both body movements and handling apparatus, such as balls and ribbons which are characteristic of rhythmic gymnastics. Course credit exclusions: HH/PKIN 1040 0.00 (prior to Summer 2008).

HH/PKIN 0560 0.00 Modern Dance I

An introduction to the basic technique of the Limon style and the principles of modern dance choreography. Course credit exclusions: HH/PKIN 5110 0.00 (prior to Summer 2008).

HH/PKIN 0565 0.00 African and Caribbean Dance

This course teaches fundamentals of cultural dance forms which are traditional and contemporary with a focus on dance alignment, coordination, conditioning and musicality. The historical and cultural meaning of each dance is presented. Course credit exclusions: HH/PKIN 5200 0.00 (prior to Summer 2008).

HH/PKIN 0570 0.00 Ballroom Dance I

The following dances will be taught with advanced variations: Tango, Swing (Jitterbug), and Rumba; Latin dances such as Samba, Mambo, Bossa Nova, Merengue will be demonstrated. Course credit exclusions: HH/PKIN 5070 0.00 (prior to Summer 2008).

HH/PKIN 0575 0.00 Ballroom Dance II

This course progresses from Ballroom Dance I. The course is designed to review and further expand steps, dances and style characteristics of the Ballroom Dance. Students will create dance steps that vary in rhythms, floor pattern and style. Prerequisite: HH/PKIN 0570 0.00 or AS/HH/SC/PKIN 5070 0.00 (prior to Summer 2008). Course credit exclusions: HH/PKIN 5075 0.00 (prior to Summer 2008).

HH/PKIN 0585 0.00 Country Dance

This course places emphasis on teaching and learning basic Country Dance fundamentals including steps, positions, patterns, rhythms and styles. Course credit exclusions: HH/PKIN 5085 0.00 (prior to Summer 2008).

HH/PKIN 0590 0.00 Jazz Dance I

An introduction to jazz rhythm, musical phrasing, and physical fundamental movements. Course credit exclusions: HH/PKIN 5090 0.00 (prior to Summer 2008).

HH/PKIN 0595 0.00 Jazz Dance II

This course is a continuation of Jazz Dance I and emphasizes the practical and theoretical aspects of jazz dance technique. Various advanced styles of jazz dance are introduced; skill and artistic development are stressed. Pre-requisite: HH/PKIN 0590 0.00 or AS/HH/SC/PKIN 5090 0.00 (prior to Summer 2008) or equivalent. Course credit exclusions: HH/PKIN 5095 0.00 (prior to Summer 2008).

HH/PKIN 0597 0.00 Experiential Approach to Laban Movement Analysis

The focus of the course is exploration of physical practices and skills developed by movement pioneer Laban. Students use the four major components of Laban Movement Analysis: Body, Effort, Shape, and Space in applying principles of efficient and

expressive human movement to their everyday activities and to future careers in the field of kinesiology.

Track and Field Courses

HH/PKIN 0600 0.00 Track and Field I

An introduction to track and field. Emphasis on developing motor skills and strength necessary to perform basic track and field movements. Fitness will be stressed along with an introduction to the teaching progressions and skill development in specific track events. Course credit exclusions: HH/PKIN 6000 0.00 (prior to Summer 2008).

HH/PKIN 0610 0.00 Track and Field II

This course builds on Track and Field I. Instruction is aimed towards developing further knowledge in the track and field events with an emphasis on practical skill and biomechanical principles. Prerequisite: HH/PKIN 0600 0.00 or AS/HH/SC/PKIN 6000 0.00 (prior to Summer 2008). Course credit exclusions: HH/PKIN 6010 0.00 (prior to Summer 2008).

Emergency Care Courses

HH/PKIN 0750 0.00 Emergency Care I

An introduction to the care given to a suddenly injured or ill person in order to sustain life and prevent further injury. Upon successful completion, students will be certified in Basic Rescuer C.P.R. - C and Standard First Aid. Note: Normally only open to year 4 students. All Kinesiology and Health Science students are required to complete HH/PKIN 0750 0.00, or equivalent. Equivalency is current CPR Basic Rescuer Certificate (Level C) and a Standard First Aid Certificate. Course credit exclusions: HH/PKIN 7500 0.00 (prior to Summer 2008).

HH/PKIN 0751 0.00 Advanced First Aid/CPR

This course builds on the theory and skills introduced in HH/PKIN 0750 0.00 Emergency Care 1 and provides advanced theory and techniques to respond to a suddenly ill or injured person. This course also trains individuals to prevent further injury in a variety of settings. Students may be certified with Automatic External Defibrillation, Airway Management, CPR-Health Care Professional level, and Advanced First Aid Provider. Prerequisite: HH/PKIN 0750.00 or Standard First Aid or Cardio Pulmonary Resuscitation (CPR) current within 2 years.

HH/PKIN 0761 0.00 First Responder for Athletic Therapy I

This course encompasses advanced facets of emergency care procedures specific to physical activity scenarios. Upon successful completion, students may be certified as Canadian Red Cross First Responder. Prerequisite: HH/PKIN 0750 0.00 or Equivalent Certifications or permission of the course director. Corequisite: HH/PKIN 0762 0.00. Course

credit exclusions: HH/PKIN 7600 0.00 (prior to Summer 2008). Open to: Only students concurrently enrolled in HH/PKIN 0762 0.00. Note: Students must successfully complete both HH/PKIN 0761 0.00 and HH/PKIN 0762 0.00

HH/PKIN 0762 0.00 First Responder for Athletic Therapy II

This course builds on the principles and learning objectives of HH/PKIN 0761 0.00. Corequisite: HH/PKIN 0761 0.00. Course credit exclusions: HH/PKIN 7600 0.00 (prior to Summer 2008). Open to: Only students concurrently enrolled in HH/PKIN 0761 0.00. Note: Students must successfully complete both HH/PKIN 0761 0.00 and HH/PKIN 0762 0.00.

HH/PKIN 0770 0.00 First Aid/CPR Instructor

This course focuses on theoretical and practical teaching techniques of First Aid/CPR. Upon successful completion, students may be certified as First Aid/CPR Instructors. Prerequisite: HH/PKIN 0750 0.00 or AS/HH/SC/PKIN 7500 0.00 (prior to Summer 2008) or equivalent. Course credit exclusions: HH/PKIN 7700 0.00 (prior to Summer 2008).

Additional Practicum Courses

HH/PKIN 0801 0.00 Independent Studies

Students may gain practicum credit through activities other than those offered by Kinesiology and Health Science at York University. Such an involvement must be under the direction of a faculty member/instructor and be approved in a formal proposal to the Director of Undergraduate Studies. Note: Open only to Kinesiology and Health Science Majors. Course credit exclusions: AS/SC PKIN 7000 0.00 (prior to Summer 2007).

HH/PKIN 0821 0.00 Athletic Therapy Clinical Practicum I

This practicum course provides students with the opportunity to learn and practice specific skills and knowledge related to clinical aspects in the field of Athletic Therapy. Modalities and exercise rehabilitation applications of clinical practice introduced to students in the Athletic Therapy Certificate. Prerequisites: HH/KINE 2490 3.00, HH/KINE 3600 3.00, HH/KINE 3575 3.00. Co-requisite: HH/PKIN 0822 0.00; HH/KINE 4575 3.00. Course credit exclusions: HH/PKIN 8020 0.00 (prior to Summer 2008). Open to: Only students concurrently enrolled in HH/PKIN 0822 0.00. Note 1: Web CT Access. Note 2: Students must successfully complete both HH/PKIN 0821 0.00 and HH/PKIN 0822 0.00.

HH/PKIN 0822 0.00 Athletic Therapy Clinical Practicum II

This course builds on the principles and learning objectives of HH/PKIN 0821 0.00. Prerequisites: HH/KINE 2490 3.00, HH/KINE 3600 3.00, HH/KINE 3575 3.00. Co-requisite: HH/PKIN 0821 0.00;

HH/KINE 4575 3.00. Course credit exclusions: HH/PKIN 8020 0.00 (prior to Summer 2008). Open to: Only students concurrently enrolled in HH/PKIN 0821 0.00. Note 1: Web CT Access. Note 2: Students must successfully complete both HH/PKIN 0821 0.00 and HH/PKIN 0822 0.00.

HH/PKIN 0840 0.00 Elementary and Recreational Games

This course develops an understanding and appreciation of the role of play and games for children; an understanding of the structure, process and outcomes of play and games as they impact upon the individual; students acquire practical leadership skills in planning, implementation and evaluation of play and games for children. Course credit exclusions: HH/PKIN 8040 0.00 (prior to Summer 2008).

HH/PKIN 0861 0.00 Personal Training I

This course provides students with the background and personal experience required for prescribing and directing a personal training regimen. Participants are required to plan and engage in an extensive personal training program both in, and out of, class. Prerequisite: Only open to students in the Fitness Certificate Stream who are enrolled in or have completed HH/KINE 4400 6.00. Corequisite: HH/PKIN 0862 0.00. Course credit exclusions: HH/PKIN 8060 0.00 (prior to Summer 2008). Open to: Only students concurrently enrolled in HH/PKIN 0862 0.00. Note: Students must successfully complete both HH/PKIN 0861 0.00 and HH/PKIN 0862 0.00.

HH/PKIN 0862 0.00 Personal Training II

This course builds on the principles and learning objectives of HH/PKIN 0861 0.00. Prerequisite: Only open to students in the Fitness Certificate Stream who are enrolled in or have completed HH/KINE 4400 6.00. Corequisite: HH/PKIN 0861 0.00. Course credit exclusions: HH/PKIN 8060 0.00 (prior to Summer 2008). Open to: Only students concurrently enrolled in HH/PKIN 0861 0.00. Note: Students must successfully complete both HH/PKIN 0861 0.00 and HH/PKIN 0862 0.00.