

Faculty of Health

School of

# Kinesiology and Health Science

2022 2023

[kine.info.yorku.ca](http://kine.info.yorku.ca)



**YORK UNIVERSITY, FACULTY OF HEALTH  
SCHOOL OF KINESIOLOGY and HEALTH SCIENCE  
UNDERGRADUATE SUPPLEMENTAL CALENDAR  
2022/2023**

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# GENERAL INFORMATION

## Overview of the Kinesiology and Health Science Program

York offers Kinesiology and Health Science undergraduate students the most diversified undergraduate program in North America. The York program features more than fifty professors who enthusiastically engage in teaching and research.

Kinesiology and Health Science is the study of physical activity and its importance for human health, health science, and society. The program addresses the continuum of human movement from the cellular level to the whole body. At York, you will encounter a multidisciplinary program focused on helping you build an understanding of the anatomical, biomechanical, physiological, psychological and cultural aspects of human movement and health.

York's undergraduate Kinesiology and Health Science program offers multiple degree options tailored to your academic and career interests. The most concentrated Kinesiology and Health Science major is the Specialized Honours Bachelor of Arts (B.A.) or Bachelor of Science (B.Sc.). Program options are also available which enable you to combine your studies with another discipline. These options include Double Major and Major-Minor combinations in B.A. or B.Sc. degree programs. York University's Kinesiology and Health Science program combines lectures, tutorials, experiential laboratories, as well as physical activity practicum courses, to give you the opportunity to develop knowledge and skills in a wide variety of settings and approaches.

The Kinesiology and Health Science courses, and a wide range of academic elective and practicum courses, will provide the foundation to launch you into the career of your choice in fields such as health education, fitness and wellness, rehabilitation, teaching, and coaching, as well as prepare you for graduate level professional training in specialized programs such as medicine, dentistry, physiotherapy, chiropractic, education, and research.

The graduate program in Kinesiology and Health Science at York University offers courses, research training and professional training leading to M.Sc., M.A., and Ph.D. degrees. Choice of the M.Sc. or M.A. research degree is determined by the background of the student, the research focus of the supervisor and choice of courses. For more information on the program and research interests of faculty members,

please consult the graduate program website at [www.yorku.ca/kahs](http://www.yorku.ca/kahs)

York's Athletics and Recreation training facilities (which include the City of Toronto Track and Field Centre, the Sobeys Stadium, the Canlan Ice Sports, gymnasiums, dance studios, squash courts, sport playing fields, softball fields, outdoor tennis courts, swimming pool, and fitness centre) will ensure that you are able to apply classroom learning to physical activity settings to develop your own skills.

**The Kinesiology and Health Science undergraduate program is nationally accredited by the Canadian Council of University Physical Education and Kinesiology Administrators (CCUPEKA).**

## Contact Information

### School of Kinesiology and Health Science Contact Information

341 Norman Bethune College  
Tel: (416) 736-5807  
[ugkhs@yorku.ca](mailto:ugkhs@yorku.ca)  
[www.yorku.ca/health/kinesiology](http://www.yorku.ca/health/kinesiology)

**Monday to Friday**  
9:00AM - 4:00PM  
**Closed for Lunch:**  
1:00PM - 2:00PM

**Summer Office Hours:**  
**Monday to Thursday**  
9:00AM - 4:00PM  
**Closed for Lunch:**  
1:00PM - 2:00PM

**Friday**  
9:00AM - 3:00PM  
**Closed for Lunch:**  
1:00PM - 2:00PM

## Follow the York U Kinesiology and Health Science Academic Program through Social Media

Our social media pages are for Kinesiology and Health Science students at York University. Students can get up-to-date information from the Academic Office, answers to general questions, and receive updates on important campus activities.



[www.facebook.com/YorkUKINE](http://www.facebook.com/YorkUKINE)



[www.twitter.com/YorkUKINE](http://www.twitter.com/YorkUKINE)

## Kinesiology and Health Science Program Student Listserv

The KINE-STUDENTS listserv is designed to provide KINE students with up-to-date information from the Academic Office. The listserv is used to inform students of changes in scheduling and course offerings, job postings, application deadlines for scholarships and summer research positions, advising information, program changes, and important social and academic events. All students majoring or minoring in Kinesiology and Health Science are advised to subscribe to the listserv.

Students may subscribe to the listserv by following the steps below:

1. From the email account you wish to add, address an email message to: *listserv@yorku.ca*
2. In the body of your email message, issue the command:

**SUBSCRIBE kine-students (Your Name)**

For example, SUBSCRIBE kine-students  
John Doe

3. To unsubscribe send an email from the account you wish to remove to: *listserv@yorku.ca*. In the body of your email message, issue the command:

**SIGNOFF kine-students**

# How to Use This Supplemental Calendar

The School of Kinesiology and Health Science Undergraduate Supplemental Calendar highlights important details contained in the University Calendar which is the official document of the University (<http://calendars.registrar.yorku.ca/>). It supplements the information in the University Calendar by providing specific Kinesiology and Health Science program information.

A copy of the School of Kinesiology and Health Science Supplemental Calendar is available online at [www.yorku.ca/health/kinesiology](http://www.yorku.ca/health/kinesiology)

This supplemental calendar will help you understand the University's academic policies and procedures, the Kinesiology and Health Science academic (KINE) and practicum (PKIN) courses, degree types, degree requirements and certificate streams. Student services and resources to support your learning are also included in this publication.

## Academic Advising Support

### School of Kinesiology and Health Science

The School of Kinesiology and Health Science offers academic advising by appointment. For information on how to book an appointment visit: [www.yorku.ca/health/kinesiology](http://www.yorku.ca/health/kinesiology)

Visit the Kinesiology and Health Science Academic Office when you have questions regarding:

- Academic (KINE) and Practicum (PKIN) courses
- Typical Kinesiology Course Progression
- Honours Progression Grade Point Average Requirement
- Course Enrolment
- Major Requirements
- Certificate Programs and Requirements

### Faculty of Health

#### Office of Student and Academic Services

The Faculty of Health, Office of Student and Academic Services (HH OSAS) offers academic advising by appointment. For more information visit: [www.yorku.ca/health](http://www.yorku.ca/health)

Visit HH OSAS when you have questions regarding:

- Understanding Academic Decisions
- GPA calculations & GPA requirements for programs
- Double Major and Major/Minor Requirements
- Transfer Credits
- Degree Requirements (ie. general education, major, science, electives and upper-level requirements)
- Petitions

## Scholarships and Student Awards for Kinesiology and Health Science Students

The School of Kinesiology and Health Science offers numerous financial awards and scholarships for its continuing students. The Awards and Scholarships online application forms are available in September with a submission deadline in mid-October. A detailed listing of Kinesiology and Health Science Awards and Scholarships and information related to the application process and deadlines is available online at: [www.yorku.ca/health/kinesiology](http://www.yorku.ca/health/kinesiology)

For awards where financial need is a criterion, applicants must also complete the **Student Financial Profile** online at: <https://sfs.yorku.ca/>

More information about York University Awards and Scholarships is available online at: [www.sfs.yorku.ca/scholarships](http://www.sfs.yorku.ca/scholarships)

# GRADES

## Grades and Grading Schemes

Except for courses offered on an ungraded or "Credit/No Credit" basis or taken under the pass/fail option (more information is available online at the Current Students Web site), academic courses in the Faculty of Health are graded according to the following scale. The grade point values are used to compute averages.

**NOTE:** Only courses taken at York University are included in the grade point average. The percentages indicated are not part of the official grading scheme and are meant to be used as guidelines only. The letter-grade system is the fundamental system of assessment of performance in undergraduate programs at York University.

### Grading Scheme in Courses

The grading scheme in courses (such as kinds and weights of assignments, essays, exams etc.) will be announced, and will be available in writing, within the first two weeks of class.

Grade	Grade Point	Percent Range	Description
A+	9	90 – 100	Exceptional
A	8	80 – 89	Excellent
B+	7	75 – 79	Very Good
B	6	70 – 74	Good
C+	5	65 – 69	Competent
C	4	60 – 64	Fairly Competent
D+	3	55 – 59	Passing
D	2	50 – 54	Marginally Passing
E	1	Marginally below 50%	Marginally Failing
F	0	Below 50%	Failing

### Graded Feedback (Marks on Assignments, Essays and Tests)

Under normal circumstances, you will receive graded feedback worth at least 15% of the final grade for the fall, winter or summer session, and 30% for full-year courses offered in the fall/winter session, before the final withdrawal (drop) date from a course without receiving a grade, with the following exceptions:

- Graduate or upper-level undergraduate courses in which coursework typically, or at the instructor's discretion, consists of a single piece of work and/or is based predominantly (or solely) on student presentations (e.g. Honours theses or graduate research papers not due by the drop date etc.)
- Practicum courses
- Ungraded courses
- Courses in Faculties where the drop date occurs within the first three weeks of classes
- Courses that run on a compressed schedule (a course that accomplishes its academic credits of work at a rate of more than one credit hour per two calendar weeks)

**NOTE:** Under unusual and/or unforeseeable circumstances that disrupt the academic norm, instructors are expected to provide grading schemes and academic feedback in the spirit of these regulations, as soon as possible.

The receipt of graded feedback in advance of drop and withdrawal deadlines will allow you to monitor your own progress in individual courses and provide the basis for you to make sound academic decisions about adding and dropping courses by the deadline. **If you do not officially drop or withdraw from the course by the deadline (using the online registration and enrolment system), you will receive a grade for the course.** Failure to attend the course does not constitute withdrawal (or drop). See the Add and Drop Deadlines section in this Handbook or online at the Current Students Web site.

# How to Calculate the Cumulative Grade Point Average (CGPA)

Averages are calculated on the basis of the point value assigned to each letter grade:

A+	=	9.0
A	=	8.0
B+	=	7.0
B	=	6.0
C+	=	5.0
C	=	4.0
D+	=	3.0
D	=	2.0
E	=	1.0
F	=	0.0

## Calculating your CGPA:

Multiply total credit of each course by the grade point.

1. Add up total number of credits.
2. Add up total grade points.

Course	Grade	Points	Credits	Total Grade Points
KINE 1000 6.00	C+	5.0	x 6	= 30
MATH 1025 3.00	F	0.0	x 3	= 0
KINE 2031 3.00	B	6.0	x 3	= 18
KINE 2049 3.00	B+	7.0	x 3	= 21
EECS 1520 3.00	A	8.0	x 3	= 24
<b>TOTAL</b>			<b>18</b>	<b>93</b>

3. Divide the total grade points by the total credits

Example:

**93 Grade Points divided by 18 Credits  
= 5.17 CGPA**

Kinesiology and Health Science is an Honours program. As such, Kinesiology and Health Science major students are required to maintain **Honours** standing in order to proceed and to be eligible to graduate in Kinesiology and Health Science. See Academic Standing section for Honours standing grade point average requirement.

## Students Close to, or Below Honours Standing:

It is recommended that students plan course selections to meet graduation requirements for a 90-credit degree in another subject area. This is essential if the cumulative grade point average falls below Honours Standing. In these situations, a student may apply to graduate with a York University degree in another subject area.

## GPA Calculator

The GPA calculator is a tool to assist you in calculating your grade point average. Grades are reported by the Registrar at the end of each academic session (Fall/Winter and Summer). The York transcript is the official record of all courses taken and grades received at York University.

Use the GPA calculator to keep track of your academic standing as you progress toward your degree.

The **GPA calculator** is available online at [www.yorku.ca/health/academic-resources/calculate-your-gpa](http://www.yorku.ca/health/academic-resources/calculate-your-gpa)

Use the reverse GPA calculator to calculate the grades required in a future session to attain a specific grade point average.

The **reverse GPA calculator** is available online at [www.yorku.ca/health/academic-resources/calculate-your-gpa/#reverse](http://www.yorku.ca/health/academic-resources/calculate-your-gpa/#reverse)

# Academic Standing

Academic standing depends on several factors, including the number of credits a student has passed, the grade point average achieved during a particular session (sessional grade point average) or the overall grade point average (cumulative grade point average).

## Kinesiology and Health Science: An Honours Program

Kinesiology and Health Science is an Honours only degree program consisting of 120 credits. A cumulative grade point average (cGPA) of a 5.0 (C+) must be achieved and maintained to graduate with a Kinesiology and Health Science Degree. In addition to the 120-credit minimum degree requirement, students must complete eight practicum (PKIN) courses.

Students may select Kinesiology and Health Science as their study major or minor in the first year or subsequent years if they have Honours standing. Honours standing must be maintained to proceed to subsequent years, and to graduate. Students who do not maintain Honours standing are not eligible to continue in the Kinesiology and Health Science Program and must select another major.

## Honours Standing Grade Point Average Requirement

Students who have completed fewer than 84 earned credits, and whose cumulative grade point average is below Honours Standing of 5.00 (C+), may continue in a Honours degree program (BA or BSc) provided they meet the year-level progression requirements as follows:

Year Level	Credits Earned	Minimum Cumulative Grade Point Average
One	0-23 earned credits	4.00
Two	24-53 earned credits	4.25
Three	54-83 earned credits	4.80
Four	84+ earned credits	5.00

Faculty of Education courses taken by students co-registered in the Faculty of Education are not included in Faculty of Health year levels.

## Year Level and Student Progress

A student's progression toward a degree in the Faculty of Health is measured in terms of the number of credits passed (or earned) rather than years of study completed. The year level includes transfer

credit. Year 4 applies to students in an Honours program only.

Year Level	Credits Earned
One	0-23 earned credits
Two	24-53 earned credits
Three	54-83 earned credits
Four	84+ earned credits



# DEGREE REQUIREMENTS

## Specialized Honours Bachelor of Arts (BA) Program

### For students entering in 2022

**Residency requirement:** a minimum of 30 course credits and at least half (50 per cent) of the course credits required in each undergraduate degree program major/minor must be taken at York University.

**Graduation requirement:** all graduates must complete a total of at least 120 credits with a minimum overall cumulative grade point average of 5.00 (C+) and all practicum requirements.

**General education:** A minimum of 18 credits, as follows:

- six credits at the 1000 level in approved Faculty of Health general education or humanities categories approved by the Faculty of Liberal Arts & Professional Studies
- six credits at the 1000 level in approved Faculty of Health general education or social science categories approved by the Faculty of Liberal Arts & Professional Studies
- six credits at the 1000 level in natural science (NATS) offered by the Faculty of Science

**Note 1:** It is strongly recommended that students complete the general education requirements above within their first 54 credits.

**Note 2:** Students may complete a maximum of 30 credits in general education, any additional credits not being used to fulfill general education may count toward electives.

**Note 3:** general education requirements are satisfied by taking natural science courses, approved humanities or social science categories courses and Faculty of Health general education courses. For further information please visit

[yorku.ca/health/academic-resources/general-education-requirements/](http://yorku.ca/health/academic-resources/general-education-requirements/).

**Note 4:** Students have the option to take specified Faculty of Health courses to fulfill their social sciences general education requirements. Courses offered by the Faculty of Health that are used to fulfill the social sciences general education credits may not also count as credits towards the major. For a list of courses, please visit:

[yorku.ca/health/general-education-approvedhhcourses/](http://yorku.ca/health/general-education-approvedhhcourses/)

**Major credits:** Students must complete a minimum of 60 major credits in Kinesiology and Health Science.

### Core Courses (42 credits):

HH/KINE 1000 6.00  
HH/KINE 1020 6.00  
HH/KINE 2011 3.00  
HH/KINE 2031 3.00  
HH/KINE 2049 3.00  
HH/KINE 2050 3.00  
HH/KINE 3000 3.00  
HH/KINE 3012 3.00  
HH/KINE 3020 3.00  
HH/KINE 3030 3.00  
HH/KINE 4010 3.00  
HH/KINE 4020 3.00

At least 18 additional Kinesiology and Health Science (KINE) credits including six credits at the 4000 level

**Upper-level credits:** a minimum of 36 credits must be taken at the 3000 level or 4000 level, including at least 18 credits at the 4000 level.

**Credits outside the major:** a minimum of 18 credits outside the major. Credits outside of the major may be used to fulfill upper-level credits.

**Note: The School of Kinesiology and Health Science does not recognize any course substitutes for its academic course requirements. Students who complete a course offered by another unit or program that is a course credit exclusion (CCE) with a kinesiology course requirement, must replace the corresponding kinesiology course with another kinesiology course of equal or greater credit value at the same year level or higher.**

**Practicum (PKIN):** in addition to the 120-credit minimum degree requirement, students must take eight PKIN courses, including at least one course in each of the following practicum areas:

- aquatics
- dance/gymnastics
- emergency care
- individual and dual sports
- team games/sports
- track and field

**NOTE:** students may take practicum (PKIN) courses on a pass/fail basis provided that they apply to do so within the first two weeks of classes, that they obtain the signature of the course director on the applicable form and that the completed form is submitted to the Kinesiology and Health Science Undergraduate Office.

# DEGREE REQUIREMENTS

## Honours Bachelor of Arts (BA) Program

### For students entering in 2022

**Residency requirement:** a minimum of 30 course credits and at least half (50 per cent) of the course credits required in each undergraduate degree program major/minor must be taken at York University.

**Graduation requirement:** all graduates must complete a total of at least 120 credits, with a minimum overall cumulative grade point average of 5.00 (C+) and all practicum requirements.

**General education:** A minimum of 18 credits, as follows:

- six credits at the 1000 level in approved Faculty of Health general education or humanities categories approved by the Faculty of Liberal Arts & Professional Studies
- six credits at the 1000 level in approved Faculty of Health general education or social science categories approved by the Faculty of Liberal Arts & Professional Studies
- six credits at the 1000 level in natural science (NATS) offered by the Faculty of Science

**Note 1:** It is strongly recommended that students complete the general education requirements above within their first 54 credits.

**Note 2:** Students may complete a maximum of 30 credits in general education, any additional credits not being used to fulfill general education may count toward electives.

**Note 3:** general education requirements are satisfied by taking natural science courses, approved humanities or social science categories courses and Faculty of Health general education courses. For further information please visit [yorku.ca/health/academic-resources/general-education-requirements/](http://yorku.ca/health/academic-resources/general-education-requirements/).

**Note 4:** Students have the option to take specified Faculty of Health courses to fulfill their social sciences general education requirements. Courses offered by the Faculty of Health that are used to fulfill the social sciences general education credits may not also count as credits towards the major. For a list of courses, please visit: [yorku.ca/health/general-education-approvedhhcourses/](http://yorku.ca/health/general-education-approvedhhcourses/)

**Major credits:** Students must complete a minimum of 48 major credits in Kinesiology and Health Science, including at least 12 credits at the 4000 level.

### Core Courses (42 credits):

HH/KINE 1000 6.00  
HH/KINE 1020 6.00  
HH/KINE 2011 3.00  
HH/KINE 2031 3.00  
HH/KINE 2049 3.00  
HH/KINE 2050 3.00  
HH/KINE 3000 3.00  
HH/KINE 3012 3.00  
HH/KINE 3020 3.00  
HH/KINE 3030 3.00  
HH/KINE 4010 3.00  
HH/KINE 4020 3.00

At least 6 additional Kinesiology and Health Science (KINE) credits the 4000 level.

**Upper-level credits:** a minimum of 36 credits must be taken at the 3000 level or 4000 level, including at least 18 credits at the 4000 level.

**Credits outside the major:** a minimum of 18 credits outside the major. Credits outside of the major may be used to fulfill upper-level credits.

**Note: The School of Kinesiology and Health Science does not recognize any course substitutes for its academic course requirements. Students who complete a course offered by another unit or program that is a course credit exclusion (CCE) with a kinesiology course requirement, must replace the corresponding kinesiology course with another kinesiology course of equal or greater credit value at the same year level or higher.**

**Practicum (PKIN):** in addition to the 120-credit minimum degree requirement, students must take eight practicum (PKIN) courses, including at least one course in each of the following practicum areas:

- aquatics
- dance/gymnastics
- emergency care
- individual and dual sports
- team games/sports
- track and field

**NOTE:** students may take practicum (PKIN) courses on a pass/fail basis provided that they apply to do so within the first two weeks of classes, that they obtain the signature of the course director on the applicable form and that the completed form is submitted to the Kinesiology and Health Science Undergraduate Office.

### **Honours Double Major BA Program**

The Honours BA program described above may be pursued jointly with Honours Double Major bachelor's degree programs in the Faculty of Environmental and Urban Change, the Faculty of Health, the Faculty of Liberal Arts and Professional Studies, the Faculty of Science, the School of the Arts, Media, Performance and Design, or the Lassonde School of Engineering as listed in the Faculty of Health Rules and Regulations section.

### **Honours Double Major Interdisciplinary BA Programs**

The Honours BA program described above may be linked with any Honours Double Major Interdisciplinary BA program in the Faculty of Liberal Arts and Professional Studies. Students must take at least 48 credits in kinesiology and health science including the kinesiology and health science core, and at least 36 credits in the interdisciplinary program. Courses taken to meet kinesiology and health science requirements cannot also be used to meet requirements of the interdisciplinary program. Students in these interdisciplinary programs must take a total of at least 18 credits at the 4000 level, including at least 12 credits in kinesiology and health science and six credits in the interdisciplinary program. For further details on requirements, see the listings for specific Honours Double Major Interdisciplinary BA programs in the Faculty of Liberal Arts and Professional Studies Programs of Study section of the Undergraduate Calendar.

### **Honours Major/Minor BA Program**

The Honours BA program described above may be pursued jointly with any Honours Minor bachelor's degree program in the Faculty of Environmental and Urban Change, the Faculty of Health, the Faculty of Liberal Arts and Professional Studies, the Faculty of Science, the School of the Arts, Media, Performance and Design, or the Lassonde School of Engineering as listed in the Faculty of Health Rules and Regulations section.

### **Honours Minor BA Program**

Students must complete a minimum of 42 credits in kinesiology and health science courses, including the kinesiology and health science core, with a minimum of six credits at the 4000 level.

**Practicum (PKIN):** in addition to the 120-credit minimum degree requirement for the double major and major/minor options, students must take eight practicum (PKIN) courses including at least one course in each of the following practicum areas:

- aquatics
- dance/gymnastics
- emergency care
- individual and dual sports
- team games/sports
- track and field

**NOTE:** students may take practicum (PKIN) courses on a pass/fail basis, provided that they apply to do so within the first two weeks of classes, that they obtain the signature of the course director on the applicable form and that the completed form is submitted to the Kinesiology and Health Science Undergraduate Office.

# DEGREE REQUIREMENTS

## Specialized Honours Bachelor of Science (BSc) Program

### For students entering in 2022

**Residency requirement:** a minimum of 30 course credits and at least half (50 per cent) of the course credits required in each undergraduate degree program major/minor must be taken at York University.

**Graduation requirement:** all graduates must complete a total of at least 120 credits with a minimum overall cumulative grade point average of 5.00 (C+) and all practicum requirements.

**General education:** a minimum of 12 credits as follows:

- six credits at the 1000 level in approved Faculty of Health general education or humanities categories approved by the Faculty of Liberal Arts & Professional Studies
- six credits at the 1000 level in approved Faculty of Health general education or social science categories approved by the Faculty of Liberal Arts & Professional Studies

**Note 1:** It is strongly recommended that students complete the general education requirements above within their first 54 credits.

**Note 2:** Students may complete a maximum of 30 credits in general education; any additional credits not being used to fulfill general education may count toward electives.

**Note 3:** general education requirements are satisfied by taking natural science courses, approved humanities or social science categories courses and Faculty of Health general education courses. For further information please visit [yorku.ca/health/academic-resources/general-education-requirements/](http://yorku.ca/health/academic-resources/general-education-requirements/).

**Note 4:** Students have the option to take specified Faculty of Health courses to fulfill their social sciences general education requirements. Courses offered by the Faculty of Health that are used to fulfill the social sciences general education credits may not also count as credits towards the major. For a list of

courses, please visit: [yorku.ca/health/general-education-approvedhrcourses/](http://yorku.ca/health/general-education-approvedhrcourses/)

**Basic science requirement:** A minimum of 15 credits as follows:

- six credits in mathematics selected from:  
SC/MATH 1013 3.00  
SC/MATH 1014 3.00  
SC/MATH 1025 3.00  
SC/MATH 1506 3.00 **and** SC/MATH 1507 3.00
- three credits selected from:  
LE/EECS 1520 3.00  
LE/EECS 1540 3.00  
LE/EECS 1570 3.00
- six credits selected from:  
SC/BIOL 1000 3.00  
SC/BIOL 1001 3.00  
SC/CHEM 1000 3.00  
SC/CHEM 1001 3.00  
SC/PHYS 1410 6.00 **or** SC/PHYS 1420 6.00  
SC/PHYS 1411 3.00 **or** SC/PHYS 1421 3.00  
SC/PHYS 1412 3.00 **or** SC/PHYS 1422 3.00

**Note:** Psychology students are strongly recommended to take LE/EECS 1570 3.00.

**Major credits:** Students must complete a minimum of 60 major credits in Kinesiology and Health Science.

### Core Courses (42 credits):

HH/KINE 1000 6.00  
HH/KINE 1020 6.00  
HH/KINE 2011 3.00  
HH/KINE 2031 3.00  
HH/KINE 2049 3.00  
HH/KINE 2050 3.00  
HH/KINE 3000 3.00  
HH/KINE 3012 3.00  
HH/KINE 3020 3.00  
HH/KINE 3030 3.00  
HH/KINE 4010 3.00  
HH/KINE 4020 3.00

At least 18 additional kinesiology and health science (KINE) credits including six credits at the 4000 level

**Upper-level credits:** a minimum of 42 credits at the 3000 level or 4000 level including, 18 credits at the 3000 or 4000 level in the major with 12 credits at the 4000 level.

**Required science credits outside the major:** A minimum of nine credits in science disciplines outside the major, of which three credits must be at the 2000-level or above. Required science credits outside the major can be selected from the following:

- All courses offered through the Faculty of Science and Lassonde School of Engineering.

- All Psychology courses, excluding:
  - HH/PSYC 3350 3.00
  - HH/PSYC 3430 3.00
  - HH/PSYC 3600 3.00
  - HH/PSYC 3620 3.00
  - HH/PSYC 3630 3.00
  - HH/PSYC 3670 3.00
  - HH/PSYC 4891 6.00.

**Note:** Kinesiology and Health Science students are strongly recommended to take HH/PSYC 1010 6.00.

**Electives:** additional elective credits as required for an overall total of at least 120 credits. Elective credits may be used to fulfill science and upper-level credits.

**Note: The School of Kinesiology and Health Science does not recognize any course substitutes for its academic course requirements. Students who complete a course offered by another unit or program that is a course credit exclusion (CCE) with a kinesiology course requirement, must replace the corresponding kinesiology course with another kinesiology course of equal or greater credit value at the same year level or higher.**

**Practicum (PKIN):** in addition to the 120-credit minimum degree requirement, students must take eight practicum (PKIN) courses including at least one course in each of the following practicum areas:

- aquatics
- dance/gymnastics
- emergency care
- individual and dual sports
- team games/sports
- track and field

**NOTE:** students may take practicum (PKIN) courses on a pass/fail basis provided that they apply to do so within the first two weeks of classes, that they obtain the signature of the course director on the applicable form and that the completed form is submitted to the Kinesiology and Health Science Undergraduate Office.

# DEGREE REQUIREMENTS

## Honours Bachelor of Science (BSc) Program

### For students entering in 2021

**Residency requirement:** a minimum of 30 course credits and at least half (50 per cent) of the course credits required in each undergraduate degree program major/minor must be taken at York University.

**Graduation requirement:** all graduates must complete a total of at least 120 credits with a minimum overall cumulative grade point average of 5.00 (C+) and all practicum requirements.

**General education:** a minimum of 12 credits as follows:

- six credits at the 1000 level in approved Faculty of Health general education or humanities categories approved by the Faculty of Liberal Arts & Professional Studies
- six credits at the 1000 level in approved Faculty of Health general education or social science categories approved by the Faculty of Liberal Arts & Professional Studies

**Note 1:** It is strongly recommended that students complete the general education requirements above within their first 54 credits.

**Note 2:** Students may complete a maximum of 30 credits in general education; any additional credits not being used to fulfill general education may count toward electives.

**Note 3:** general education requirements are satisfied by taking natural science courses, approved humanities or social science categories courses and Faculty of Health general education courses. For further information please visit [yorku.ca/health/academic-resources/general-education-requirements/](http://yorku.ca/health/academic-resources/general-education-requirements/).

**Note 4:** Students have the option to take specified Faculty of Health courses to fulfill their social sciences general education requirements. Courses offered by the Faculty of Health that are used to fulfill the social sciences general education credits may not also count as credits towards the major. For a list of courses, please visit: [yorku.ca/health/general-education-approvedhhcourses/](http://yorku.ca/health/general-education-approvedhhcourses/)

**Basic science requirement:** A minimum of 15 credits as follows:

- six credits in mathematics selected from:  
SC/MATH 1013 3.00  
SC/MATH 1014 3.00  
SC/MATH 1025 3.00  
SC/MATH 1506 3.00 **and** SC/MATH 1507 3.00
- three credits selected from:  
LE/EECS 1520 3.00  
LE/EECS 1540 3.00  
LE/EECS 1570 3.00
- six credits selected from:  
SC/BIOL 1000 3.00  
SC/BIOL 1001 3.00  
SC/CHEM 1000 3.00  
SC/CHEM 1001 3.00  
SC/PHYS 1410 6.00 **or** SC/PHYS 1420 6.00  
SC/PHYS 1411 3.00 **or** SC/PHYS 1421 3.00  
SC/PHYS 1412 3.00 **or** SC/PHYS 1422 3.00

**Note:** Psychology students are strongly recommended to take LE/EECS 1570 3.00.

**Major credits:** Students must complete a minimum of 48 major credits in Kinesiology and Health Science.

### Core Courses (42 credits):

HH/KINE 1000 6.00  
HH/KINE 1020 6.00  
HH/KINE 2011 3.00  
HH/KINE 2031 3.00  
HH/KINE 2049 3.00  
HH/KINE 2050 3.00  
HH/KINE 3000 3.00  
HH/KINE 3012 3.00  
HH/KINE 3020 3.00  
HH/KINE 3030 3.00  
HH/KINE 4010 3.00  
HH/KINE 4020 3.00

At least six additional Kinesiology and Health Science (KINE) credits at the 4000 level.

**Upper-level credits:** A minimum of 42 credits at the 3000 level or 4000 level including, 18 credits at the 3000 level or 4000 level in the major with 12 credits at the 4000 level.

**Required science credits outside the major:** A minimum of nine credits in science disciplines outside the major, of which three credits must be at the 2000-level or above. Required science credits outside the major can be selected from the following:

- All courses offered through the Faculty of Science and Lassonde School of Engineering.
- All Psychology courses, excluding:

HH/PSYC 3350 3.00  
HH/PSYC 3430 3.00  
HH/PSYC 3600 3.00  
HH/PSYC 3620 3.00  
HH/PSYC 3630 3.00  
HH/PSYC 3670 3.00  
HH/PSYC 4891 6.00.

**Note 1:** Kinesiology and Health Science students are strongly recommended to take HH/PSYC 1010 6.00.

**Electives:** Additional elective credits, as required, for an overall total of at least 120 credits. Elective credits may be used to fulfill science and upper-level credits.

**Note: The School of Kinesiology and Health Science does not recognize any course substitutes for its academic course requirements. Students who complete a course offered by another unit or program that is a course credit exclusion (CCE) with a kinesiology course requirement, must replace the corresponding kinesiology course with another kinesiology course of equal or greater credit value at the same year level or higher.**

**Practicum (PKIN):** In addition to the 120-credit minimum degree requirement, students must take eight practicum (PKIN) courses, including at least one course in each of the following practicum areas:

- aquatics
- dance/gymnastics
- emergency care
- individual and dual sports
- team games/sports
- track and field

**NOTE:** students may take PKIN courses on a pass/fail basis provided that they apply to do so within the first two weeks of classes, that they obtain the signature of the course director on the applicable form and that the completed form is submitted to the Kinesiology and Health Science Undergraduate Office.

### Honours Double Major BSc Program

The Honours BSc program described above may be pursued jointly with Honours Double Major bachelor's degree programs in the Faculty of Health, the Faculty of Liberal Arts and Professional Studies, the Faculty of Science or the Lassonde School of Engineering as listed in the Faculty of Health Rules and Regulations section.

#### Notes:

1. Students pursuing a double major or major/minor may be required to complete more than 120 credits to satisfy all degree requirements.

2. The science requirement outside the major is not applicable to the double major or major/minor.

### Honours Major/Minor BSc Program

The Honours BSc program described above may be pursued jointly with an Honours Minor bachelor's degree in the Faculty of Health, the Faculty of Liberal Arts and Professional Studies, the Faculty of Science, the School of the Arts, Media, Performance and Design, or the Lassonde School of Engineering as listed in the Faculty of Health Rules and Regulations section.

#### Notes:

1. Students pursuing a double major or major/minor may be required to complete more than 120 credits to satisfy all degree requirements.
2. The science requirement outside the major is not applicable to the double major or major/minor.

### Honours Minor BSc Program

Students must complete a minimum of 42 credits in kinesiology and health science courses, including the kinesiology and health science core.

#### Notes:

1. Students pursuing a double major or major/minor may be required to complete more than 120 credits to satisfy all degree requirements.
2. The science requirement outside the major is not applicable to the double major or major/minor.

**Practicum (PKIN):** In addition to the 120-credit minimum degree requirement for the double major and major/minor options, students must take eight practicum (PKIN) courses including at least one course in each of the following practicum areas:

- aquatics
- dance/gymnastics
- emergency care
- individual and dual sports
- team games/sports
- track and field

**Note:** students may take PKIN courses on a pass/fail basis provided that they apply to do so within the first two weeks of classes, that they obtain the signature of the course director on the applicable form and that the completed form is submitted to the Kinesiology and Health Science Undergraduate Office.

# Academic Core Requirements

## KINE CORE (REQUIRED) COURSE PROGRESSION (BA and BSc Degrees)

<b>1<sup>st</sup> Year</b>	HH/KINE 1000 6.00 Sociocultural Perspectives in Kinesiology
	HH/KINE 1020 6.00 Fitness and Health
<b>2<sup>nd</sup> Year</b>	HH/KINE 2011 3.00 Human Physiology I (Fall)
	HH/KINE 2031 3.00 Human Anatomy (Fall)
	HH/KINE 2049 3.00 Research Methods in Kinesiology (Fall)
	HH/KINE 2050 3.00 Analysis of Data in Kinesiology I (Winter)
	HH/KINE 3012 3.00 Human Physiology II (Winter)
	HH/KINE 3030 3.00 Biomechanics of Human Movement (Winter)
<b>3<sup>rd</sup> Year</b>	HH/KINE 3020 3.00 Skilled Performance and Motor Learning (Fall)
	HH/KINE 3000 3.00 Psychology of Physical Activity and Health (Winter)
	HH/KINE 4010 3.00 Exercise Physiology (Fall)
	HH/KINE 4020 3.00 Human Nutrition (Winter)

Total 42 Academic (HH/KINE) credits

**Note: The School of Kinesiology and Health Science does not recognize any course substitutes for its academic course requirements.** Students who complete a course offered by another unit or program that is a course exclusion with a kinesiology course must replace the corresponding kinesiology course with another kinesiology course of equal or greater credit value at the same year level or higher.

## DEGREE PROGRESS REPORT (DPR)

Students in a single major program can also use the **Degree Progress Report (DPR)**, an online self-serve tool to keep track of your progress towards your degree.

The **DPR** checks legislative requirements that are needed to graduate in your degree program. It checks all of the courses on your official record that you have taken at York towards your degree. Based on this automated review, it shows you what requirements you have already completed, what requirements you still need to complete and what is currently in progress.

The **DPR** is available online at: [www.registrar.yorku.ca/mydegreeprogress](http://www.registrar.yorku.ca/mydegreeprogress)



# Practicum (PKIN) Program

All students enrolled in Kinesiology and Health Science programs must complete the practicum core, which consists of one practicum course in each of the following six areas: aquatics, dance/gymnastics, emergency care, individual and dual sports, team sports, track and field and an additional two free choice practicum courses, for a total of eight courses. A detailed description of the course offerings and requirements is available from the School of Kinesiology and Health Science.

While practicum courses are required of all kinesiology and health science students in order to graduate, they are not applied towards the academic degree requirements in kinesiology and health science. The second digit of the practicum courses indicates the practicum area. One practicum course represents a total of 24 contact hours of sports activity or equivalent. Practicum courses have no academic weight and are not included in the total of 120 academic credits required for the Honours degree. There is no tuition fee for practicum courses, although some practicum courses may have additional charges for consumables such as printed material and supplies.

Practicum courses provide professional preparation for kinesiology and health science students and as such may require vigorous physical activity. It is strongly recommended that every student in the practicum program have a medical examination prior to participating. Students with disabilities are considered on a case-by-case basis. Practicum courses are open to both men and women unless otherwise specified.

## Practicum (PKIN) Requirements

- Aquatics
- Team Sports
- Individual/Dual Sports
- Dance/Gymnastics
- Track and Field
- Emergency Care
- 2 Elective Practicums

## Prerequisites

Where courses are offered consecutively in the same area (example: Volleyball I, Volleyball II) students must have achieved at least a B in the preceding course in order to take the subsequent course, unless otherwise stated. Qualified students may be admitted directly into an advanced level course with the permission of the instructor. In these cases no credit is awarded for the lower level course.

## Practicum Maximum

Due to student safety concerns, as of Sept 1, 2017 the School of Kinesiology and Health Science has implemented a new policy that a KINE student may only enroll in a maximum number of PKIN courses per term.

These maximums are 3 PKIN courses per fall/winter term and 2 PKIN courses for each of the S1 and S2 terms.

## Practicum Enrolment

Priority enrolment is given to Kinesiology and Health Science Honours standing students. Students are responsible for enrolling, adding, and dropping courses. The add/drop dates for the practicum courses are the same as those published for the academic courses. Students requesting to remove a practicum course off of their transcript must send an email to [ugkhs@yorku.ca](mailto:ugkhs@yorku.ca).

## Evaluation – Grades and Pass/Fail Option

Evaluation of a student's competence in a practicum is based on skill execution and skill theory (oral and/or written). The practicum grading scale is A, B, C, F or Pass/Fail option.

Students may take practicum (PKIN) courses on a pass/fail basis provided that they apply to do so within the first two weeks of classes, that they obtain the signature of the course director on the applicable form and that the completed form is submitted to the Kinesiology and Health Science Undergraduate Office.

**Note:** Practicum courses and grades are listed on the official transcript but are **not calculated** in the cumulative grade point average.

## Varsity Sport Practicum Credits

Students who complete a season as a member of a York University varsity team are eligible to receive 1 PKIN course credit allowance per year to a maximum of 3 practicum course credits. To receive this credit students must complete a PKIN Equivalency Request Form for Varsity Sport Participation available at the Kinesiology and Health Science Academic Office, 341 Bethune College.

# Practicum Participation Requirement

To receive credit for a practicum course a student must attend and actively participate in a minimum of 80 percent of classes for the course\*. When full participation is not possible, accommodation agreements may be reached with the practicum instructor (complete classes missed on a different date, individual testing etc., dependent on the practicum instructor).

The following absences are allowed:

- 24 hour course, 2 hours week/12 weeks: students allowed a maximum of 4 absences
- 24 hour course, 4 hours week/6 weeks: students allowed a maximum 2 absences (S1 & S2 Term PKINs)
- 16 hour course, 3 hours week/8 weeks: students allowed a maximum 3 absences
- 12 hour course, 2 hours week/once per week/ 12 weeks: students allowed a maximum 2 absences
- P Terms – 80% of hours must be completed: students allowed a maximum of 20% absences.

\* Please note that ANY practicum that certification is part of the course, 100% attendance is MANDATORY. Without 100% attendance then you will not come away with certification.

## Accommodation Circumstances

1) **Religious Observance:** Students who request absences from class based on the Senate's Religious Observance Policy may be accommodated. In order to receive Religious Observance, students must submit the Religious Accommodation Agreement form to the Practicum Course Instructor by the date outlined in the Senate Policy:

(<https://w2prod.sis.yorku.ca/Apps/WebObjects/cdm.wa/wa/regobs>). Students are considered on a case-by-case basis.

2) **Disabilities:** Instructors must accommodate students who have a documented learning, mental health, physical, sensory, and/or medical disability. Appropriate documentation must be provided, and accommodations must be arranged by the student with the Practicum Course Instructor directly. Students are considered on a case-by-case basis.

3) **Temporary Illnesses and Injuries:** Many students experience temporary illnesses and injuries. Students may be accommodated by instructors such that they are able to satisfy practicum requirements. Appropriate documentation must be provided, and accommodations must be arranged by the student with the Practicum Course Instructor directly. Students are considered on a case-by-case basis.

# CERTIFICATE STREAMS

**NOTE:** Students may only be enrolled in one certificate at a time.

## Athletic Therapy Certificate

This program is accredited through the Canadian Athletic Therapists' Association. Students who wish to become Certified Athletic Therapists must complete this program in order to be eligible to write the Canadian Athletic Therapists' Association examination. Certified Athletic Therapists work with active populations in the prevention, assessment, treatment and rehabilitation of orthopaedic and soft tissue injuries. Certified Athletic Therapists work in private clinics, with professional and amateur teams, and in college and university settings.

The Athletic Therapy Certificate includes 33 credits encompassing prevention of athletic injuries, injury assessment, treatment and rehabilitation of athletic injuries, and the medical aspects of involvement in sport. Students who have a general interest in this area but are not in the Athletic Therapy Certificate may enrol in HH/KINE 2495 3.00 or HH/KINE 3575 3.00.

Admission to the Athletic Therapy Certificate Stream **is concurrent only with York University Kinesiology and Health Science Undergraduate Degree.**

**York University Kinesiology and Health Science graduates are not eligible to apply to the Athletic Therapy Certificate.**

### Admission to the Athletic Therapy Certificate Stream

1. Be registered in the Bachelor of Arts (BA) or Bachelor of Science (BSc) Kinesiology and Health Science Honours degree program at York University
2. Completed a minimum of 48 credits or be in the process of completing 48 credits by the end of the Winter Term of the same calendar year as your application to the York ATCP, and achieved a minimum cumulative grade point average of 5.00 (C+)
3. Completed or be in the process of completing KINE 2011 3.00 – Human Physiology I (with minimum grade of C+) *This course must be completed by the end of Winter sessional courses in the same calendar year of your application*

Completed or be in the process of completing KINE 2031 3.00 – Human Anatomy (with minimum grade of C+) *This course must be completed by the end of Winter sessional courses in the same calendar year of your application*

Completed or be in the process of completing KINE 2495 3.00 – Sports Injuries (with minimum grade of C+) *This course must be completed by the end of Winter sessional courses in the same calendar year of your application*

**(OR KINE 2490 3.00 Athletic Therapy I AND KINE 3600 3.00 Athletic Therapy II with minimum grade of C+, in place of KINE 2495 3.00) For applicants who have only completed KINE 2490 but not KINE 3600 or KINE 2495, you remain eligible to submit an application, however, should you be successful with your application, you will be given a conditional acceptance with the condition of completing a required assignment by August 31 of the same calendar year of your application**

4. Completed or be in the process of completing Standard First Aid and CPR-C certification or (HH/PKIN 0750 0.00 – Emergency Care I)
5. Apply online at: [kine.info.yorku.ca](http://kine.info.yorku.ca)
6. Submit the name of 1 referee with their email address by February 15; referee to submit by March 1. **Please note: referees that are family members, friends, family friends or fellow students are not acceptable.**
7. Eligible applicants will be contacted to complete an interview process.

## Required Academic Courses

The Kinesiology and Health Science core plus the following requirements must be met to receive the Certificate in Athletic Therapy.

### Year 1

#### **Field Care Unit**

HH/KINE 2500 3.00 - Athletic Therapy Field Inquiry-Based Tutorial

HH/KINE 2501 3.00 - Athletic Therapy Field Seminar & Skills

#### **Extremity Care Unit**

HH/KINE 2502 3.00 - Athletic Therapy Extremities Inquiry-Based Tutorial

HH/KINE 2503 3.00 - Athletic Therapy Extremities Seminar & Skills

### Year 2

#### **Head, Trunk & Spine Care Unit**

HH/KINE 3500 3.00 - Athletic Therapy Head, Trunk & Spine Inquiry-Based Tutorial

HH/KINE 3501 3.00 - Athletic Therapy Head, Trunk & Spine Seminar & Skills

#### **Upper & Lower Quadrant Care Unit**

HH/KINE 3502 3.00 - Athletic Therapy Upper & Lower Quadrant Inquiry-Based Tutorial

HH/KINE 3503 3.00 - Athletic Therapy Upper & Lower Quadrant Seminar & Skills

### Year 3

#### **Integrative Care Unit**

HH/KINE 4592 6.00 - Athletic Therapy Experiential Education

HH/KINE 4593 3.00 - Athletic Therapy Integrative Seminar & Skills

## Required Practicum Courses

The Kinesiology and Health Science core practicum courses plus the following requirements must be met to receive the Certificate in Athletic Therapy.

### Year 1

HH/PKIN 0761 0.00 - First Responder for Athletic Therapy I

HH/PKIN 0762 0.00 - First Responder for Athletic Therapy II

### Year 2

HH/PKIN 0811 0.00 - Practicum for Athletic Therapy I (replaces PKIN Team)

HH/PKIN 0812 0.00 - Practicum for Athletic Therapy II (replaces PKIN Individual/Dual)

\* **Note:** Practicum courses and grades are listed on the official transcript but are **not calculated** in the cumulative grade point average.

## Comprehensive Examination and Academic Standing

There will be culminating practicals throughout the certificate program covering all aspects of sports injury prevention, treatment, rehabilitation, and modalities to evaluate overall competence. The Athletic Therapy Certificate is an accredited program and will help students prepare to write the certification exam by the Canadian Athletic Therapists Association (CATA) to become a Certified Athletic Therapist. Students in the Certificate must maintain Honours standing and an overall 5.0 (C+) average in the required certificate courses.

### **Placement Opportunities**

The School of Kinesiology and Health Science will assist Athletic Therapy Certificate students with placement experiences. Opportunities are available within the varsity sport program, intramurals, the Tait McKenzie Sport Injury Clinic, community partners and professional athletic teams.

### **For further information, please contact:**

School of Kinesiology and Health Science Academic Office

341 Norman Bethune College  
(416) 736-5807  
ugkhs@yorku.ca

**NOTE: Students may only be enrolled in one certificate at a time.**

# Fitness Assessment and Exercise Counselling Certificate

Over the past four decades the research evidence underscores the health benefits of regular physical activity participation for both **Health-Related and Performance-Related Physical plus Physiological Fitness**. Governments, faced with soaring medical expenses, have come to realize that physical activity interventions for both primary prevention and secondary management are a more cost effective solution to health care. In fact, the estimated total costs of physical inactivity are approximately 4% of overall health care costs in Canada. Getting 10% of the inactive Canadian population to become more physically active, a potential savings of \$2.6 billion to the health care system could be realized by 2040. Corporations have learned that improved employee health-related physical plus physiological fitness translates into increased productivity and they are now committed to promoting healthy lifestyles for both primary prevention and secondary management of health.

Consequently, the "business" of fitness with all of its spin-off enterprises continues to be the fastest growing industry in Canada. With this growth there has developed an increasing opportunity for employment. During the early years there was virtually no regulation on the qualifications of front-line fitness and exercise practitioners. However, with increasing consumer sophistication and both public and government concerns for quality control, there was a demand for qualified fitness and exercise professionals. Therefore, accreditation programs were developed for fitness and exercise practitioners and with the implementation of government sanctioned provincial fitness safety standards; these have become essential qualifications for persons seeking employment in the fitness industry in the private and public sectors.

The York University Certificate in Fitness Assessment and Exercise Counselling is earned concurrently with the honours degree in Kinesiology & Health Science by selecting specified courses along with the required core courses. While completing the courses in the certificate program, national and/or international accreditation can be obtained as a Fitness or Personal Trainer for Health-Related Physical Fitness and Exercise Physiologist Specialist through the Health and Fitness federation of Canada for both Health-Related- and Performance-Related- Physical plus Physiological Fitness. Upon degree completion, students who have completed all of the certificate program theoretical and experiential requirements can also apply to become a Register Kinesiologist with the Ontario College of Kinesiology.

## Admission Requirements

Students must be degree candidates in Kinesiology and Health Science. Application to the certificate program may be made after completing all of the Level 1 KINE core courses (HH/KINE 1000, 1020), all of the Level 2 KINE core courses (HH/KINE 2011, 2031, 2049, 2050, 3012, 3030) and the following Level 3 KINE core courses (HH/KINE 3000, 3020) plus the completion of a minimum of 4 practicum courses and the successful completion of HH/KINE 3400.

## Program Outline

In addition to completing all of the core courses required for an honours degree in Kinesiology and Health Science, the following requirements must also be met to receive the Certificate in Fitness Assessment and Exercise Counselling. The Certificate and Undergraduate degree requirements must be completed concurrently.

## Additional Required Academic Courses

HH/KINE 3400 3.00	Fitness Consulting and Personal Fitness Training
HH/KINE 3575 3.00	Athletic Injuries – Extremities
HH/KINE 3640 3.00	Epidemiology of Physical Activity, Fitness and Health
HH/KINE 4400 6.00	Advanced Fitness/Lifestyle Assessment and Counselling
HH/KINE 4430 3.00	Business Skills for Sport and Fitness Professionals
HH/KINE 4900 3.00	Exercise Therapy for Chronic Diseases

## Plus three credits selected from the following courses:

HH/KINE 4455 3.00	Movement Analysis Laboratory
HH/KINE 4460 3.00	Occupational Biomechanics
HH/KINE 4470 3.00	Muscle and Joint Biomechanics
HH/KINE 4472 3.00	Low Back Performance & Disorders
HH/KINE 4475 3.00	Clinical Biomechanics

## Required Practicum Courses

Kinesiology and Health Science Practicum Core and:	
HH/PKIN 0861 0.00	Personal Training I
HH/PKIN 0862 0.00	Personal Training II

## For applications and further information, please contact:

Veronica Jamnik, Ph.D., Program Coordinator  
358 Bethune College  
(416) 736-2100 ext 22995

## NOTE: Students may only be enrolled in one certificate at a time.

# COURSES

## Academic Course List

Kinesiology and Health Science students can choose from a diverse selection of courses. This section contains short descriptions of all academic and practicum courses. View Course Timetables on the Current Students Web site for offerings, not all courses are offered every academic year.

**NOTE:** *BSc Students – courses indicated in **BOLD** DO NOT count for science credit.*

### 1000 Level

HH/KINE 1000 6.00	Kinesiology: Sociocultural Perspectives
HH/KINE 1020 6.00	Fitness and Health
HH/KINE 1101 3.00	Applied Anatomy and Physiology I
HH/KINE 1102 3.00	Applied Anatomy and Physiology II

### 2000 Level

HH/KINE 2011 3.00	Human Physiology I
HH/KINE 2031 3.00	Human Anatomy
HH/KINE 2040 3.00	Communities in Motion
HH/KINE 2049 3.00	Research Methods in Kinesiology
HH/KINE 2050 3.00	Analysis of Data in Kinesiology I
<b>HH/KINE 2380 3.00</b>	<b>Introduction to Sport Administration</b>
HH/KINE 2475 3.00	Coaching: The Art and Science
HH/KINE 2495 3.00	Sports Injuries
HH/KINE 2500 3.00	AT Field Inquiry-Based Tutorial
HH/KINE 2501 3.00	AT Field Seminar & Skills
HH/KINE 2502 3.00	AT Extremities Inquiry-Based Tutorial
HH/KINE 2503 3.00	AT Extremities Seminar & Skills

### 3000 Level

HH/KINE 3000 3.00	Psychology of Physical Activity and Health
HH/KINE 3012 3.00	Human Physiology II
HH/KINE 3020 3.00	Skilled Performance and Motor Learning
HH/KINE 3030 3.00	Biomechanics of Human Movement
HH/KINE 3100 3.00	Health Psychology and Kinesiology
HH/KINE 3150 3.00	Analysis of Data in Kinesiology II
<b>HH/KINE 3240 3.00</b>	<b>Behavioural Approach to Administration of Fitness and Sport</b>
HH/KINE 3340 3.00	Growth, Maturation and Physical Activity
HH/KINE 3345 3.00	Adapted Physical Activity

HH/KINE 3349 3.00	Physiology of Aging
HH/KINE 3350 3.00	Physical Activity, Health and Aging
<b>HH/KINE 3360 3.00</b>	<b>Gender and Sexuality in Sport and Health</b>
HH/KINE 3400 3.00	Fitness Consulting and Personal Fitness Training
<b>HH/KINE 3430 3.00</b>	<b>Canadian Culture and Physical Activity</b>
<b>HH/KINE 3440 3.00</b>	<b>Olympic Games: Heroes and Villains at Play</b>
HH/KINE 3460 3.00	Regional Human Anatomy I
HH/KINE 3465 3.00	Regional Human Anatomy II
HH/KINE 3480 3.00	Outdoor and Experiential Education
<b>HH/KINE 3490 3.00</b>	<b>Sport Policy and Politics</b>
HH/KINE 3500 3.00	AT Head, Trunk & Spine Inquiry Tutorial
HH/KINE 3501 3.00	AT Head Trunk & Spine Seminar & Skills
HH/KINE 3502 3.00	AT Quadrant Inquiry-Based Tutorial
HH/KINE 3503 3.00	Athletic Therapy Upper & Lower Quadrant
<b>HH/KINE 3510 3.00</b>	<b>Sport Marketing and Event Management</b>
HH/KINE 3570 3.00	Theory and Methodology of Training
HH/KINE 3575 3.00	Athletic Injuries – Extremities
HH/KINE 3610 3.00	Coaching: Psychological and Sociological Aspects
<b>HH/KINE 3620 3.00</b>	<b>Sociology of Sport I</b>
HH/KINE 3635 3.00	Fundamentals of Epidemiology
HH/KINE 3640 3.00	Epidemiology of Physical Activity, Fitness and Health
HH/KINE 3645 3.00	Physical Activity and Health Promotion
HH/KINE 3650 3.00	Functional Neuroanatomy
HH/KINE 3670 3.00	Molecular and Cellular Neuroscience with Applications to Health
HH/KINE 3710 3.00	Immune System in Health and Disease

### 4000 Level

HH/KINE 4010 3.00	Exercise Physiology
HH/KINE 4020 3.00	Human Nutrition
HH/KINE 4060 3.00	Independent Studies in Kinesiology & Health Science
	6.00
HH/KINE 4100 6.00	Honours Thesis
HH/KINE 4120 3.00	Nutritional Aids in Sport and Exercise
HH/KINE 4130 3.00	Advanced Human Nutrition
HH/KINE 4140 3.00	Nutrition and Human Diseases
HH/KINE 4150 3.00	Nutrition in the Lifecycle
HH/KINE 4160 3.00	Medical Nutrition Therapy: Inborn Errors of Metabolism
HH/KINE 4170 3.00	Public Health Nutrition and Food Policy
HH/KINE 4210 3.00	Disorders of Visual Cognition
HH/KINE 4225 3.00	Neuro-Motor Learning
HH/KINE 4226 3.00	Principles of Neurorehabilitation

HH/KINE 4230 3.00	Neuronal Development for Activity and Health	HH/KINE 4515 3.00	Stem Cells: Physiology and Therapeutic Applications
HH/KINE 4240 3.00	Applied Human Factors	HH/KINE 4516 3.00	Mitochondria in Health and Disease
HH/KINE 4250 3.00	Physical Activity and Cognition	HH/KINE 4518 3.00	Molecular Link Between Obesity and Cancer
<b>HH/KINE 4310 3.00</b>	<b>International Development and Sport</b>	HH/KINE 4520 3.00	Sport Psychology Seminar
<b>HH/KINE 4315 3.00</b>	<b>Aboriginal Physical Activity and Community Health</b>	<b>HH/KINE 4560 3.00</b>	<b>Physical Activity and Children: Pedagogy</b>
<b>HH/KINE 4340 3.00</b>	<b>Sport, "Race" and Popular Culture in Canada</b>	HH/KINE 4562 3.00	Meta-Analysis and Systematic Reviews: Methodology and Interpretation
<b>HH/KINE 4370 3.00</b>	<b>Body as Light: Meditation Practices</b>	HH/KINE 4565 3.00	Epidemiology of Injury Prevention
<b>HH/KINE 4375 3.00</b>	<b>Body as Weapon: Martial Arts/Combat Training</b>	HH/KINE 4575 3.00	Athletic Injuries - Body Core
HH/KINE 4400 6.00	Advanced Fitness/Lifestyle Assessment and Counselling	HH/KINE 4590 6.00	Advanced Athletic Therapy Assessment and Rehabilitation
HH/KINE 4410 3.00	Obesity: Assessment, Treatment and Implications	HH/KINE 4592 6.00	Athletic Therapy Field Placement
<b>HH/KINE 4420 3.00</b>	<b>Relaxation: Theory and Practice</b>	HH/KINE 4593 3.00	Athletic Therapy Integrative Seminar & Skills
HH/KINE 4421 3.00	Relaxation II: Research and Application	HH/KINE 4595 3.00	Ethics for Kinesiology and Health
<b>HH/KINE 4430 3.00</b>	<b>Business Skills for Sport and Fitness Professionals</b>	<b>HH/KINE 4620 3.00</b>	<b>Counselling Skills for Kinesiology and Health Science</b>
HH/KINE 4440 3.00	Advanced Exercise Physiology: Muscle	<b>HH/KINE 4635 3.00</b>	<b>Immigration and Culture: Implications for Sport, Physical Activity and Health</b>
HH/KINE 4442 3.00	Advanced Exercise Physiology: Exercising and Surviving in Extreme Environments	HH/KINE 4640 3.00	Lifestyle and Current Health Issues
HH/KINE 4443 3.00	Altitude Hypoxia Physiology	<b>HH/KINE 4645 3.00</b>	<b>Active Living and Ageing</b>
HH/KINE 4445 3.00	Physiological Basis of Fatigue	HH/KINE 4646 3.00	Delivering Exercise to the Aging: Knowledge to Action
HH/KINE 4446 3.00	Adipose Tissue Physiology	HH/KINE 4650 3.00	Sport, Physical Activity and Youth Development
HH/KINE 4447 3.00	Sex Differences in Exercise Physiology	HH/KINE 4660 3.00	Exercise and Addictive Behaviours
HH/KINE 4448 3.00	Advanced Human Physiology: Endocrinology	HH/KINE 4680 3.00	Advanced Social and Psychological Contributors to Exercise Behaviour
HH/KINE 4449 3.00	Advanced Human Physiology: The Respiratory System in Health and Disease	HH/KINE 4710 3.00	Psychology of Health and Chronic Disease
HH/KINE 4450 3.00	Advanced Exercise Physiology: Cardiovascular	HH/KINE 4715 3.00	Experiential and Interprofessional Field Placement in Cardiovascular and Chronic Disease Prevention and Management
HH/KINE 4453 3.00	Vascular Function in Health and Disease	HH/KINE 4720 3.00	Secondary Prevention of Heart Disease: Cardiac Rehabilitation in a Global Context
HH/KINE 4455 3.00	Movement Analysis Laboratory	HH/KINE 4740 3.00	Psychology of Sport Injury and Rehabilitation
HH/KINE 4460 3.00	Occupational Biomechanics	HH/KINE 4900 3.00	Exercise Therapy for Chronic Diseases
HH/KINE 4470 3.00	Muscle and Joint Biomechanics	HH/KINE 4901 3.00	Exercise Therapy for Chronic Diseases: Cardiovascular Diseases
HH/KINE 4472 3.00	Low Back Performance and Disorders		
HH/KINE 4475 3.00	Clinical Biomechanics		
<b>HH/KINE 4480 3.00</b>	<b>Sociology of Sport II</b>		
<b>HH/KINE 4485 3.00</b>	<b>Social Determinants of Physical Activity and Health in Canada</b>		
<b>HH/KINE 4490 3.00</b>	<b>Philosophical Issues in Kinesiology and Health Science</b>		
<b>HH/KINE 4495 3.00</b>	<b>Doctors, Trainers and Drugs: The Socio-Cultural Study of Sports and Medicine</b>		
HH/KINE 4500 3.00	Neural Control of Movement		
HH/KINE 4505 3.00	Neurophysiology of Movement in Health and Disease		

# Academic Course Descriptions

## 1000 Level

### **HH/KINE 1000 6.00 Kinesiology: Sociocultural Perspectives**

Introduction to the concept of the 'social body' through study of Western historical legacies and sociological factors of class, gender, 'race', culture with emphasis on sport sociology. Critical reading and research essay skills.

### **HH/KINE 1020 6.00 Fitness and Health**

An examination of the components and principles of fitness and health with particular attention to the evaluation and modification of fitness and health status.

### **HH/KINE 1101 3.00 Applied Anatomy and Physiology I**

Introduces the learner to the foundations of anatomy and physiology, within the context of the health practitioner. This course takes a systemic approach to learning human anatomy and physiology and content includes an overview of the structure, function, and organization of the human body from the cellular level to organ systems, and explores each major organ system, with a focus on maintaining homeostasis and clinical applications. Part I focuses on cellular organization, genetics, embryology, tissues, the skeletal system, the muscular system and the nervous system.

Not open to: Kinesiology majors or Global Health majors

Note: This will be a core course for students in the 4-Year Direct Entry BScN nursing degree program so the majority of spaces will be reserved for those students.

### **HH/KINE 1102 3.00 Applied Anatomy and Physiology II**

Introduces the learner to the foundations of anatomy and physiology, within the context of the health practitioner. This course takes a systemic approach to learning human anatomy and physiology and content includes an overview of the structure, function, and organization of the human body from the cellular level to organ systems, and explores each major organ system, with a focus on maintaining homeostasis and clinical applications. Part II focuses on the cardiovascular, respiratory, digestive, renal, reproductive, endocrine and immune systems.

Course Credit Exclusions: HH/IHST 1002 3.00, HH/KINE 2031 3.00, HH/KINE 2011 3.00, HH/NATS 1650 6.00

Not open to: Kinesiology major students; Global Health major students

Note: This will be a core course for students in the 4-Year Direct Entry BScN nursing degree program so the majority of spaces will be reserved for those students.

## 2000 Level

### **HH/KINE 2011 3.00 Human Physiology I**

A cellular basis of physiology from the sub-cellular to cellular components to organs including the functions and the mechanisms of function. The course covers fundamental cell science, cell physiology, plasma membrane potentials, muscle physiology, neuron pathways, blood and components, and basic immunology. Course credit exclusions: HH/IHST 1000 6.00, HH/IHST 1001 3.00, HH/IHST 1002 3.00.

### **HH/KINE 2031 3.00 Human Anatomy**

An overview of the gross anatomy of the human body. The following systems are examined: skeletal, muscular, nervous, circulatory, lymphatic, respiratory, digestive, urinary, reproductive and endocrine. Course credit exclusions: HH/IHST 1000 6.00, HH/IHST 1002 3.00, SC/NATS 1650 6.00.

### **HH/KINE 2040 3.00 Communities in Motion**

Introduces students to the behavioural and socio-cultural study of sport and physical activity with emphasis on exploring sport and physical activity, including barriers and catalysts, in relation to communities and community building. In addition, this course introduces students to the research processes that underpin the behavioural and socio-cultural study of sport and physical activity - from the starting point of cultivating curiosity, to conceptualizing a research question and project, to the communicating findings with and to others.

Open to: Faculty of Health students with 0 to 53 credits.

### **HH/KINE 2049 3.00 Research Methods in Kinesiology**

Introduces students to the procedures utilized to design and conduct research in the discipline of kinesiology. Course credit exclusion: HH/PSYC 2030 3.00.

### **HH/KINE 2050 3.00 Analysis of Data in Kinesiology I**

An introduction to scientific method and the statistical analysis of experimental data. The conduct of simple experiments, techniques of naturalistic observation and the analysis of resulting data using fundamental concepts of descriptive and inferential statistics.

Prerequisite: HH/KINE 2049 3.00.

Course credit exclusions: SC/BIOL 2060 3.00, ES/ENVS 2010 6.00, ES/ENVS 2010 3.00, SC/MATH 1132 3.00, SC/MATH 2500 3.00, SC/MATH 2560 3.00,



SC/MATH 2565 3.00, HH/PSYC 2020 6.00, HH/PSYC 2021 3.00.

**HH/KINE 2380 3.00 Introduction to Sport Administration**

This course is designed to introduce students to the knowledge and skills needed to be successful in sport management. Topics include leadership styles, communication and change management skills, creative problem-solving and an introduction to event management and marketing. Note: This course does not count for science credit.

**HH/KINE 2475 3.00 Coaching: The Art and Science**

Introduces the fundamental principles involved in the coaching process. Background and philosophic issues related to the coach and the athlete are explored. Note: Upon successful completion of this course, students receive the certification Coaching: Introduction to Competition Part A and Part B of the National Coaching Certification Program.

**HH/KINE 2495 3.00 Introduction to Sport Related Injuries**

Provides students with a broad spectrum of knowledge relating to topics in sport related injuries. Discussions of sport injuries and conditions relating to injury prevention, evaluation and management helps students develop the foundational knowledge relating to the health care field. Corequisite: HH/KINE 2031 3.00. Course Credit Exclusion: HH/KINE 2490 3.00 and HH/KINE 3600 3.00 (prior to fall/winter 2017-18) Open to: Kinesiology and Health Science Students

**HH/KINE 2500 3.00 AT Field Inquiry-Based Tutorial**

Provides students with knowledge relating to sport, anatomy, biomechanics, epidemiology, pathophysiology, evaluation, management and communication. Classroom focused experiential education through small group discussions of urgent and non-urgent field case studies will be utilized to promote learning, research and critical thinking in five domains including prevention, assessment, intervention, practice management and professional responsibility.

Prerequisites: HH/KINE 2031 3.00 HH/KINE 2495 3.00  
Corequisites: HH/KINE 2501 3.00

Open to: Athletic Therapy Certificate Program Students within Kinesiology and Health Science

**HH/KINE 2501 3.00 AT Field Seminar & Skills**

Provides students with knowledge relating to professional practice issues and management within Athletic Therapy. Topics will relate to the foundational principles and concepts of the field care aspect in Athletic Therapy. The course includes classroom focused experiential education through practical lab sessions, guest speakers and case studies. The course provides students with the required psychomotor and communication skills relating to the urgent and nonurgent field case studies discussed in the Athletic Therapy Field Inquiry-Based Tutorial. Skills

will include (but are not limited to) the application and management of sport equipment, taping/support techniques, immediate on-field management of major and minor injuries, and sideline assessment. Lab-based activities such as role-playing, mini-case study analysis, simulations and reflection will be integrated.

Prerequisites: HH/KINE 2031 3.00 HH/KINE 2495 3.00  
Corequisites: HH/KINE 2500 3.00

Open to: Athletic Therapy Certificate Program Students within Kinesiology and Health Science

**HH/KINE 2502 3.00 AT Extremities Inquiry-Based Tutorial**

Provides students with knowledge relating to sport, anatomy, biomechanics, epidemiology, pathophysiology, evaluation, management and communication. Classroom focused experiential education through small group discussions of extremity related clinical case studies will be utilized to promote learning, research and critical thinking in five domains including prevention, assessment, intervention, practice management and professional responsibility.

Prerequisites: HH/KINE2500 3.00, HH/KINE2501 3.00

Corequisites: HH/KINE2503 3.00

Open to: Athletic Therapy Certificate Program Students within Kinesiology and Health Science

**HH/KINE 2503 3.00 AT Extremities Seminar & Skills**

Provides students with knowledge relating to professional practice issues and management within Athletic Therapy. Topics will relate to the principles and concepts of the clinical extremities care aspect in Athletic Therapy. The course includes classroom focused experiential education through practical lab sessions, guest speakers and case studies.

The course provides students with the required psychomotor and communication skills relating to extremity related case studies discussed in the Athletic Therapy Extremity Inquiry-Based Tutorial. Skills will include (but are not limited to) functional/surface anatomy, taping/support techniques, clinical orthopaedic evaluation and tests, electrotherapeutic modality application, manual therapies, and therapeutic exercise. Lab-based activities such as role-playing, mini-case study analysis, simulations and reflection will be integrated.

Prerequisites: HH/KINE2500 3.00, HH/KINE2501 3.00

Corequisites: HH/KINE 2502 3.00

Open to: Athletic Therapy Certificate Program Students within Kinesiology and Health Science

## 3000 Level

**HH/KINE 3000 3.00 Psychology of Physical Activity and Health**

An overview of the theoretical frameworks and psychological principles related to physical activity, exercise and sport. Prerequisites: HH/KINE 1000 6.00; HH/KINE 1020 6.00; HH/KINE 2049 3.00; HH/KINE 2050 3.00; HH/PSYC 1010 6.00.

**HH/KINE 3012 3.00 Human Physiology II**

The principles of homeostasis and physiological regulation are studied in relation to the cardiorespiratory, renal, locomotor, reproductive and digestive systems. Prerequisite: HH/KINE 2011 3.00. Introductory biology or life science is highly recommended.

**HH/KINE 3020 3.00 Skilled Performance and Motor Learning**

An introduction to the analysis and development of skilled performance.

Prerequisites: HH/KINE 2050 3.00; HH/PSYC 2021 3.00 or SC/BIOL 2060 3.00; HH/PSYC 1010 6.00

**HH/KINE 3030 3.00 Biomechanics of Human Movement**

Human movement is investigated with particular reference to the laws of physics (mechanics) and anatomical concepts as applied to joint motion and muscular action. Application of biomechanics to sports skills execution and laboratory exposure to contemporary analysis are included. Prerequisite: HH/KINE 2031 3.00.

**HH/KINE 3100 3.00 Health Psychology and Kinesiology**

Provides an overview of primary topics in health psychology, emphasizing both psychological research approaches specific to physical activity and its application to behaviours related to eating and weight, pain, cancer and related diseases. Prerequisite: HH/PSYC 1010 6.00. Course credit exclusion: HH/PSYC 3170 3.00.

**HH/KINE 3150 3.00 Analysis of Data in Kinesiology II**

This intermediate course in inferential statistics includes t-tests, multiple regression, ANOVA and selected non-parametric statistics. Practical applications to research in kinesiology and health science are emphasized. Prerequisite: HH/KINE 2050 3.00. Course credit exclusions: SC/BIOL 2060 3.00, ES/ENVS 2010 6.00, SC/MATH 2500 3.00, SC/MATH 2570 3.00, HH/PSYC 2020 6.00, HH/PSYC 2022 3.00.

**HH/KINE 3240 3.00 Behavioural Approach to Administration of Fitness and Sport**

The focus of this course is on working with people. Students learn the theory and practice of team building, communication and counselling skills. Note: This course does not count for science credit.

**HH/KINE 3340 3.00 Growth, Maturation and Physical Activity**

Examines and discuss the literature and research studies in those aspects of physical growth and development that directly concern educators. Individual differences in growth and development are stressed throughout.

**HH/KINE 3345 3.00 Adapted Physical Activity**

Addresses topics related to working with differently abled individuals in a physical activity setting. Theoretical and applied aspects of working with differently abled populations are introduced. Assessment, instruction and evaluation are addressed. Adaptations and modifications are taught for diverse settings including school, recreation and sport. Prerequisites: HH/KINE 1000 6.00 and HH/KINE 2031 3.00.

**HH/KINE 3349 3.00 Physiology of Aging**

Describes the physiology of normal aging. This includes the aging of: cells, organs, bones and joints, muscle and fat, skin, circadian rhythm, nervous system and brain, cardiorespiratory system, and the gastrointestinal and renal systems. The course will introduce some pathophysiology often seen with aging but will highlight that aging does not necessitate development of disease.

Prerequisite: HH/KINE 3012 3.00

**HH/KINE 3350 3.00 Physical Activity, Health and Aging**

Examines the aging process, lifestyle changes and the effect of physical activity on the health of aging adults. Prerequisites: HH/KINE 1020 6.00; HH/KINE 2020 3.00. Note: Internet use is required for this course.

**HH/KINE 3360 3.00 Gender and Sexuality in Sport and Health**

Introduces students to the social production of gender (including femininity and masculinity) and sexuality and how it impacts the worlds of sport and health. The course introduces students to feminist and queer theory approaches within the discipline. Prerequisite: HH/KINE 1000 6.00. Course credit exclusions: HH/KINE 4350 3.00; HH/KINE 4360 3.00. Note: This course does not count for science credit.

**HH/KINE 3400 3.00 Fitness Consulting and Personal Fitness Training**

Provides detailed theoretical and practical instruction on physical activity/exercise prescription, management, supervision and intervention strategies with a focus on health-related fitness outcomes. Prerequisites: HH/KINE 1020 6.00; HH/KINE 2031 3.00; Corequisite: HH/KINE 3012 3.00; HH/KINE 3030 3.00.

**HH/KINE 3430 3.00 Canadian Culture and Physical Activity**

This course examines how Canadian physical activity and health has been organized since Confederation and the processes by which people have fashioned sport and health within economic, social, and political struggles and changes. The course focuses upon the history of Canadian sports, physical education, physical fitness and recreation. Three lecture hours per week. One term. Course credit exclusions: AS/PHED 3430 3.00 (prior to Fall/Winter 1996-1997). Note: This course does not count for science credit.

**HH/KINE 3440 3.00 Olympic Games: Heroes and Villains at Play**

A comparative analysis of recent developments and characteristics of physical education and sports in representative nations and world regions. The course covers objectives, methods, personnel and facilities in physical education and evaluation of selected national sports programs. Note: This course does not count for science credit.

**HH/KINE 3460 3.00 Regional Human Anatomy I**

A comprehensive study of the structures of the human body. This course includes an examination of the upper limb, lower limb and back. Prerequisite: HH/KINE 2031 3.00.

**HH/KINE 3465 3.00 Regional Human Anatomy II**

Examines, in detail, the anatomical regions of the head, neck, back and thorax. Prerequisite: HH/KINE 2031 3.00.

**HH/KINE 3480 3.00 Outdoor and Experiential Education**

Introduces fundamental principles and practices of outdoor and experiential education. Current theories, issues, trends and practices are discussed and the objectives of a range of outdoor programs are considered.

**HH/KINE 3490 3.00 Sport Policy and Politics**

Discussions about power, politics and ethics as they relate to current sport policy issues are explored. Policy development and policy analysis skills are learned and applied to issues in relation to sport in a number of sectors (e.g., public, the third sector, commercial, etc.). Note: This course does not count for science credit.

**HH/KINE 3500 3.00 AT Head, Trunk & Spine Inquiry Tutorial**

Provides students with knowledge relating to sport, anatomy, biomechanics, epidemiology, pathophysiology, evaluation, management and communication. Classroom focused experiential education through small group discussions of head, trunk and spine related clinical case studies will be utilized to promote learning, research and critical thinking in five domains including prevention, assessment, intervention, practice management and professional responsibility.

Prerequisites: HH/KINE 2502 3.00, HH/KINE 2503 3.00

Corequisites: HH/KINE 3501 3.00

Open to: Athletic Therapy Certificate Program Students within Kinesiology and Health Science

**HH/KINE 3501 3.00 AT Head Trunk & Spine Seminar & Skills**

Provides students with knowledge relating to professional practice issues and management within Athletic Therapy. Topics will relate to the concepts of the head, trunk and spine care aspect in Athletic

Therapy. The course includes classroom focused experiential education through practical lab sessions, guest speakers and case studies. The course provides students with the required psychomotor and communication skills relating to head, trunk and spine related case studies discussed in the Athletic Therapy Head, Trunk and Spine Inquiry-Based Tutorial. Skills will include (but are not limited to) functional/surface anatomy, taping/support techniques, clinical orthopaedic evaluation and tests, electrotherapeutic modality application, manual therapies, and therapeutic exercise. Lab-based activities such as role-playing, mini-case study analysis, simulations and reflection will be integrated.

Prerequisites: HH/KINE 2502 3.00, HH/KINE 2503 3.00

Corequisites: HH/KINE 3500 3.00

Open to: Athletic Therapy Certificate Program Students within Kinesiology and Health Science

**HH/KINE 3502 3.00 AT Quadrant Inquiry-Based Tutorial**

Provides students with knowledge relating to sport, anatomy, biomechanics, epidemiology, pathophysiology, evaluation, management and communication. Classroom focused experiential education through small group discussions of upper and lower quadrant related clinical case studies will be utilized to promote learning, research and critical thinking in five domains including prevention, assessment, intervention, practice management and professional responsibility.

Prerequisites: HH/KINE 3500 3.00, HH/KINE 3501 3.00

Corequisites: HH/KINE 3503 3.00

Open to: Athletic Therapy Certificate Program Students within Kinesiology and Health Science

**HH/KINE 3503 3.00 Athletic Therapy Upper & Lower Quadrant**

Provides students with knowledge relating to professional practice issues and management within Athletic Therapy. Topics will relate to the concepts of the upper & lower quadrant care aspect in Athletic Therapy. The course includes classroom focused experiential education through practical lab sessions, guest speakers and case studies. The course provides students with the required psychomotor and communication skills relating to upper & lower quadrant related case studies discussed in the Athletic Therapy Upper & Lower Quadrant Inquiry-Based Tutorial. Skills will include (but are not limited to) functional/surface anatomy, taping/support techniques, clinical orthopaedic evaluation and tests, electrotherapeutic modality application, manual therapies, and therapeutic exercise. Lab-based activities such as role-playing, mini-case study analysis, simulations and reflection will be integrated.

Prerequisites: HH/KINE3500 3.00, HH/KINE3501 3.00

Corequisites: HH/KINE3502 3.00

Open to: Athletic Therapy Certificate Program Students within Kinesiology and Health Science

**HH/KINE 3510 3.00 Sport Marketing and Event Management**

Provides students with both the theory and practical skills required to organize and manage events. Additionally, students have the opportunity to learn from professionals working in this field. Note: This course does not count for science credit.

**HH/KINE 3570 3.00 Theory and Methodology of Training**

Examines the scientific and methodological theories, techniques and planning methods utilized in the training of the skilled athlete, with practical application to selected sports. Prerequisites: HH/KINE 1000 6.00; HH/KINE 1020 6.00.

**HH/KINE 3575 3.00 Athletic Injuries - Extremities**

This course is an introduction to athletic injuries including injury classification, basic level assessment of the extremities, tissue healing, protective equipment, basic treatment, and common injuries to the extremities. Prerequisite or corequisite: HH/KINE 2031 3.00. PRIOR TO WINTER 2013: course credit exclusions: HH/KINE 3450 3.00.

**HH/KINE 3610 3.00 Coaching: Psychological and Sociological Aspects**

The course focuses upon the application of principles of psychology to coaching. An examination of philosophy of coaching, legal liability, socialization and team dynamics is also undertaken with a view to establishing effective coaching methodology. Three lecture hours per week. One term. Prerequisites: AS/HH/SC/KINE 2475 3.00; AS/SC/PSYC 1010 6.00. Course credit exclusions: AS/SC/PHED 2470 6.00 (prior to Fall/Winter 1996-1997), AS/SC/PHED 3610 3.00 (prior to Fall/Winter 1996-1997).

**HH/KINE 3620 3.00 Sociology of Sport I**

Sociological analysis of sport in contemporary society with particular emphasis on issues relating to children, gender and the Canadian scene. Course credit exclusions: AP/SOCI 3670 3.00. Note: This course does not count for science credit.

**HH/KINE 3635 3.00 Fundamentals of Epidemiology**

Provides an introduction to the basic principles of Epidemiology with emphasis on studies undertaken in the field of kinesiology. Topics include: understanding of different study designs, analytic methods used, validity, outbreak investigation, diagnostic tests and causation. Prerequisite: HH/KINE 2050 3.00.

**HH/KINE 3640 3.00 Epidemiology of Physical Activity, Fitness and Health**

Provides an in-depth assessment of the epidemiology of physical activity, fitness and health. General concepts of epidemiology are covered, as well as associations among activity, exercise, fitness and disease/risk factors. Prerequisite: HH/KINE 2020 3.00.

**HH/KINE 3645 3.00 Physical Activity and Health Promotion**

This course explores both individual and population level approaches to promoting physical activity and health. Specific emphasis is given to understanding health motivation theories, health communication and health promotion strategies within various settings and among special populations. Prerequisites: AS/HH/SC/KINE 1020 6.00. Course credit exclusions: None.

**HH/KINE 3650 3.00 Functional Neuroanatomy**

Investigates the anatomy of the central nervous system, additionally discussing the clinical functional relevance of each area. Prerequisite: HH/KINE 2031 3.00 or SC/BIOL 4370 3.00 or HH/PSYC 3250 3.00.

**HH/KINE 3670 3.00 Molecular and Cellular Neuroscience with Applications to Health**

The course covers the basic principles of molecular and cellular neuroscience. The course introduces students to the most basic fundamentals of neuroscience, which is the study of the functional properties of the nervous system and relationship between brain and disease. Topics covered range from neuronal structure and function, communication at the synapse and neuromuscular junction, membrane receptors, synaptic transmission, neurotransmitters to the intra- and intercellular signaling systems within the sensory, motor and memory systems. This course provides the background for higher-level courses that deal with more specialized topics in neuroscience and the neurobiology of disease.

Prerequisite: HH/KINE 3012 3.00 or HH/NRSC 2000 3.00 or SC/NRSC 2000 3.00 or HH/NRSC 3000 3.00 or SC NRSC 3000 3.00

**HH/KINE 3710 3.00 Immune System in Health and Disease**

The immune system in health and disease is designed to provide students with an overview of the immune system including innate and adaptive immunity. The emphasis is on normal immune function and on human diseases with immune origin or immune components particularly diseases where motion is limited by disease such as the arthritises. Prerequisite: HH/KINE 2011 3.00; HH/KINE 3012 3.00. Note: May not be taken for credit by Biology or Biochemistry majors.

## 4000 Level

**HH/KINE 4010 3.00 Exercise Physiology**

The study of the physiological mechanisms involved during physical activity. The course covers the physiological effects of exercise and training upon the neuromuscular, cardiovascular, respiratory and metabolic systems. Prerequisite: HH/KINE 3012 3.00.

**HH/KINE 4020 3.00 Human Nutrition**

Basic energy and regulatory nutrients are examined, followed by an applied nutrition section in weight

control, eating disorders, sport nutrition, food as drugs and food safety. Metabolic interrelationships and health associations are applied throughout. Prerequisite: HH/KINE 4010 3.00.

### **HH/KINE 4060 3.00 or 6.00 Independent Studies in Kinesiology and Health Science**

Students undertake a research project under the supervision of a faculty member. This should include a library investigation, and may include laboratory and/or field investigations. A substantial paper, a poster presentation and an oral presentation are part of the course requirements. Prerequisite: Normally only available to students after completion of 84 credits. Note: Some independent study topics may not be eligible for science credit. Students should consult the School of Kinesiology and Health Science for application.

#### **Application Deadlines:**

For Summer 2017 – April 1

For Fall 2017 – August 1

For Winter 2018 – December 1

### **HH/KINE 4100 6.00 Honours Thesis**

Students complete a thesis involving empirical research. Students arrange for supervision by a faculty member of in the School of Kinesiology and Health Science. Contact the Undergraduate Office for details and application form. Prerequisites: Permission of the School of Kinesiology and Health Science; students must be in a Specialized Honours Program in Kinesiology and Health Science and have completed 84 credits. Note: Some Honours thesis topics may not be eligible for science credit.

#### **Application Deadlines:**

For Summer 2017 – April 1

For Fall 2017 – August 1

For Winter 2018 – December 1

### **HH/KINE 4120 3.00 Nutritional Aids in Sport and Exercise**

This course investigates the influence of nutritional supplements/aids on exercise performance, with emphasis on the underlying physiologic and biochemical mechanisms behind the effectiveness of ergogenic compounds. Prerequisites: HH/KINE 4010 3.00, HH/KINE 4020 3.00.

### **HH/KINE 4130 3.00 Advanced Human Nutrition**

Designed to provide a detailed analysis of the metabolic, biochemical and physiological processes that occur under health, exercise, altered nutritional status, and disease states. Prerequisite: HH/KINE 4010 3.00; HH/KINE 4020 3.00. Note: This is an advanced nutrition course that builds on the basic nutrition information acquired in HH/KINE 4020 3.00. It is designed to provide an in-depth analysis of the pathways that integrate the metabolism of carbohydrates, protein and fat. It also investigates the role of nutrition in the development and exacerbation of chronic diseases, and under different exercise

states. It is targeted towards students interested in nutrition/physiology-related careers.

### **HH/KINE 4140 3.00 Nutrition and Human Diseases**

This course discusses nutrition as it affects muscle and human health. It discusses: nutrition and the immune system; nutrition and aging; ethnic nutrition and health; nutrition and the health of skeletal muscle; food and drug interaction; and nutrition in the treatment and prevention of selected human diseases including myopathies, cancer, cardiovascular disease, osteoporosis, and diabetes. Prerequisite: HH/KINE 4020 3.00.

### **HH/KINE 4150 3.00 Nutrition in the Lifecycle**

This course provides an understanding of the impact of nutrition and food-related behaviors on health from conception through the end of life, including pregnancy and lactation, infancy, adolescence and aging. Prerequisite: HH/KINE 4020 3.00

### **HH/KINE 4160 3.00 Medical Nutrition Therapy: Inborn Errors of Metabolism**

This course expands knowledge on the metabolic basis of inherited metabolic disorders, and on the role of nutrition intervention strategies in ameliorating their medical, biochemical, anthropometrical and nutritional manifestations as well as their responses to treatments. Prerequisite: HH/KINE 4020 3.00

### **HH/KINE 4170 3.00 Public Health Nutrition and Food Policy**

Examine current public health policies and the regulatory frameworks related to food and nutrition, with the aim of identifying and assessing nutritional health at the population level. Explore examples of both local and global current approaches that address nutritional health at a population level through case study analyses, review of research articles and current events/topics highlighting public health issues. Prerequisites: HH/KINE 2049 3.00 or HH/PSYC 2030 3.00.

### **HH/KINE 4210 3.00 Disorders of Visual Cognition**

We rely heavily on vision to interact with the world. This course investigates the clinical disorders that are manifested with impairments in different stages of visual processing. Prerequisite: HH/KINE 3020 3.00 or SC/BIOL 4370 3.00 or HH/PSYC 3250 3.00.

### **HH/KINE 4225 3.00 Principles of Neuro-Motor Learning**

Covers concepts of how the brain learns and controls voluntary movement, particular those of the upper limbs.

Prerequisites: HH/KINE 2050 3.00 or HH/PSYC 2021 3.00 or SC/BIOL 2060 3.00, and HH/KINE 3020 3.00 or HH/SC NRSC 2100 3.00

**HH/KINE 4226 3.00 Principles of Neurorehabilitation**

Examines principles and clinical best practices for implementation of neurorehabilitation strategies following neurologic injury. Introduces processes of neuroplasticity and repair and the use of assistive technologies to facilitate neurorehabilitation interventions for upper and lower limb motor deficits.

Prerequisites: HH/KINE 3020 3.00

Open to: Student majoring in Kinesiology and Health Science, Nursing, Psychology, Biology

Note: Students must be available to engage 1.5 hours of off-campus group activity with a neurorehabilitation clinician/ researcher.

**HH/KINE 4230 3.00 Neuronal Development for Activity and Health**

Analyzes the cellular, molecular and physiological processes underlying neuronal and neuromuscular development in health and disease.

Prerequisite: HH/KINE 3012 3.00 or HH/NRSC 2000 3.00 or SC/NRSC 2000 3.00 or HH/NRSC 3000 3.00 or SC/NRSC 3000 3.00

**HH/KINE 4240 3.00 Applied Human Factors**

Discusses human factors, e.g. sensory, perceptual, motor and cognitive systems, and how they feature in machines, systems design, procedures and skills, with an emphasis on physical activities and sport.

Prerequisite: HH/KINE 3020 3.00 or SC/BIOL 4370 3.00 or HH/PSYC 3250 3.00.

**HH/KINE 4250 3.00 Physical Activity and Cognition**

This course examines the effects of engaging in physical activity on cognitive systems such as attention, learning, and memory. Both normal healthy and disease states will be discussed. Prerequisite: HH/KINE 3020 3.00 or SC/BIOL 4370 3.00 or HH/PSYC 3250 3.00. Course credit exclusions: None.

**HH/KINE 4310 3.00 International Development and Sport**

Critically examine the intersections of sport and international development. Sport has increasingly been utilized to "develop" marginalized groups in the "Global North" and "Global South." This involves tapping into what sport can do "intentionally" to address priorities including community building, health promotion, youth engagement, economic revitalization, settlement, citizen participation and conflict resolution. Prerequisite: HH/KINE 1000 6.00. Note: This course does not count for science credit.

**HH/KINE 4315 3.00 Aboriginal Physical Activity and Community Health**

Explore and critically analyze current literature and practice pertaining to community-based health, sport and physical activity with diverse populations. The course focuses on Aboriginal communities within Canada and internationally. The course critically examines (de)colonization, "tradition" and the intersections of 'race'/ethnicity, sex/gender, ability,

colonialism, and social class. Prerequisite: HH/KINE 1000 6.00. Note: This course does not count for science credit.

**HH/KINE 4340 3.00 Sport, "Race" and Popular Culture in Canada**

The course gives students a historical and contemporary understanding of 'race' and racism in Canadian popular culture as it pertains to the world of sport. Prerequisite: HH/KINE 1000 6.00. Note: This course does not count for science credit.

**HH/KINE 4370 3.00 Body as Light: Meditation Practices**

Cross-cultural survey of training for enlightenment through meditation techniques, posture practices, and spiritual traditions. From prehistoric times our ancestors used repetitive physical activities to explore altered states of consciousness and to purify or illuminate the body/mind harmony as optimal health. Prerequisite: HH/KINE 1000 6.00. Note: This course does not count for science credit.

**HH/KINE 4375 3.00 Body as Weapon: Martial Arts/Combat Training**

Cross-cultural survey of training for combat in military units, martial arts, and self defence. Fighting and war stand as two ancient yet enduring activities evoking study and systematic practice of lethal methods for using the body as a weapon against antagonists. Prerequisite: HH/KINE 1000 6.00. Note: This course does not count for science credit.

**HH/KINE 4400 6.00 Advanced Fitness/Lifestyle Assessment and Counselling**

Students receive supervised, practical experience in designing, administering and interpreting fitness assessments along with the follow-up exercise counselling for athletes and the general public. Prerequisites: HH/KINE 3400 3.00; permission of the Instructor. Open only to students in the Certificate in Fitness Assessment and Exercise Counselling. Prerequisite or corequisite: HH/KINE 4010 3.00.

**HH/KINE 4410 3.00 Obesity: Assessment, Treatment and Implications**

Obesity is a very prevalent condition that has received considerable attention. However, the attention has been very one sided, wherein only the benefits of weight loss are emphasized. The difficulties associated with maintaining weight loss are very poorly understood, and the dangers or negative aspects of focusing on weight per se may be more detrimental than the obesity itself. Prerequisites: HH/KINE 1020 6.0. Course Credit Exclusions: None.

**HH/KINE 4420 3.00 Relaxation: Theory and Practice**

Focuses on an understanding of the physiological and psychological basis of relaxation as a self-management procedure and in the utilization of relaxation strategies in sport, health and physical

activity. Prerequisites: HH/KINE 2031 3.00; HH/KINE 3011 3.00; HH/KINE 3012 3.00 or permission of the Instructor. Note: This course does not count for science credit.

### **HH/KINE 4421 3.00 Relaxation II: Research and Application**

This course reviews the research and application of self-regulation strategies (relaxation, biofeedback, imagery, cognitive restructuring and attention control) for performance and health enhancement. Three lecture hours per week. One term. Prerequisite: AS/HH/KINE 4420 3.00. Course credit exclusions: None.

### **HH/KINE 4430 3.00 Business Skills for Sport and Fitness Professionals**

This course includes theory and detailed practical instruction about key management/organizational processes and their successful application to sport and fitness-related business initiatives. PRIOR TO WINTER 2012: Course credit exclusions: HH/KINE 3250 3.00. Note: This course does not count for science credit.

### **HH/KINE 4440 3.00 Advanced Exercise Physiology: Muscle**

Advanced topics in exercise physiology and biochemistry, including energy metabolism, fatigue, skeletal muscle physiology, adaptations to exercise and training. Applications of exercise to disease states, animal laboratories, and discussions of original research articles in exercise physiology. Prerequisite: HH/KINE 4010 3.00.

### **HH/KINE 4442 3.00 Advanced Exercise Physiology: Exercising and Surviving in Extreme Environments**

An overview of the main physiological responses of the human body to exercising and surviving in extreme environments (hot, cold and humid environments, high altitude, diving, microgravity, air pollutants). Prerequisites: HH/KINE 2011 3.00, HH/KINE 3012 3.00, HH/KINE 4010 3.00.

### **HH/KINE 4443 3.00 Altitude Hypoxia Physiology**

Provides an in-depth analysis of the human physiological responses to altitude hypoxia including the acclimatization of the lowlander visiting altitude to the genetic adaptation of populations living at high altitude. These responses are analyzed from the perspective of integrative physiology as well as cellular and molecular mechanisms. Addresses the impact of hypoxia on human performance within the context of exercising at high altitude and using hypoxia to improve sea-level performance. Prerequisites: HH/KINE 2011 3.00, HH/KINE 3012 3.00

### **HH/KINE 4445 3.00 Physiological Basis of Fatigue**

An in-depth examination of the physiological processes that limit muscular exercise. Topics include cellular and metabolic failure in sustained muscular

contractions, central nervous system limitations, substrate depletion and product accumulation, body fluid shifts and adaptations that forestall fatigue. Prerequisites: HH/KINE 3012 3.00; HH/KINE 4010 3.00.

### **HH/KINE 4446 3.00 Adipose Tissue Physiology**

Focuses on integrating the multiple physiological roles of white and brown adipose tissues and how they operate under conditions of health, disease, and exercise. Special attention is paid to the latest views on the endocrine role of adipocytes and how different fat depots affect glucose homeostasis and whole-body energy metabolism. It analyzes the role of the adipose tissue to support reproductive function and bone health. It also covers the mechanisms that regulate fat storage and mobilization and adipose tissue plasticity under disease (obesity and type 2 diabetes) and exercise conditions. Prerequisites: HH/KINE 2011 3.00; HH/KINE 2031 3.00 or HH/IHST 1001 3.00

### **HH/KINE 4447 3.00 Sex Differences in Exercise Physiology**

Explores sex differences in physiological responses to stressors, including exercise while investigating the roles of testosterone, estrogen and progesterone. This course covers sex differences at the level of the cell, tissue, and whole body and investigates cardiovascular, respiratory, muscular, bone, and autonomic responses. Exercise as a treatment for clinical conditions is also studied. Prerequisite: HH/KINE 4010 3.00.

### **HH/KINE 4448 3.00 Advanced Human Physiology: Endocrinology**

An overview of human endocrinology at the physiological, biochemical and molecular levels, with an emphasis on health, disease, exercise and adaptation. Prerequisite: HH/KINE 4010 3.00. Course credit exclusions: SC/BIOL 4320 3.00.

### **HH/KINE 4449 3.00 Advanced Human Physiology: The Respiratory System in Health and Disease**

This course guides the students through advanced concepts in respiratory physiology. The course discusses the structure, function and regulation of the respiratory system during physiological stresses and in the context of chronic diseases through the analysis of molecular and integrative physiology approaches. Prerequisite: HH/KINE 3012 3.00

### **HH/KINE 4450 3.00 Advanced Exercise Physiology: Cardiovascular**

An overview of the cardiovascular physiology of exercise at both the central (heart) and peripheral (blood vessels, capillaries) levels, with an emphasis on health, disease, exercise and adaptation. Physiology adaptations at the molecular level are emphasized. Prerequisite: HH/KINE 4010 3.00.

**HH/KINE 4453 3.00 Vascular Function in Health and Disease**

In-depth study of the physiology of the vascular system. These concepts then will be applied to understanding the pathophysiology of the vascular system in situations of chronic inflammation and diseases such as atherosclerosis and hypertension. The beneficial effects of exercise on the vascular system will be discussed. Prerequisite: HH/KINE 4010 3.00.

**HH/KINE 4455 3.00 Movement Analysis Laboratory**

Focuses on the theory and practice of methods for analyzing the mechanics and control of movement. Methods include collection and analysis of biological signals such as electromyography and evoked potentials, as well as techniques for both kinematic and kinetic analysis of movement. Prerequisites: HH/KINE 3020 3.00, HH/KINE 3030 3.00.

**HH/KINE 4460 3.00 Occupational Biomechanics**

Use of biomechanics in the occupational setting is introduced. Topics include workplace assessment techniques, risk factor identification, injury mechanisms, intervention strategies, and the (re)design of tools and workplace. Specific issues involving the upper extremity and lower back are addressed. Theory applied and practiced during labs. Prerequisite: HH/KINE 3030 3.00.

**HH/KINE 4470 3.00 Muscle and Joint Biomechanics**

Quantitative biomechanical principles are used to evaluate the production of human motion at the joint and muscle level. Factors affecting total joint moment of force are studied including muscle mechanics, muscle architecture, moment arm and electrophysiology. Prerequisite: HH/KINE 3030 3.00.

**HH/KINE 4472 3.00 Low Back Performance and Disorders**

Introduces evidence-based exercises and strategies for optimal low back function, injury prevention, and rehabilitation. This advanced biomechanics course develops a strong foundation of anatomy, normal and injury mechanics, and motor control. Multidisciplinary issues related to low back performance and disorders are examined; including psychological, physiological, legislative, neuromuscular, and biomechanical. Theories applied and practiced during labs. Prerequisites: HH/KINE 3020 3.00, HH/KINE 3030 3.00.

**HH/KINE 4475 3.00 Clinical Biomechanics**

Quantitative biomechanical techniques are used to evaluate musculoskeletal injuries and pathological movement. Standard biomechanics techniques and modeling methods are combined with an understanding of tissue mechanics to quantitatively evaluate injury mechanisms and rehabilitation of tissues (bone, ligament, tendon, muscle). Theory is applied and practiced during labs. Prerequisite: HH/KINE 3030 3.00.

**HH/KINE 4480 3.00 Sociology of Sport II**

This course focuses on social problems in sport. Topics include inequality, sport as work, sport as a spectacle, and sport and the state. Three lecture hours per week. One term. Prerequisite: AS/HH/KINE 3620 3.00 or permission of the course director. Course credit exclusions: None. Note: This course does not count for science credit.

**HH/KINE 4485 3.00 Social Determinants of Physical Activity and Health in Canada**

Introduces students to the political, economic and social factors that shape health, physical activity and sport opportunities and experiences of individuals and communities in Canada. Prerequisite: HH/KINE 1000 6.00. Note: This course does not count for science credit.

**HH/KINE 4490 3.00 Philosophical Issues in Kinesiology and Health Science**

This course examines the philosophical foundations of kinesiology and health science; their manifestation and influences on the development of physical activity, physical education and sport programs; identification and critical analysis of current issues in these programs in modern society. Prerequisite: AS/HH/SC/KINE 1000 6.00. Course credit exclusions: None. Note: This course does not count for science credit.

**HH/KINE 4495 3.00 Doctors, Trainers and Drugs: The Socio-Cultural Study of Sports and Medicine**

Introduces students to the socio-cultural study of risk, violence, pain/injury tolerance and medicine in sport. This includes the historical development and social organization of sports medicine, as well as performance enhancement in sport. Prerequisite: HH/KINE 1000 6.00. Note: This course does not count for science credit.

**HH/KINE 4500 3.00 Neural Control of Movement**

This neuroscience course reviews fundamental concepts of movement control, with an emphasis on the brain mechanisms underlying motor behaviour. Topics include walking, looking, reaching, posture and complex skill coordination. Movement control concepts will be used to understand the neural basis of symptoms associated with motor disorders such as Parkinson's disease, ataxia, Lou Gehrig's disease, muscular dystrophy, and stroke. Prerequisite: HH/KINE 3020 3.00 or HH/NRSC 2100 3.00 or SC/NRSC 2100 3.00 or permission of the Instructor.

**HH/KINE 4505 3.00 Neurophysiology of Movement in Health and Disease**

Provides an overview of current neurophysiological concepts in motor control, with an emphasis on the neurophysiological principles underlying human movement disorders.



Pre-requisites: HH/KINE 3012 3.00 or HH/KINE 3020 3.00 or HH/NRSC 2000 3.00 or SC/NRSC 2000 3.00 and HH/NRSC 2100 3.00 or SC/NRSC 2100 3.00

**HH/KINE 4515 3.00 Stem Cells: Physiology and Therapeutic Applications**

Examines the physiology of tissue-specific stem cell populations in the context of potential therapeutic strategies used for the treatment of chronic disease states. Prerequisites: HH/KINE 2011 3.00 or SC/BIOL1000 3.00.

**HH/KINE 4516 3.00 Mitochondria in Health and Disease**

Analyzes the function and biogenesis of mitochondria with an emphasis on skeletal muscle. Apoptosis, mitochondrial disease, effects of exercise and training are examined at the molecular level. Current original literature is read and discussed in lecture and class presentation format. Prerequisite: HH/KINE 4010 3.00.

**HH/KINE 4518 3.00 Molecular Link Between Obesity and Cancer**

There has long been an association between obesity and cancer. This course will examine the molecular mechanisms that underlie this deleterious association. Course content will examine cell cycle dysregulation in cancer. Aspects of diet, exercise, metabolism and endocrinology of adipose tissue will be explored and their roles in obesity-dependent cancer progression will be discussed. Prerequisites: HH/KINE 2011 3.00, HH/KINE 3012 3.00, and HH/KINE 4010 3.00. Course credit exclusions: SC/BIOL 4010 3.00.

**HH/KINE 4520 3.00 Sport Psychology Seminar**

In-depth examination of selected topics in sport psychology: motivation, imagery, self-regulation and attention. The emphasis is on the application of mental training skills in sport settings. Prerequisite: HH/KINE 3000 3.00.

**HH/KINE 4560 3.00 Physical Activity and Children: Pedagogy**

Examines teaching methods available for people working in a physical activity setting with children. Emphasis is placed on the core program components of dance, games and gymnastics. Curriculum and lesson planning for school based physical education is included. Prerequisites: HH/KINE 1020 6.00, HH/KINE 3000 3.00. Note: This course does not count for science credit.

**HH/KINE 4562 3.00 Meta-Analysis and Systematic Reviews: Methodology and Interpretation**

Examines the role of meta-analysis and systematic reviews in evidence-based medicine. Statistical and practical issues relating to the design and interpretation of meta-analyses and systematic reviews are emphasized. Undergraduate students will develop the skills to interpret and critique published studies and systematic reviews. Prerequisite:

HH/KINE 2050 3.00 Pre/Corequisite:HH/KINE 3635 3.00 Course Credit Exclusion:GS/KAHS 5020 3.00

**HH/KINE 4565 3.00 Epidemiology of Injury Prevention**

Introduces students to the recognition of situations or practices that contribute to injuries, strategies for injury prevention, with an emphasis on an epidemiological/public health approach. Prerequisites: HH/KINE 1000 6.00; HH/KINE 2050 3.00.

**HH/KINE 4575 3.00 Athletic Injuries - Body Core**

The assessment, care and prevention of orthopaedic and neurological injuries and conditions of the head, body and spine. Also included is a review of palpations and muscle testing related to the body core. Prerequisites: HH/KINE 3575 3.00, HH/KINE 2031 3.00.

**HH/KINE 4590 6.00 Advanced Athletic Therapy Assessment and Rehabilitation**

An advanced-level course in athletic therapy applying theoretical background to sport-related injuries and rehabilitation. Prerequisites: HH/KINE 3450 3.00; HH/KINE 3460 3.00; HH/KINE 3600 3.00; HH/KINE 3575 3.0, HH/KINE 4575 3.0. Open only to students in the Athletic Therapy Certificate or with permission of the Instructor. Prerequisite or corequisite: HH/KINE 3600 3.00.

**HH/KINE 4592, 4592A, 4592B 6.00 Athletic Therapy Field Placement**

Provides students the knowledge and experience to offer evidence-based Athletic Therapy services and develop/implement sport injury prevention and management programs to special populations. Students will demonstrate Athletic Therapy skills including emergency action planning, clinical and field assessment and treatment, exercise prescription, and concussion management. Students will develop and demonstrate these skills in a field placement setting. Prerequisite: Permission of Instructor around corequisites and experience/qualifications. Corequisite: HH/KINE 4590 6.00. Notes: 1) Students will be responsible for arranging their own transportation to and from the placement. 2) Students must be in their last year of the Athletic Therapy Certificate Program and must have a current Vulnerable Sector Screening clearance letter.

**HH/KINE 4593 3.00 Athletic Therapy Integrative Seminar & Skills**

Provides students with the required knowledge, psychomotor and communication skills relating to advanced integrative related case studies discussed in the field of Athletic Therapy. The course includes classroom focused experiential education through practical lab sessions, guest speakers and case studies. Skills will include (but are not limited to) functional/surface anatomy, taping/support techniques, clinical and field orthopaedic evaluation and tests, electrotherapeutic modality application, manual

therapies, therapeutic exercise, and return to sport skills and decisions. Lab-based activities such as role-playing, mini-case study analysis, simulations and reflection will be integrated.

Prerequisites: HH/KINE 3502 3.00, HH/KINE 3503 3.00

Corequisites: HH/KINE 4592 6.00

Open to: Athletic Therapy Certificate Program Students within Kinesiology and Health Science

### **HH/KINE 4595 3.00 Ethics for Kinesiology and Health**

Provides grounding in ethical theories and approaches, and applies ethical paradigms to issues in kinesiology and health science. Prerequisite: HH/KINE 1000 6.00.

### **HH/KINE 4620 3.00 Counselling Skills for Kinesiology and Health Science**

Explores concepts, issues and skills related to "embedded" helping/counselling from a person-centred framework. Effective professional relationships and motivational interviewing are emphasized. Supervised skills practice is included. Relevant to persons working in health care, education and community services. Prerequisite: HH/PSYC 1010 6.00. Note: This course does not count for science credit.

### **HH/KINE 4635 3.00 Immigration and Culture: Implications for Sport, Physical Activity and Health**

Examines the history of immigration in Canada, how immigration and diversity have been 'managed,' and the subsequent impact on sport, physical activity, and health promotion experiences and programming. Applies key aspects of immigration management paradigms, ranging from assimilation to multiculturalism; and analyzes how these different approaches to immigration shape health and physical activity experiences. Prerequisite: HH/KINE 1000 6.00

### **HH/KINE 4640 3.00 Lifestyle and Current Health Issues**

This course explores the relationship between health knowledge, health attitudes and health actions of individuals in modern society. Decision-making processes are investigated relative to levels of growth and development and the quality of interactions in a variety of environments. Three lecture hours per week. One term. Prerequisite: AS/HH/SC/KINE 2020 3.00. Course credit exclusions: None.

### **HH/KINE 4645 3.00 Active Living and Ageing**

The purpose of this course is to assist students in developing insight into the physical and health needs of the elderly. Emphasis is placed upon identifying active ageing opportunities and exploring environments in which physical activity is integrated into daily living. Prerequisite: AS/HH/SC KINE 3350

3.00. Course credit exclusions: None. Note: This course does not count for science credit.

### **HH/KINE 4646 3.00 Delivering Exercise to the Aging: Knowledge to Action**

Delivering Exercise to the Aging: a continuum from evidence-based knowledge to clinical application. Students first review current knowledge of age-related physiological, social and psychological changes confronting individual and population health. Next studied are the attenuating effects of exercise. Finally, students apply the Knowledge Translation framework to design a program to meet the needs of an aging cohort in their community. Prerequisite: HH/KINE 1020 6.00 Pre/Corequisite: HH/KINE 4010 3.00.

### **HH/KINE 4650 3.00 Sport, Physical Activity and Youth Development**

Explores developmental theories and psychosocial research that facilitate understanding of positive youth development through sport and physical activity. Students will be introduced to theoretical and empirical research from developmental psychology and sport psychology fields. Specific discussions and applications will focus on conditions that facilitate youths' healthy involvement in sport and physical activity. Prerequisite: HH/KINE 3000 3.00.

### **HH/KINE 4660 3.00 Exercise and Addictive Behaviours**

Examines a variety of topics in the area of exercise and health psychology with a particular emphasis on the adaptive and maladaptive aspects of exercise, as well as on issues concerning body image, food intake and eating disorders. Prerequisites: HH/PSYC 1010 6.00; HH/KINE 3000 3.00.

### **HH/KINE 4680 3.00 Advanced Social and Psychological Contributors to Exercise Behaviour**

Focuses on the social and psychological antecedents and consequences of exercise behaviour. Emphasis is placed on understanding concepts, principles, and theories and how these may be applied to research as well as the promotion and maintenance of exercise. Prerequisite: HH/KINE 3000 3.00.

### **HH/KINE 4710 3.00 Psychology of Health and Chronic Disease**

Explores the role of psychological variables in the development, progression and treatment of chronic diseases such as coronary heart disease, cancer and AIDS. Other critically reviewed topics include stress, substance abuse (smoking and alcohol), and injury and violence. Prerequisite: HH/PSYC 1010 6.00. Course credit exclusions: HH/PSYC 3170 3.00.

### **HH/KINE 4715 3.00 Experiential and Interprofessional Field Placement in Cardiovascular and Chronic Disease Prevention and Management**

Chronic disease prevention and management programs are comprehensive, outpatient programs involving medical evaluation, prescribed exercise, risk

factor modification, education, and counseling. This course prepares students with the knowledge and experience to provide evidence-based physical activity advice as well as health behaviour change education and support to chronic disease outpatients in an interprofessional setting.

Prerequisites/Corequisites: HH/KINE 4010 3.00, HH/KINE 4020 3.00.

Note 1: Students must have access to personal transportation to get to and from the program each week.

Note 2: Students must have completed a minimum of 84 credits of their undergraduate Kinesiology & Health Science degree with a minimum of a B+ GPA.

**HH/KINE 4720 3.00 Secondary Prevention of Heart Disease: Cardiac Rehabilitation in a Global Context**

Examines the secondary prevention of cardiovascular disease from a behavioural, psychosocial and health services lens. Major emphasis is placed on cardiac rehabilitation, with regard to delivery, effects on health outcomes, and equitable access. Development of cardiac rehabilitation in low-resource settings, and global efforts in control of non-communicable diseases will also be examined.

Corequisite: HH/GH 2100 3.00 or HH/IHST 2100 3.00 or HH/KINE 2049 3.00 or HH/NURS 3515 3.00

Cross-listed to: HH/GH 4720 3.00, HH/NURS 4700 3.00

Course Credit Exclusions: HH/IHST 4720 3.00

**HH/KINE 4740 3.00 Psychology of Sport Injury and Rehabilitation**

This course deals with the psychosocial aspects of sport injury. Through this course, the students gain an understanding of the psychological and sociological aspects of sport injury, the impact of pain, and the psychological implications of long term rehabilitation. Psychological interventions are highlighted within case histories and a return to an active lifestyle is the goal of the interventions. Prerequisite: HH/PSYC 1010 6.00.

**HH/KINE 4900 3.00 Exercise Therapy for Chronic Diseases**

An overview of the use of exercise and physical activity in the evaluation and treatment of a variety of chronic diseases and disabilities. Prerequisite: HH/KINE 4010 3.00.

**HH/KINE 4901 3.00 Exercise Therapy for Chronic Diseases: Cardiovascular Diseases**

Provides the evidence supporting exercise as a tool for the evaluation, prevention and therapy of chronic cardiovascular diseases. The course will present the key molecular physiological concepts of clinical exercise and cardiovascular physiology. Students will apply these concepts to chronic cardiovascular diseases with an emphasis on scientific evidence

supporting the benefits of exercise in disease management. Prerequisite: HH/KINE 4010 3.00.

# Practicum Course List

## Aquatic Courses

HH/PKIN 0200 0.00 Swimming I  
HH/PKIN 0240 0.00 Lifesaving  
HH/PKIN 0261 0.00 Lifeguarding I  
HH/PKIN 0262 0.00 Lifeguarding II  
HH/PKIN 0270 0.00 Skin Diving  
HH/PKIN 0285 0.00 Aqua Fitness (Deep Water)  
HH/PKIN 0286 0.00 Sports Conditioning in an Aquatic Environment  
HH/PKIN 0291 0.00 Aquatic Instructor I  
HH/PKIN 0292 0.00 Aquatic Instructor II  
HH/PKIN 0294 0.00 Aquatic Games  
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 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 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 0340 0.00 Softball  
HH/PKIN 0350 0.00 Team Handball I  
HH/PKIN 0370 0.00 Frisbee Sports  
HH/PKIN 0390 0.00 Basic Team Sport Skills  
HH/PKIN 0392 0.00 Games Through the Ages

## 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 Pilates: Restorative  
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 0408 0.00 Restorative Pilates II  
HH/PKIN 0409 0.00 Modern Practical Self Defense  
HH/PKIN 0415 0.00 Court Games  
HH/PKIN 0435 0.00 Tennis I  
HH/PKIN 0436 0.00 Tennis II  
HH/PKIN 0440 0.00 Badminton I  
HH/PKIN 0460 0.00 Strength Training  
HH/PKIN 0465 0.00 Olympic 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 0560 0.00 Modern Dance I

HH/PKIN 0562 0.00 Popular Culture Movie/Video Dance  
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 0597 0.00 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 0811 0.00 Clinical Placement in Athletic Therapy I  
HH/PKIN 0812 0.00 Clinical Placement in Athletic Therapy II  
HH/PKIN 0813 0.00 Clinical Placement in Athletic Therapy III  
HH/PKIN 0821 0.00 Clinical Skills I  
HH/PKIN 0822 0.00 Clinical Skills 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: Students who have completed at least one of the following, 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, should take HH/PKIN 0270 0.00, HH/PKIN 0285 0.00 or HH/PKIN 0294 0.00 instead.

### HH/PKIN 0240 0.00 Lifesaving

A lifesaving course which provides students with water skills associated with self-rescue and techniques for rescuing others safely. Assessment and first aid skills for emergencies in aquatic settings are included. Upon successful completion of certification standards students are eligible to receive: The Lifesaving Society Bronze Star, Bronze Medallion and Bronze Cross. Prerequisites: HH/PKIN 0200 0.00, 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.

### 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 certification requirements students are eligible to receive the Lifesaving Society 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 certification requirements students are eligible to receive the Lifesaving Society 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 02621 0.00. 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 0270 0.00 Skin Diving

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: ability to swim.

### HH/PKIN 0285 0.00 Aqua Fitness (Deep Water)

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: HH/PKIN 2000 2.00 or equivalent.

### HH/PKIN 0286 0.00 Sports Conditioning in an Aquatic Environment

Focuses on training techniques in a deep water aquatic environment such as resistance training, increased flexibility through buoyancy, cardiovascular enhancement and endurance. Core stabilization is greatly intensified by working vertically in the water. Lessened impact on the joints helps to prevent injuries or assists in healing them. Prerequisite: HH/PKIN 0200 0.00 or equivalent. Note: There is an additional option for certification as a WaterArt Sports Conditioning Specialist. 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.

### 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.

**HH/PKIN 0294 0.00 Aquatic Games**

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: HH/PKIN 2000 2.00 or equivalent.

**HH/PKIN 0295 0.00 Pre-Swim I**

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.

## 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).

Only one of HH/PKIN 0301 0.00, HH/PKIN 0302 0.00, or HH/PKIN 0303 0.00 may be taken for credit.

**HH/PKIN 0305 0.00 Field Hockey I**

Stresses fundamental stick handling skills and rules of play. Individual and team offence and defence are practiced and developed in game situations.

**HH/PKIN 0306 0.00 Field Hockey II**

Advanced skills and team play are built on the techniques learned in HH/PKIN 0305 0.00. An introduction is made to the "art of coaching". Prerequisite: HH/PKIN 0305 0.00.

**HH/PKIN 0308 0.00 Football I**

Introduces the student to the basic skills involved in the various positions of a football team.

**HH/PKIN 0312 0.00 Hockey I**

Teaches each student the fundamental skills of ice hockey. Canadian Hockey Association Coaching Certification may be granted with successful completion of this course.

**HH/PKIN 0328 0.00 Soccer I**

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.

**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)**

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.

**HH/PKIN 0332 0.00 Volleyball I**

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.

**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. Limited involvement as a minor official in a volleyball event is utilized in the course pedagogy. Prerequisite: HH/PKIN 0332 0.00.

**HH/PKIN 0340 0.00 Softball**

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.

**HH/PKIN 0350 0.00 Team Handball I**

For more details including a course description, please consult the Kinesiology and Health Science supplemental calendar.

**HH/PKIN 0370 0.00 Frisbee Sports**

Features skills development, competitive sports and cooperative games in team and individual formats for disc sports.

**HH/PKIN 0390 0.00 Basic Team Sport Skills**

Introduces 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.

**HH/PKIN 0392 0.00 Games Through the Ages**

Students will learn skills, rules and tactics of games through the ages such as Earthball, Tlachi, Indian Kickball and Quidditch. This course is for students who are interested in learning to play active, creative and competitive games through fun, theatrics and physicality.

## Individual and Dual Sports

### HH/PKIN 0400 0.00 Tai Chi I

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.

### 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.

### HH/PKIN 0403 0.00 Pilates: Restorative

This course explores and analyzes deep (body core) movements for stability and mobility. Students experience and develop skills in assessing and correcting alignment issues and common muscle imbalances utilizing principles of movement coupled with an understanding of skeletal alignment. The course focuses on injury prevention and recovery. Course credit exclusion: HH/ PKIN 0408 0.00

### 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.

### HH/PKIN 0405 0.00 Pilates

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.

### HH/PKIN 0406 0.00 Kung-Fu

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 0408 0.00 Restorative Pilates II

Builds upon the foundations established in HH/PKIN 0403 0.00. This Pilates course examines proper alignment and mechanics of the arms and legs. This course analyzes common problems in the shoulder, hip, feet, ankle and knee joints. The focus of this course is rehabilitating/avoiding injuries by learning the Mindful Movement techniques of Restorative Pilates. Prerequisite: HH/PKIN 0403 0.00.

### HH/PKIN 0409 0.00 Modern Self Defense

This practicum combines fitness and training philosophies from multiple self-defense disciplines. This course will teach the students to prevent and deal with many kinds of violence. The course covers several self-defense topics such as prevention, avoidance, escape, and defending various attacks.

### 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.

### 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.

### 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 0440 0.00 Badminton I

Teaches introductory and intermediate level of basic skills and play. Emphasis is on developing correct technique and strategies for singles and doubles.

### HH/PKIN 0460 0.00 Strength Training

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.

### HH/PKIN 0465 0.00 Olympic Weightlifting

The focus of this course is to become familiar with Olympic Weight Training equipment and methods. Instruction will be provided by Certified Olympic Weight Training personnel.

## Dance/Gymnastics Courses

### HH/PKIN 0500 0.00 Basic Movement

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.

#### **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.

#### **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.

#### **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 0560 0.00 Modern Dance I**

An introduction to the basic technique of the Limon style and the principles of modern dance choreography.

#### **HH/PKIN 0562 0.00 Popular Culture Movie/Video Dance**

Focuses on learning how to dance in formations done in iconic movies and music videos, from the most recent, to the favourites of years gone by. Students will work together to recreate dances that have dominated popular culture and appeared in movies and on television over the past 70 years. This course will incorporate many different dance styles.

#### **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**

Introduces ballroom dance providing experience with different forms of American style ballroom dance. Emphasis is placed on the use of basic ballroom dance steps, combinations, and dances, and how they relate to music. At least four different ballroom dances are taught. Select dances from the following are covered: Waltz, Foxtrot, Tango, Cha Cha, Rumba, Swing, Bolero, and Mambo.

#### **HH/PKIN 0575 0.00: Ballroom Dance II**

Designed to expand upon steps, dances, and style characteristics learned in HH/PKIN 0570 0.00. Students learn more advanced American style ballroom steps, combinations, dances, and partnering work, as well as Latin social dances. Select dances from the following are taught: Waltz, Foxtrot, Tango, Cha Cha, Rumba, Swing, Bolero, Mambo, Salsa, and Samba. Prerequisite: HH/PKIN 0570 0.00.

#### **HH/PKIN 0585 0.00 Country Dance**

Places emphasis on teaching and learning basic Country Dance fundamentals including steps, positions, patterns, rhythms and styles.

#### **HH/PKIN 0590 0.00 Jazz Dance I**

An introduction to jazz rhythm, musical phrasing, and physical fundamental movements.

#### **HH/PKIN 0597 0.00: 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.

#### **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: All Kinesiology and Health Science students are required to complete HH/PKIN 0750 0.00 or an advanced level emergency care PKIN i.e., HH/PKIN 0751 0.00. 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 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 last two 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 Instructor. Corequisite: HH/PKIN 0762 0.00. 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. 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 equivalent.

## Additional Practicum Courses

### **HH/PKIN 0811 0.00 Clinical Placement in Athletic Therapy I**

This course is designed for Athletic Therapy Certificate students who are in their first-year in the Athletic Therapy Certificate. The clinical experience allows students to apply Athletic Therapy academic knowledge in applied settings. Students will practice basic assessments and treatments under supervision. Open to: Athletic Therapy Certificates students only.

### **HH/PKIN 0812 0.00 Clinical Placement in Athletic Therapy II**

This course is designed for Athletic Therapy Certificate students who are in their second-year in the Athletic Therapy Certificate. This clinical experience allows students to apply Athletic Therapy academic knowledge in applied settings while under supervision. Open to: Athletic Therapy Certificates students only.

### **HH/PKIN 0813 0.00 Clinical Placement in Athletic Therapy III**

This course is designed for Athletic Therapy Certificate students who are in their third-year in the Athletic Therapy Certificate. This clinical experience allows students to apply Athletic Therapy theoretical knowledge in applied settings while under supervision. Open to: Athletic Therapy Certificates students only.

### **HH/PKIN 0821 0.00 Clinical Skills I**

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. Corequisites: HH/KINE 0822 0.00, HH/KINE 4575 3.00. Note 1: Moodle Access. Note 2: Students must successfully complete both HH/PKIN 0821 0.00 and HH/PKIN 0822 0.00 in order to satisfy the requirements for the Athletic Therapy Certificate.

### **HH/PKIN 0822 0.00 Clinical Skills II**

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. Corequisites: HH/KINE 0821 0.00, HH/KINE 4575 3.00. Note 1: Moodle Access. Note 2: Students must successfully complete both HH/PKIN 0821 0.00 and HH/PKIN 0822 0.00 in order to satisfy the requirements for the Athletic Therapy Certificate.

### **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.

**HH/PKIN 0861 0.00 Personal Training I**

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. 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**

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. 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.

# STUDENT LIFE

## Kinesiology and Health Science Student Organization (KAHSSO)

KAHSSO is affiliated with the school of Kinesiology and Health Science and Stong College. We work collaboratively with Stong College, Kinesiology and Health Science Department, and Stong College Student Government to bring the best service to the Kinesiology student body. KAHSSO is a student-led organization that represents and supports the KINE community and provides students with empowering and engaging opportunities to integrate into the York community and help them achieve both professional and academic fulfillment through student success programs and activities. Please browse around the website to get introduced to our academic programs and social events.

### KAHSSO's Vision, Mission, & Values

**VISION:** Fostering student success and leadership by

- Providing accessible professional development and academic resources and opportunities to KINE, Faculty of Health, York University students, and beyond through a variety of platforms
- Supporting students in their pursuit of finding their true potential

### MISSION:

- Addressing academic and social needs of students.
- Create a sense of belonging for future, current, and graduating students.
- Serve as community role models.

### Values

- Promoting personal growth through leadership opportunities
- Fostering intellectual and social development
- Promoting equity, diversity, and inclusivity
- Advocating for mental health & wellness

### Get Involved

Want to be a part of KAHSSO?

Visit our website for additional information and updates!

<https://kahsso.club.yorku.ca/>

[kahssoyu@gmail.com](mailto:kahssoyu@gmail.com)

## Student Community and Leadership Development (SCLD)

Enrich your student experience by joining one or more of over 320 clubs and organizations, and get involved with student government, York is U, leadership programming, sports and recreation or residence life.

Ross Building, Room S172  
Tel: (416) 736-5144  
[www.yorku.ca/scld](http://www.yorku.ca/scld)

## Student Success in the Faculty of Health Your College Experience

The Faculty of Health and its affiliated Colleges, Calumet College and Stong College, are committed to student success throughout your University experience. Through peer mentorship, leadership and development and peer assisted learning programs delivered by the Colleges, we aim to help you build knowledge, skills and abilities to graduate, pursue a career or future studies and to become an Agent of Change for Health, transforming lives, systems, communities and the World!

As a student in the Faculty of Health, you are automatically a member of a College. Nursing and Kinesiology and Health Science students are members of Stong College. Psychology, Global Health as well as Health Policy and Management students are members of Calumet College. Your academic program, the Faculty of Health and the two Colleges work together to enrich learning that happens both in and outside of the classroom.

The Colleges are where you can study, meet with friends, share meals, or find the offices of student organizations. You can join student clubs and participate in intramural sports or extracurricular activities. Most importantly, the Colleges run programs to support success in your courses and to provide opportunities for you to learn, lead and grow through participation in co-curricular activities, volunteering and work.

### College Student Success Programs

New Student Transition    YU START

Academic Orientation

Academic Success

Peer Assisted Study Group Sessions (P.A.S.S.)

Mentoring

Peer Tutoring

Course Representative Program

Leadership & Development

Agents of Change

Health and Wellness

Leadership Exploration & Development

**Join the College communities and learn about our programs!**

Browse our website:

[www.yorku.ca/stong](http://www.yorku.ca/stong) and [www.calumet.yorku.ca](http://www.calumet.yorku.ca)

# Helpful Websites & Resources

School of Kinesiology and Health Science  
[www.kine.info.yorku.ca/](http://www.kine.info.yorku.ca/)

Current Students Web site  
[www.yorku.ca/yorkweb/cs.htm](http://www.yorku.ca/yorkweb/cs.htm)

Degree Progress Report  
[www.registrar.yorku.ca/mydegreepress](http://www.registrar.yorku.ca/mydegreepress)

Faculty of Health Website  
[www.health.info.yorku.ca](http://www.health.info.yorku.ca)

cGPA calculator  
[www.health.info.yorku.ca/current-student-information/calculate-your-gpa](http://www.health.info.yorku.ca/current-student-information/calculate-your-gpa)

Grade Report  
[www.registrar.yorku.ca/grades/report](http://www.registrar.yorku.ca/grades/report)

Office of Student Financial Services  
[www.sfs.yorku.ca](http://www.sfs.yorku.ca)

Student Portal  
[my.yorku.ca](http://my.yorku.ca)

## Academic Support Services

### Learning Skills Services

[www.yorku.ca/cds/lss](http://www.yorku.ca/cds/lss)

Learning Skills offers individual counselling, workshops, and online modules designed to improve learning skills and academic success.

### Library Services

[www.library.yorku.ca](http://www.library.yorku.ca)

York University has five libraries on Keele campus, they provide a large collection of materials for your research needs including support.

### Writing Department

[www.yorku.ca/laps/writ](http://www.yorku.ca/laps/writ)

Writing Department provides support to help you become a confident and excellent writer by offering credit courses, one-to-one and small group instruction.

### YULearn Commons

[www.yorku.ca/yulearn](http://www.yorku.ca/yulearn)

YULearn is your gateway to York University's extensive resources to support your research, writing and critical skills development.

## FACULTY MEMBERS / INSTRUCTORS

Dial the main York number (416 736 2100) and the 5-digit extension shown below to reach any of the following by telephone:

Abdul Sater, A.	77226	353 Farquharson	aasater@yorku.ca
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Baker, J.	22361	338 Bethune College	bakerj@yorku.ca
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Belcastro, A.	55403	333B Bethune College	anbelcas@yorku.ca
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