

KINESIOLOGY AND APPLIED HEALTH (KIN)

Updated March 14, 2025

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

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

DEGREES/PROGRAMS OFFERED

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

MISSION

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

INTRODUCTION

Kinesiology is the art and science of human movement from a psychological, sociological, biological, mechanical and physiological perspective. Professionals in the field of Kinesiology are interested in increasing physical activity participation, enhancing sport performance, development of physical literacy, the technical and tactical aspects of coaching, the short and long term effects of exercise, and the role of physical activity in society.

The Department of Kinesiology and Applied Health at The University of Winnipeg is student-centred with small classes and labs and accessible professors. Our professors have expertise and research interests in areas that include inclusive physical activity, physical activity and aging, sports nutrition, coaching, sport and exercise psychology, motor control, exercise physiology, biomechanics, and athletic therapy

REQUIREMENTS FOR A 3-YEAR BACHELOR OF PHYSICAL AND HEALTH EDUCATION (BPHE)

ADMISSION REQUIREMENT	Students are advised to consult with a member of the Department in planning their course of study.
GRADUATION REQUIREMENT	90 credit hours
RESIDENCE REQUIREMENT	
Degree:	Minimum 30 credit hours
Major:	Minimum 18 credit hours
GENERAL DEGREE REQUIREMENT	
Humanities:	12 credit hours in Humanities
Science:	6 credit hours in Science
Writing:	Minimum 3 credit hours of Academic Writing
Indigenous:	3 credit hours in designated Indigenous requirement courses
Maximum Introductory Courses:	Students may use a maximum of 42 credit hours at the 1000 level. Of these, a maximum of 6 credit hours may be below the 1000 level. As a result, students must take a minimum of 48 credit hours at the 2000-level or above in order to not exceed the maximum number of introductory courses.
Distribution:	Minimum three (3) credit hours from each of five (5) different subjects.
MAJOR REQUIREMENT	
Single Major:	Minimum 42 credit hours/Maximum 54 credit hours in the Major subject.
Double Major:	Minimum 42 credit hours in Kinesiology and Applied Health and specified number of credit hours in the other department/program.

KINESIOLOGY MAJOR (Teachable Major)

Required Courses:

KIN-1101(3)	Introduction to Kinesiology
KIN-1102(3)	Introduction to Health
BIOL-1112(6)*	Human Anatomy and Physiology
KIN-1601(3)	Nutrition for Health and Wellness
KIN-2102(3)	Pedagogical Theories and Models for Physical Activity and Sport
KIN-2104(3)	Outdoor Education
KIN-2105(3)	Sport and Exercise Psychology

KIN-2202(3)*	Prevention and Care of Sport Injuries
KIN-2207(3)	Physical Growth and Motor Development
KIN-2301(3)*	Human Musculoskeletal Anatomy
KIN-2304(3)*	Scientific Principles of Fitness and Conditioning
KIN 3103(3)	Inclusive Physical Activity
KIN-3110(1.5)	Instruction in Individual/Dual Based Activities
KIN-3111(1.5)	Instruction in Team Based Activities
KIN-3112(1.5)	Instruction in Rhythmic & Gymnastic Based Activities
KIN 3113(1.5)	Instruction in Fitness Activities
KIN-3209(3)	Motor Control and Learning

*any 2 will fulfill the science requirement within the Bachelor of Physical Health and Education degree.

KINESIOLOGY TEACHABLE MINOR

Required courses:

KIN-1101(3)	Introduction to Kinesiology
KIN-1102(3)	Introduction to Health
KIN-2102(3)	Pedagogical Theories and Models for Physical Activity and Sport
KIN-2207(3)	Physical Growth and Motor Development
KIN-3103(3)	Inclusive Physical Activity

3 credit hours from:

KIN-3110(1.5)	Instruction in Individual/Dual Based Activities
KIN-3111(1.5)	Instruction in Team Based Activities
KIN-3112(1.5)	Instruction in Rhythmic & Gymnastic Based Activities
KIN 3113(1.5)	Instruction in Fitness Activities

REQUIREMENTS FOR A 4-YEAR BACHELOR OF KINESIOLOGY

ADMISSION REQUIREMENT

Students are advised to consult with a member of the Department in planning their course of study.

GRADUATION REQUIREMENT

120 credit hours

RESIDENCE REQUIREMENT

Degree: Minimum 60 credit hours
Major: Minimum 30 credit hours

GENERAL DEGREE REQUIREMENT

Humanities: 12 credit hours in Humanities
Science: 12 credit hours in Science
Writing: Minimum 3 credit hours of Academic Writing
Indigenous: 3 credit hours in designated Indigenous requirement courses
Maximum Introductory Courses: Students may use a maximum of 42 credit hours at the 1000 level. Of these, a maximum of 6 credit hours may be below the 1000 level. As a result, students must take a minimum of 78 credit hours at the 2000-level or above in order to not exceed the maximum number of introductory courses.
Distribution: Minimum three (3) credit hours from each of five (5) different subjects.

MAJOR REQUIREMENT

Major: Minimum 60 credit hours/Maximum 78 credit hours in the Major subject.

Required Courses:

BIOL-1112(6)*	Human Anatomy and Physiology
KIN-1101(3)	Introduction to Kinesiology
KIN-1601(3)	Nutrition for Health and Wellness
KIN-2105(3)	Sport and Exercise Psychology
KIN-2200(3)	Issues in Sport or KIN-2305(3) Issues in Health
KIN 2201(3)*	Biomechanics 1: Introduction to Movement Analysis
KIN-2204(3)*	Human Physiology
KIN-2301(3)*	Human Musculoskeletal Anatomy
KIN-2304(3)	Scientific Principles of Fitness Conditioning
KIN-3106(3)*	Exercise Physiology
KIN-3201(3)*	Biomechanics 2: Kinetics
KIN-3209(3)	Motor Control and Learning
KIN-3305(3)	Physical Activity: Promotion and Adherence

6 credit hours from:

SOC-2000(3)	Sociology of Sport
KIN/CLAS-2061(3)	Sport in the Ancient Greek World

KIN/CLAS-2062(3)	Sport in the Ancient Roman World
KIN/CLAS-2850(3)	The Classical Roots of Medical Terminology
HIST-2912(3)	The History of Modern Medicine
KIN/CLAS-3060/	Health in Antiquity
ANTH-3262(3)	
HIST-3913(3)	The History of Disease
KIN-4104(3)	Sport Ethics

*any 2 will fulfill the science requirement within the Bachelor of Kinesiology degree.

Choose a minimum of 18 additional credit hours from other Kinesiology and Applied Health courses, for a minimum total of 60 credit hours and a maximum of 78 credit hours. A minimum of 18 total credit hours of Kinesiology and Applied Health courses must be at the 3000 or 4000 level.

Statistics Requirement:

Choose 3 credit hours from:

PSYC-2101(3)**	Introduction to Data Analysis (prereq. PSYC-1000(6))
SOC-2125(3)**	Introduction to Quantitative Research Methods (prereq. KIN-1101(3), or SOC-1100(3), or CJ-1002(3))
STAT-1301(3)	Statistical Analysis I (prereq Pre-calculus Math 40S or Applied Math 40S)
STAT-1501(3)	Elementary Biological Statistics I (prereq Pre-calculus Math 40S or Applied Math 40S)

** Courses with prerequisites

Research Design and Methods Requirement

KIN-2256(3)	Research Methods in Kinesiology (pre-req KIN-1101 and one of STAT-1301(3), STAT-1501(3), or SOC-2125(3))
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** Courses with prerequisites

Canadian Memorial Chiropractic College Academic Pathway

The University of Winnipeg and the Canadian Memorial Chiropractic College have entered into an articulation agreement in which students can complete three years of study towards the 4 year BKin degree and apply for early consideration to the Chiropractic College after their second year of study; if accepted by CMCC, they would transfer to the Chiropractic College after their third year of study at the University of Winnipeg and go on to complete four more years of study towards a degree in Chiropractic; after which time, The University of Winnipeg will recognize one year of Chiropractic study towards a 4 year BKin degree. Upon completion, students will graduate with two degrees within a 7 year span that would have otherwise taken 8 years to complete.

To be accepted into the CMCC Academic Pathway you must contact the Department Assistant in the Department of Kinesiology and Applied Health at kinesiology@uwinnipeg.ca or by phone 204.786.9024.

REQUIREMENTS FOR A 4-YEAR BSc IN KINESIOLOGY (ATHLETIC THERAPY)

ADMISSION REQUIREMENT	Students must complete an Enhanced Major Declaration and then be successful in the selection process. Entry into this program is limited. It is recommended students begin in the BKin and then apply for the Enhanced Major. Students are advised to consult with a member of the Department in planning their course of study.
GRADUATION REQUIREMENT	120 credit hours
RESIDENCE REQUIREMENT	
Degree:	Minimum 60 credit hours
Major:	Minimum 30 credit hours
GENERAL DEGREE REQUIREMENT	
Humanities:	12 credit hours in Humanities
Science:	6 credit hours in Science
Writing:	Minimum 3 credit hours of Academic Writing
Indigenous:	3 credit hours in designated Indigenous requirement courses
Maximum Introductory Courses:	Students may use a maximum of 42 credit hours at the 1000 level. Of these, a maximum of 6 credit hours may be below the 1000 level. As a result, students must take a minimum of 78 credit hours at the 2000-level or above in order to not exceed the maximum number of introductory courses.
Distribution:	Minimum three (3) credit hours from each of five (5) different subjects.
MAJOR REQUIREMENT	
Major:	Minimum 84 credit hours/Maximum 87 credit hours.

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

BIOL-1112(6)	Human Anatomy & Physiology
KIN-1101(3)	Introduction to Kinesiology

KIN-1601(3)	Nutrition for Health and Wellness
KIN-2105(3)	Sport and Exercise Psychology
KIN -2201(3)*	Biomechanics 1: Introduction to Movement Analysis
KIN-2202(3)	Prevention and Care of Sport injuries
KIN-2204(3)	Human Physiology
KIN-2301(3)	Human Musculoskeletal Anatomy
KIN-2304(3)	Scientific Principles of Fitness and Conditioning
KIN-3209(3)	Motor Control and Learning
KIN-3505(3)	Pathology in Sport Medicine

Statistics Requirement:

Choose 3 credit hours from:

PSYC-2101(3)**	Intro to Data Analysis (prereq PSYC-1000)
SOC-2125(3)**	Introduction to Quantitative Research Methods (pre req. KIN-1101(3), or SOC-1100(3), or CJ-1002(3))
STAT-1301(3)**	Statistical Analysis I (prereq Pre-calculus Math 40S or Applied Math 40S)
STAT-1501(3)**	Elementary Biological Statistics I (prereq Pre-calculus Math 40S or Applied Math 40S)

**** Courses with prerequisites**

Research Design and Methods Requirement:

KIN 2256(3)	Research Methods in Kinesiology (pre-req KIN-1101 and one of the STAT-1301 (3), STAT-1501 (3), or SOC-2125(3))
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**** Courses with prerequisites**

Required courses following acceptance in the Program:

BUS-2755(3)	Business Planning Basics
KIN-3100(3)	Professionalism in Applied Health
KIN-3106(3)	Exercise Physiology
KIN-3107(3)	Therapeutic Modalities in Sport Medicine
KIN-3202(3)	Musculoskeletal Support Techniques
KIN-3301(3)	Applied Human Anatomy
KIN-3304(3)	Advanced Resistance Training
KIN-3305(3)	Physical Activity: Promotion and Adherence
KIN-3500(6)	Athletic Therapy: Practicum 1
KIN-3501(3)	Assessment of Upper and Lower Body Sport Injuries
KIN-3502(3)	Rehabilitation of Upper and Lower Body Sport Injuries
KIN-3504(3)	Sport First Responder
KIN-3506(3)	Soft Tissue Manual Therapy
KIN-4106(3)	Exercise Physiology in Chronic Disease
KIN-4500(6)	Athletic Therapy Practicum 2
KIN-4501(3)	Sports Injuries of the Spine
KIN-4502(3)	Drugs and Ergogenic Aids in Sport

REQUIREMENTS FOR AN HONOURS DEGREE IN KINESIOLOGY and APPLIED HEALTH

The Honours program gives students of demonstrated ability an opportunity to engage more extensively with the subject matter of Kinesiology and conduct original research within the field. Honours students must consult with and identify an Honours Kinesiology and Applied Health supervisor prior to registration in the Honours program. Students can complete an Honours degree in the 4-year BKin degree.

ADMISSION REQUIREMENT

Entry into the program after completing a minimum of 60 credit hours.
A minimum grade of 'B' in the statistics and research methods requirements
A minimum GPA of 3.0 across all Kinesiology and Applied Health courses completed at the time of application.

G.P.A. Requirement

To graduate with a BKin Honours, students must have a minimum of 3.0 on all major (Kinesiology) courses which will be calculated on all course attempts in the major. A minimum of 2.75 GPA on all non-major courses which will be calculated as for the general degree (i.e., F's are not included and, in the case of repeated courses, only the highest grade will be used).

GRADUATION REQUIREMENT

120 credit hours

RESIDENCE REQUIREMENT

Degree:	Minimum 60 credit hours
Honours:	Minimum 30 credit hours

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

ADVISOR REQUIREMENT

After completion of a minimum of 60 credit hours, interested students are encouraged to contact a faculty member with expertise in the area they wish to study to serve as an advisor. Once the faculty member has agreed to serve as advisor and has committed to supervising the student for the duration of the degree, students are instructed to contact the department Chair to apply to the honours program.

HONOURS REQUIREMENT

Single Honours:

Minimum 60 credit hours in the major subject

Minimum 30 credit hours in upper-level (3000 and 4000) courses of which a minimum of 15 credit hours must be at the 4000-level.

Required Courses:

Must complete all required course for the BKin degree in addition to Honours required courses).

Honours Required Courses:

KIN-4156 Honours Thesis I
KIN-4256 Honours Thesis II

GENERAL INFORMATION

Courses in the Department of Kinesiology and Applied Health are scheduled on a rotation basis. Since faculty members are responsible for multiple courses, a given course may not be scheduled annually. Every effort is made to offer all courses for timely access by students. Contact the Department to express interest in a particular course or in knowing when it will be next available.

COURSE LISTINGS

KIN-1101(3)	Introduction to Kinesiology	KIN-3111(1.5)	Instruction in Team Based Activities
KIN-1102(3)	Introduction to Health	KIN-3112(1.5)	Instruction in Rhythmic & Gymnastic Based Activities
KIN-1200(3)	Principles of Coaching	KIN 3113(1.5)	Instruction in Fitness Activities
KIN/		KIN-3201(3)	Biomechanics 2: Kinetics
CLAS-2060(3)	Sport in the Ancient World	KIN-3202(3)	Musculoskeletal Support Techniques
KIN-1601(3)	Nutrition for Health and Wellness	KIN-3206(3)	Directed Studies
KIN-2100(3)	Leadership in Sport: Emerging Perspectives	KIN-3208(3)	Physical Activity and Aging
KIN-2101(3)	Program Planning in Sport	KIN-3209 (3)	Motor Control and Learning
KIN-2102(3)	Pedagogical Theories and Models for Physical Activity and Sport	KIN-3301(3)	Applied Human Anatomy
KIN-2104(3)	Outdoor Recreation and Education	KIN-3304(3)	Advanced Resistance Training
KIN-2105(3)	Sport and Exercise Psychology	KIN-3305(3)	Physical Activity: Promotion and Adherence
KIN-2109(3)	Instructing Sport and Physical Activities	KIN-3500(6)	Athletic Therapy: Practicum 1
KIN-2111(3)	Coaching & Teaching Basketball I	KIN-3501(3)	Assessment of Upper and Lower Limb Sport Injuries
KIN-2112(3)	Coaching & Teaching Volleyball I	KIN-3502(3)	Rehabilitation of Upper and Lower Limb Sport Injuries
KIN-2200(3)	Issues in Sport	KIN-3504(3)	Sport First Responder
KIN-2201(3)*	Biomechanics 1: Introduction to Movement Analysis	KIN-3505(3)	Pathology in Sport Medicine
KIN-2202(3)	Prevention and Care of Sport Injuries	KIN-3506(3)	Soft Tissue Manual Therapy
KIN-2204(3)	Human Physiology	KIN-4104(3)	Sport Ethics
KIN-2207(3)	Physical Growth and Motor Development	KIN-4106(3)	Exercise Physiology in Chronic Disease
KIN-2301(3)	Human Musculoskeletal Anatomy	KIN-4156(3)	Honours Thesis I
KIN-2304(3)	Scientific Principles of Fitness & Conditioning	KIN-4200(3)	Advanced Seminar in Coaching
KIN-2305(3)	Issues in Health	KIN-4201(3)	Applied Biomechanics
KIN/		KIN-4206(3)	Directed Studies
CLAS-2850 (3)	The Classical Roots of Medical Terminology	KIN-4256(3)	Honours Thesis II
KIN-3100(3)	Professionalism in Applied Health	KIN-4344(3)	Fieldwork in Kinesiology
KIN-3103(3)	Inclusive Physical Activity	KIN-4500(6)	Athletic Therapy: Practicum 2
KIN-3105(3)	Psychological Skills in Sport and Life	KIN-4501(3)	Sports Injuries of the Spine
KIN-3106(3)	Exercise Physiology	KIN-4502(3)	Drugs and Ergogenic Aids in Sport
KIN-3107(3)	Therapeutic Modalities in Sport Medicine	KIN-4556(3)	Honours Seminar in Kinesiology
KIN-3110(1.5)	Instruction in Individual/Dual Based Activities	KIN-4601(3)	Nutrition for Sport Performance

COURSE DESCRIPTIONS

All course descriptions for all undergraduate programs can now be found in one large PDF called "All course descriptions" in the "Academic Calendar" section of the University website:

<http://uwinnipeg.ca/academics/calendar/index.html>