

KINESIOLOGY AND HEALTH STUDIES

School Notes

Subject Code for Health Studies: **HLTH**

Subject Code for Kinesiology and Physical Education: **KNPE**

Subject Code for Physical Activity Practicum Course: **PACT**

World Wide Web Address: <https://skhs.queensu.ca/>

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Overview

The School of Kinesiology and Health Studies offers a range of Program and Plan options to students in Arts and Science:

The **Kinesiology Specialization** Plan is a multi-disciplinary, science-based program that focuses on human movement in the applied exercise-science fields of study such as biomechanics, ergonomics, exercise physiology, and physical activity epidemiology. While the Plan is primarily science-based, students also learn about human movement in the context of exercise and sport psychology, health promotion, and the socio-cultural aspects of physical activity. The B.Sc. (Hons.) Kinesiology Plan has been designed to meet the minimum accreditation standards for Kinesiology programs accredited by the Canadian Council of University Physical Education and Kinesiology Administrators (CCUPEKA). Admission to the Kinesiology Specialization Plan, leading to a Bachelor of Science (Honours) degree, is by direct-entry from high school.

The **Health Studies** Plan is a social science concentration that addresses subject areas bearing on human health.

For the public health care system in Canada to function effectively both the social and physical determinants of health at the individual and societal level need to be understood in the context of health education, health policy, community health, and epidemiology. The core competencies of the Plan include health processes (e.g., implementation of programs and policies), health content (e.g., nutrition, sexuality), and supporting knowledge and concepts fundamental to the evaluation of health (e.g., behaviour, lifestyle choices). Major (<https://queensu-ca->

[public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-major-arts-ba-honours/](https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-major-arts-ba-honours/)), Medial (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-medial-arts-ba-honours/>) and Minor (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-minor-arts/>)/General (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-general-arts-ba/>) Plans in Health Studies are all available, leading to a Bachelor of Arts (Honours) degree, with admission based on first-year standing and grade in the foundational social determinants of health course (HLTH 101 Social Determinants of Health).

School Policies

Special Fee for the Outdoor Education Course

In addition to tuition, students registering in KNPE 338 Exploring Active Urban Communities will pay a fee (subject to change) of \$400 in order to defray the extraordinary costs involved in offering this outdoor education course. The School will be responsible for providing transportation, accommodation, food, and general equipment for the outdoor education camp school; personal equipment will be provided by the students. Financial penalties apply when these courses are dropped within 30 days of the start date. Consult the School of Kinesiology and Health Studies for details.

Advice to Students

Students in a Health Studies Plan may access KNPE 125 Introduction to Human Physiology, KNPE 225 Advanced Human Physiology, KNPE 251 Introduction to Statistics, KNPE 265 Psychology of Sport and Exercise, KNPE 335 Healthy Aging, KNPE 336 Community Field Placement in Disability and Physical Activity, KNPE 337 Physical Activity Promotion for Children and Youth, KNPE 338 Exploring Active Urban Communities, KNPE 365 Motivational Interviewing for Physical Activity Behaviour Change, KNPE 366 Race, Sport and Physical Activity KNPE 400 Professional Issues in Allied Health, KNPE 433 Global Sport and Disability, KNPE 436 Advanced Placement in Disability and Physical Activity and KNPE 450 Ergonomics.

A limited number of seats are available to students in Arts & Science in KNPE 367 Fitness, the Body and Culture with specific Sociology prerequisites. All other KNPE courses are only open to students registered in



a Kinesiology Specialization Plan (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/kinesiology-specialization-science-bs-honours/>).

Admission

Students wishing to enrol in Health Studies Major (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-major-arts-ba-honours/>), Medial (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-medial-arts-ba-honours/>) or Minor (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-minor-arts/>)/General (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-general-arts-ba/>) Plans follow the standard Arts and Science admission regulations, normally applying to these Plans at the end of first year.

Admission to the Kinesiology Specialization Plan within the Bachelor of Science (Honours) Program is by direct entry; students apply from high school directly to the Ontario Universities' Application Centre for access to this program. Once admitted, the student will be automatically enrolled in the Kinesiology Specialization Plan (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/kinesiology-specialization-science-bs-honours/>). Admission to the Physical and Health Education Plan, leading to a Bachelor of Physical and Health Education (Honours) (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/physical-education-specialization-physical-education-bph-honours/>) degree is closed, effective September 2017. The program closure will not impact students currently enrolled in the BPHEH program, as they will continue to be able to fulfill all of the degree requirements of the program.

The Bachelor of Science – Kinesiology General Plan (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/kinesiology-general-science-bs/>) is a graduation credentials only available to students who are otherwise unable to complete the corresponding Honours Specialization Program/Plan.

Faculty

Faculty Members: Mary Louise Adams (<https://skhs.queensu.ca/people/faculty/mary-louise-adams-phd/>), Elijah Bisung (<https://skhs.queensu.ca/elijah-bisung-phd/>), Patrick Costigan (<https://skhs.queensu.ca/people/faculty/patrick-costigan-phd/>), Jean Côté (<https://skhs.queensu.ca/people/faculty/jean-cote-phd/>), Stevenson Fergus (<https://skhs.queensu.ca/people/faculty/stevenson-fergus-phd/>), Brendon Gurd (<https://skhs.queensu.ca/people/faculty/brendon-gurd-phd/>), Ian Janssen (<https://skhs.queensu.ca/people/faculty/ian-janssen-phd/>), Samantha King (<https://skhs.queensu.ca/people/faculty/samantha-king-phd/>), Amy Latimer-Cheung (<https://skhs.queensu.ca/people/faculty/amy-latimer-cheung-phd/>), Eun-Young Lee (<https://skhs.queensu.ca/people/faculty/eun-young-lee-phd/>), Lucie Lévesque (<https://skhs.queensu.ca/people/faculty/lucie-levesque-phd/>), Luc Martin (<https://skhs.queensu.ca/people/faculty/luc-martin-phd/>), Gerome Manson (<https://skhs.queensu.ca/people/faculty/gerome-manson-phd/>), Jeffrey Masuda (<https://skhs.queensu.ca/people/faculty/jeffrey-masuda-phd/>), Chris McGlory (<https://skhs.queensu.ca/people/faculty/chris-mcglory-phd/>), Elaine Power (<https://skhs.queensu.ca/people/faculty/elaine-power-phd/>), Kyra Pyke (<https://skhs.queensu.ca/people/faculty/kyra-pyke-phd/>), Robert Ross (<https://skhs.queensu.ca/people/faculty/robert-ross-phd/>), Jessica Selinger (<https://skhs.queensu.ca/people/faculty/jessica-selinger-phd/>), Courtney Szto (<https://skhs.queensu.ca/people/faculty/courtney-szto-phd/>), Jennifer Tomasone (<https://skhs.queensu.ca/people/faculty/jennifer-tomasone-phd/>), Michael E. Tschakovsky (<https://skhs.queensu.ca/people/faculty/michael-e-tschakovsky-phd/>)

Cross-Appointed Members: Michael A. Adams (http://dbms.queensu.ca/faculty/michael_a_adams/), Brenda Brouwer (<http://www.rehab.queensu.ca/>), Tim Bryant (<http://me.queensu.ca/>), Heather Castleden (<https://www.queensu.ca/geographyandplanning/people/faculty/heather-castleden/>), P.Collins, Gregory Davies (<https://obgyn.queensu.ca/>), Genevieve Dumas (<http://me.queensu.ca/>), Evelyn Morin (<http://www.ece.queensu.ca/>), Denis E. O'Donnell (<https://deptmed.queensu.ca/>), Lucie Pelland (<http://www.rehab.queensu.ca/>)

Programs

- Health Studies – Major (Arts) – Bachelor of Arts (Honours) (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-major-arts-ba-honours/>)
- Health Studies – Medial (Arts) – Bachelor of Arts (Honours) (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-medial-arts-ba-honours/>)
- Health Studies – General (Arts) – Bachelor of Arts (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-general-arts-ba/>)

- Health Studies – Minor (Arts) (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-minor-arts/>)
- Kinesiology – Specialization (Science) – Bachelor of Science (Honours) (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/kinesiology-specialization-science-bs-honours/>)
- Kinesiology – General (Science) – Bachelor of Science (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/kinesiology-general-science-bs/>)
- Physical Education – Specialization (Physical Education) – Bachelor of Physical and Health Education (Honours) (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/physical-education-specialization-physical-education-bph-honours/>)
- Physical Education – General (Physical Education) – Bachelor of Physical and Health Education (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/physical-education-general-physical-education-bpe/>)
- Disability and Physical Activity Certificate (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/disability-physical-activity-certificate/>)

Courses

HLTH 101 Social Determinants of Health Units: 3.00

This course introduces students to basic concepts in public, population and global health, and introduces social determinants of health, such as poverty, income inequality, and racism, in Canadian and global contexts.

NOTE Also offered online. Consult Arts and Science Online. Learning Hours may vary.

NOTE Also offered at the Bader International Study Centre. Learning Hours may vary.

LEARNING HOURS 117 (12L;9T;24O;72P).

Requirements: Prerequisite None. Exclusion GLPH 171.

Offering Faculty: Faculty of Arts and Science

HLTH 102 Personal Health and Wellness Units: 3.00

This course provides an introduction to the variety of factors which could affect a person's health and wellness.

NOTE Also offered at the Bader International Study Centre.

Learning Hours may vary.

LEARNING HOURS 108 (36L;72P).

Requirements: Prerequisite None. Exclusion IDIS 199. One-Way Exclusion May not be taken with or after 12.0 units in KNPE (formerly PPHE; PHED; KINE). Note This course is not open to students in a KINE or PHED Plan.

Offering Faculty: Faculty of Arts and Science

HLTH 131 Basic Human Nutrition Units: 3.00

Requirements: Prerequisite Level 2 or above. Exclusion NURS 100. Recommended 4U Biology.

Offering Faculty: Faculty of Arts and Science

HLTH 200 Physical Fitness and Wellness Units: 3.00

An overview of principles of physical fitness and wellness with an emphasis on the planning and implementation of a personalized physical fitness program.

NOTE Also offered online. Consult Arts and Science Online. Learning Hours may vary.

LEARNING HOURS 108 (36L;72P).

Requirements: Prerequisite Level 2 or above. One-Way Exclusion May not be taken with or after KNPE 227 (formerly PHED 155); KNPE 255 (formerly PHED 255). Note This course is not open to students in a KINE or PHED Plan.

Offering Faculty: Faculty of Arts and Science

HLTH 205 Introduction to Health Promotion Units: 3.00

A survey of the practice of health promotion. Topics include the field's history, philosophies of health promotion, the social ecological framework, program planning and evaluation, practitioner skills and competencies, cultural competence, ethics, the use of theory, community organizing, social marketing, harm reduction, information literacy, and health promotion practice in selected settings.

LEARNING HOURS 108 (36L;72P).

Requirements: Prerequisite Level 2 or above and registration in a HLTH Plan and HLTH 101.

Offering Faculty: Faculty of Arts and Science

HLTH 230 Basic Human Nutrition Units: 3.00

Study of macronutrients, selected micronutrients, energy needs for human performance, relationship of nutrient metabolism to health, consequences of nutrient deficiencies and excesses. Examine how student's own food intake may influence present and future nutritional well-being.

NOTE Also offered online. Consult Arts and Science Online. Learning Hours may vary.

LEARNING HOURS 108 (36L;72P).

Requirements: Prerequisite Level 2 or above. Exclusion NURS 100. Recommended 4U Biology.

Offering Faculty: Faculty of Arts and Science

**HLTH 235 Food Systems Units: 3.00**

This course introduces contemporary issues in the dominant food system and the ways in which food production, distribution and consumption produce and reproduce relations of power.

LEARNING HOURS 108 (36L;72P).

Requirements: Prerequisite GNDS 120 or GPHY 101 or HLTH 101 or SOCY 122.

Offering Faculty: Faculty of Arts and Science

HLTH 237 An Introduction to Drugs, Drug Use and Drug Dependence Units: 3.00

This course provides students with a contemporary and evidence-informed perspective on drugs, addiction, harm reduction and treatment. From pharmacokinetics to public policy, and from psychedelics to behavioural addictions, we examine the timeless human interaction with these peculiar substances.

LEARNING HOURS 108 (36L;72P).

Requirements: Prerequisite PSYC 100.

Offering Faculty: Faculty of Arts and Science

HLTH 252 Introduction to Research Methods Units: 3.00

This course provides an introduction to methods, techniques and approaches to research. The course will explore the formulation of research questions, experimental design, interpretation of results and the use of statistical analysis in experimental research. Ethical issues in research will also be discussed.

LEARNING HOURS 108 (36L;72P).

Requirements: Prerequisite Level 2 or above and registration in a KINE, PHED or a (HLTH Major or Medial) Plan. Corequisite 3.0 units from STAT 263; STAT 267; STAT 367; COMM 162; ECON 250; PSYC 202; SOCY 211; BIOL 243; CHEE 209; GPHY 247; KNPE 251 or PHED 251; POLS 385; NURS 323. Exclusion BMED 270. One-Way Exclusion May not be taken with or after GPHY 240; PSYC 203; SOCY 210. One-Way Exclusion May not be taken with or after GPHY 240; PSYC 203; SOCY 321; STAT 362.

Offering Faculty: Faculty of Arts and Science

HLTH 270 Movement Behaviours and Health Units: 3.00

Movement is on a continuum that includes sleep, sedentary behaviour, and physical activity. This course will use primary prevention and life course approaches to study movement behaviour levels of the population, the influence of movement behaviours on health, and strategies for intervening on movement behaviours.

LEARNING HOURS 108 (36L;72P).

Requirements: Prerequisite HLTH 102. Exclusion KNPE 255. Note This course is not open to students in a KINE or PHED Plan.

Offering Faculty: Faculty of Arts and Science

HLTH 300 Community-Based Practicum Units: 3.00

A community-based practicum for Health Studies students to apply knowledge gained in theory-based courses and develop a range of professional skills. Practicum opportunities vary year to year, subject to availability of an appropriate placement in a relevant workplace setting.

NOTE Students are expected to participate in professional development workshops offered by the SKHS Coordinator and Career Services.

LEARNING HOURS 126 (18G;84O;24P).

Requirements: Prerequisite (Level 3 or above and registration in a HLTH Major or Medial Plan) and minimum cumulative GPA of 1.90 and permission of the Coordinator and Undergraduate Chair in the School of Kinesiology and Health Studies. Exclusion KNPE 300; KNPE 330; KNPE 346.

Offering Faculty: Faculty of Arts and Science

HLTH 305 Fundamentals of Health Policy Units: 3.00

An overview of the fundamentals of health policy with an emphasis on the Canadian context. Topics to be discussed include history of the Canadian public health care system; the Canada Health Act; the political and economic environment of the Canadian health care system; issue and challenges in Canadian health policy; and comparative perspectives.

LEARNING HOURS 120 (36L;84P).

Requirements: Prerequisite Level 3 or above and HLTH 101. Exclusion HLTH 405.

Course Equivalencies: HLTH305; HLTH405

Offering Faculty: Faculty of Arts and Science

HLTH 315 Theory and Practice of Health Behaviour Change Units: 3.00

This course provides an overview of models and theories of health behaviour change at varying levels of practice and analysis, including individual, intrapersonal, group, and community influences on health behaviour. Students will learn how theories are applied in health promotion interventions in a variety of settings, with a variety of populations, and for a variety of health behaviours.

LEARNING HOURS 120 (36L;84P).

Requirements: Prerequisite PSYC 100 and (HLTH 205 or KNPE 265) and registration in a HLTH, KINE or PHED Plan or the Certificate in Disability and Physical Activity.

Offering Faculty: Faculty of Arts and Science

HLTH 323 Epidemiology Units: 3.00

Basic methods involved in researching the distribution and determinants of health and disease in populations. Core measurement (rates, standardization, impact, association) and interpretation (bias, confounding, interaction, chance) issues are covered. The course also examines epidemiological approaches to study design including descriptive (cross-sectional and ecological), observational (case-control and cohort), and experimental (randomized controlled trials) approaches.

LEARNING HOURS 120 (24L;6T;6G;84P).

Requirements: Prerequisite ([KNPE 251 or STAT_Options] and HLTH 252) or (STAT_Options and registration in a BCHM(H) or LISC(H) Plan). One-Way Exclusion May not be taken with or after EPID 301. Note Restricted to students in a HLTH/KINE/PHED Plan. Limited spaces for BCHM(H) and LISC(H) Plans.

Offering Faculty: Faculty of Arts and Science

HLTH 325 Epidemiology of Physical Activity, Fitness and Health Units: 3.00

This course provides an in-depth examination of the epidemiology of physical activity, fitness and health. The course builds upon basic epidemiological methods and explores the relationship between physical activity and several health outcomes, including coronary heart disease, stroke, metabolic syndrome, type 2 diabetes and cancer.

Requirements: Pre HLTH323 Exclusion

Offering Faculty: Faculty of Arts and Science

HLTH 331 Advanced Human Nutrition Units: 3.00

Current issues relating to nutrition and health promotion/disease prevention. Such topics as cardiovascular disease, weight control, eating disorders, nutrient needs during the life cycle, fads and quackery, sociocultural, economic and media influences. Topics may vary.

NOTE Nutrition software required: estimated cost \$75.

LEARNING HOURS 120 (36L;84P).

Requirements: Prerequisite HLTH 230 or NURS 100.

Offering Faculty: Faculty of Arts and Science

HLTH 332 Foundations for Understanding Disability: A Health Perspective Units: 3.00

This course provides upper-year students with a solid understanding of disability. Key disability concepts, such as definitions and models of disability, attitudes, human rights, accessibility, policy, and barriers are introduced and their relevance to health, quality of life and participation in several life domains are examined.

NOTE Also offered at the Bader International Study Centre.

Learning Hours may vary.

LEARNING HOURS 112 (36L;40;72P).

Requirements: Prerequisite Level 3 or above. Exclusion HLTH 397 (Topic Title: Health, Well-Being and Disability - 2015/16); KNPE 333.

Course Equivalencies: KNPE333, PHED333, PPHE333

Offering Faculty: Faculty of Arts and Science

HLTH 333 Contemporary Issues in Human Sexuality Units: 3.00

An investigation of current influences on sexual health. Issues will be considered from social, political, and historical perspectives. Topics which may be covered include sex education; lesbian, gay, bisexual, and transgender issues; sexual human rights; sexuality and war; HIV/AIDS; the history of marriage; and sexual violence.

LEARNING HOURS 120 (24L;12T;12G;72P).

Requirements: Prerequisite Level 3 or above and registration in a HLTH, KINE or PHED Plan.

Offering Faculty: Faculty of Arts and Science

HLTH 334 Health, Illness and Society Units: 3.00

Explores the health production and cultural meanings of health and illness with a focus on power and struggle.

LEARNING HOURS 120 (24L;12T;84P).

Requirements: Prerequisite Level 3 or above and registration in a HLTH, KINE or PHED Plan and (HLTH 101 or KNPE 167 or SOCY 122).

Offering Faculty: Faculty of Arts and Science

HLTH 350 Topics in Global Health Units: 3.00

This course examines global health from a variety of perspectives, including anthropological, epidemiological, and sociological, to help understand the cultural and historical patterns shaping global health inequalities. With an emphasis on resource-poor countries, specific topics may include infectious and non-communicable diseases, nutrition and maternal health.

NOTE Also offered at the Bader International Study Centre.

Learning Hours may vary.

LEARNING HOURS 120 (36L;84P).

Requirements: Prerequisite (Level 3 or above and HLTH 101) or permission of the Department.

Offering Faculty: Faculty of Arts and Science

**HLTH 351 Health in Humanitarian Crises Units: 3.00**

Humanitarian crises due to natural disasters, armed conflict, disease outbreaks and other threats are growing contributors to ill-health worldwide. Case studies, evolving current events, and experiential learning will be utilized throughout the term to anchor course content.

LEARNING HOURS 129 (18L;18S;12G;11O;10Oc;60P).

Requirements: Prerequisite (Level 3 or above and HLTH 101) or permission of the Department. Exclusion HLTH 397 (Topic Title: Health in Humanitarian Crises).

Offering Faculty: Faculty of Arts and Science

HLTH 352 Research Skills Development Practicum Units: 3.00

A practicum for students in Health Studies working in the research labs and on research projects of SKHS faculty members. Includes a seminar series covering research topics and methodologies in: Applied Exercise Science; Epidemiology; Health Promotion; Psychology of Sport; Physical Activity and Health; and Sociology of Sport and Health.

NOTE Students will apply for a research-based practicum at the end of their second year. Recommended for students who intend to complete HLTH 595.

LEARNING HOURS 140 (12S;84P;48P).

Requirements: Prerequisite Level 3 or above and registration in a HLTH Plan and KNPE 251 and permission of the Course Coordinator or the Undergraduate Chair in the School of Kinesiology and Health Studies. Corequisite HLTH 252. Exclusion KNPE 352.

Offering Faculty: Faculty of Arts and Science

HLTH 397 Special Topics in Health Studies Units: 3.00

Intensive coverage of topics that are current and/or of special interest in the area of Health Studies. Offered periodically by visiting professors or members of faculty. Students should check with the School regarding availability of this course.

NOTE Restricted to students in a concentration in health studies, kinesiology or physical and health education.

NOTE Also offered at the Bader International Studies Centre, Herstmonceux. Learning Hours may vary.

LEARNING HOURS 120 (36L;84P).

Requirements: Prerequisite Level 3 or above and registration in a HLTH or KINE Plan.

Offering Faculty: Faculty of Arts and Science

HLTH 401 Interprofessional Collaborative Education Units: 3.00

This course offers the theory and context of Interprofessional education and collaborative practice from a global policy viewpoint as well as the opportunity to develop and apply the required Interprofessional education core competencies.

NOTE This course falls under a selection of courses with a focus on Interdisciplinary Studies in Global Health and Disability that will be offered only at the Bader International Study Centre.

LEARNING HOURS 129 (39L;5S;21G;24Oc;40P).

Requirements: Prerequisite Level 4 or above and a cumulative GPA of 1.90 or higher.

Offering Faculty: Faculty of Arts and Science

HLTH 402 Disability Studies: Issues, Research and Policy Units: 3.00

This course is designed to advance student understanding of the field of disability studies through the examinations and analysis of disability issues in the global context. Current research and policy, controversial issues, and systems affecting people with disabilities worldwide will be the focus.

NOTE This course falls under a selection of courses with a focus on Interdisciplinary Studies in Global Health and Disability that will be offered only at the Bader International Study Centre.

NOTE Students who are unable to take HLTH 332 must complete the online training modules about the Accessibility for Ontarians with Disabilities Act prior to participation in the BISC Global Health and Disability Program. See <http://www.queensu.ca/equity/accessibility/aoda>

LEARNING HOURS 127 (30L;18G;39Oc;40P).

Requirements: Prerequisite (Level 4 or above and a cumulative GPA of 1.90 or higher and HLTH 332) or permission of the School.

Offering Faculty: Faculty of Arts and Science

HLTH 403 Community Based Rehabilitation Units: 3.00

Explores global perspectives of Community Based Rehabilitation as a strategy for equalization of health, education and social inclusion of persons with disabilities. Design, implement and evaluate CBR programs and examine basic CBR frameworks, health and disability policy, global partnerships, education and training strategies.

NOTE This course falls under a selection of courses with a focus on Interdisciplinary Studies in Global Health and Disability that will be offered only at the Bader International Study Centre.

LEARNING HOURS 123 (42L;18G;23Oc;40P).

Requirements: Prerequisite Level 4 or above and a cumulative GPA of 1.90 or higher.

Offering Faculty: Faculty of Arts and Science

HLTH 404 Global Studies of Social Inclusion, Community Participation and Mental Illness Units: 3.00

While people with disabilities continue to experience challenges to their full and equal community participation, in the context of mental illness they are subject to particularly profound levels of social exclusion at a global level. We will examine current disability discourse as it relates to mental illnesses and exclusion of this population.

NOTE This course falls under a selection of courses with a focus on Interdisciplinary Studies in Global Health and Disability that will be offered only at the Bader International Study Centre.

LEARNING HOURS 120 (30S;20G;4I;10Oc;56P).

Requirements: Prerequisite Level 4 or above and a cumulative GPA of 1.90 or higher.

Offering Faculty: Faculty of Arts and Science

HLTH 416 Program Planning and Evaluation Units: 3.00

An examination and application of the principles of program planning in a variety of settings. Topics will include needs assessment, intervention design and implementation, and evaluation. Students will develop a program plan.

LEARNING HOURS 120 (36L;36G;48P).

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major or Medial Plan and (HLTH 252 and HLTH 315). Exclusion HLTH 415. Equivalency HLTH 415.

Offering Faculty: Faculty of Arts and Science

HLTH 417 Community-Based Programming and Evaluation Units: 3.00

Designed to advance student understanding of health promotion program planning, implementation, and evaluation, this course uses seminar discussion and community-based activities to provide students with core competencies required in health promotion and public health practice. Students complete a service learning project with community partners.

LEARNING HOURS 120 (36S;36Pc;48P).

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major or Medial and HLTH 416 and a minimum cumulative GPA of a 2.70 or higher. Exclusion HLTH 415.

Offering Faculty: Faculty of Arts and Science

HLTH 430 Critical Weight Studies Units: 3.00

We live in a fat-phobic world where discrimination on the basis of body size is a socially acceptable form of prejudice. This seminar style course draws on the rapidly developing literature in the scholarly field of fat studies to consider body weight and fat-phobia from critical, cultural perspectives.

LEARNING HOURS 120 (36S;84P).

Requirements: Prerequisite (Level 3 or above and registration in a HLTH Major or Medial Plan) or (Level 3 or above in a KINE or PHED Specialization Plan and [HLTH 333 or HLTH 334]).

Offering Faculty: Faculty of Arts and Science

HLTH 434 Social Movements in Health Units: 3.00

This course explores the proliferation of health social movements since the 1970s. Bringing together the interdisciplinary study of health and illness with social movement theory, the course analyses the strategies, goals, and outcomes of political organizing around conditions ranging from HIV/AIDS to sick building syndrome. Students will lead seminar discussions and undertake original research on a movement of their choice.

LEARNING HOURS 120 (24S;12G;84P).

Requirements: Prerequisite HLTH 333 or HLTH 334 or DEVS 355.

Offering Faculty: Faculty of Arts and Science

HLTH 435 Seminar on HIV/AIDS Prevention Units: 3.00

This seminar-style course involves critical assessment of HIV prevention interventions situated at varying levels of analysis and action. Consistent with the epidemiology of HIV/AIDS, the course focuses on interventions for disadvantaged and marginalized populations. Students should be prepared to lead discussion and present in class.

LEARNING HOURS 120 (24S;12G;84P).

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major or Medial, KINE or PHED Plan and HLTH 315.

Offering Faculty: Faculty of Arts and Science

HLTH 437 Seminar on Harm Reduction Units: 3.00

Covers the philosophy, history, implementation, and efficacy of interventions that aim to reduce adverse consequences of legal and illegal drug use, without a focus on drug use abstinence. Examples are drawn from Canada and worldwide. Also covers the application of harm reduction to other public health domains such as gambling and sex work.

LEARNING HOURS 120 (36S;84P).

Requirements: Prerequisite Level 4 or above and registration in a (HLTH Major or Medial or KINE Plan) and HLTH 237. Exclusion HLTH 493 (Topic Title: Harm Reduction).

Offering Faculty: Faculty of Arts and Science

**HLTH 445 Critical Health Promotion Units: 3.00**

This course provides advanced study of the major theoretical and methodological approaches in critical health promotion. Students will be primarily exposed to academic literature across several disciplines that engage with critical health promotion. Case studies of health promotion practice that illustrate critical perspectives will be discussed.
LEARNING HOURS 120 (36S; 84P).

Requirements: Prerequisite Level 4 or above and registration in a (HLTH Major or Medial, KINE or PHED Specialization Plan) and (HLTH 205 or HLTH 315). Exclusion HLTH 493 (Topic Title: Critical Health Promotion - 2014/15; 2015/16).

Offering Faculty: Faculty of Arts and Science

HLTH 455 Health and Built Environments Units: 3.00

This course will examine how characteristics and configurations of urban environments, such as urban sprawl, transportation, community design, housing, and food networks, may promote or impede health and well-being. This seminar-style course will be especially useful for students considering careers in public health and/or urban planning.
LEARNING HOURS 118 (36S;100c;72P).

Requirements: Prerequisite Level 4 or above and registration in a (HLTH Major or Medial, KINE or PHED Specialization Plan). Exclusion HLTH 497 (2012-2015)

Offering Faculty: Faculty of Arts and Science

HLTH 456 Survey of Research and Literature in Health Studies Units: 3.00

Independent study involving a critical review of the literature on an approved topic of specialization in Health Studies. Students must arrange for a faculty advisor approved by the School of Kinesiology and Health Studies.
LEARNING HOURS 126 (6i;120P).

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major or Medial, KINE or PHED Specialization Plan and permission of the Supervisor and the Undergraduate Chair in the School of Kinesiology and Health Studies.

Offering Faculty: Faculty of Arts and Science

HLTH 491 Special Project in Health Studies Units: 3.00

This is an independent project in an area of specialization in Health Studies. Students must arrange for a faculty advisor approved by the School of Kinesiology and Health Studies to oversee their project.
LEARNING HOURS 126 (6i;120P).

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major or Medial, KINE or PHED Specialization Plan and permission of the Supervisor and the Undergraduate Chair in the School of Kinesiology and Health Studies.

Offering Faculty: Faculty of Arts and Science

HLTH 493 Advanced Topics in Health Studies I Units: 3.00

Honours level courses exploring advanced topics that are current and/or of special interest in the area of health studies. Students should check with the School of Kinesiology and Health Studies regarding availability of these courses.
LEARNING HOURS 120 (36S;84P).

Requirements: Prerequisite Level 4 or above and registration in a (HLTH Major or Medial, KINE or PHED Specialization Plan).

Offering Faculty: Faculty of Arts and Science

HLTH 495 Advanced Topics in Health Studies II Units: 3.00

Honours level courses exploring advanced topics that are current and/or of special interest in the area of health studies. Students should check with the School of Kinesiology and Health Studies regarding availability of these courses.
LEARNING HOURS 120 (36S;84P).

Requirements: Prerequisite Level 4 or above and registration in a (HLTH Major or Medial, KINE or PHED Specialization Plan).

Offering Faculty: Faculty of Arts and Science

HLTH 497 Special Topics in Health Studies I Units: 3.00

Intensive coverage of topics that are current and/or of special interest in the area of Health Studies. Offered periodically by visiting professors or members of faculty. Students should check with the School regarding availability of this course. NOTE Also offered at the Bader International Study Centre, Herstmonceux. Learning Hours may vary.
LEARNING HOURS 120 (36S;84P).

Requirements: Prerequisite Level 4 or above and registration in a (HLTH Major or Medial, KINE or PHED Specialization Plan).

Offering Faculty: Faculty of Arts and Science

HLTH 595 Honours Thesis in Health Studies Units: 6.00

An independent study involving a research proposal and project on an approved topic in the area of health enhancement or disease prevention. The research proposal will be completed in the fall term and the research project in the winter term. Students must arrange for a full-time faculty advisor in the School of Kinesiology and Health Studies. NOTE Limited spaces available; priority to Health Studies students.
LEARNING HOURS 252 (12i;240P).

Requirements: Prerequisite Level 4 or above and registration in a (HLTH Major or Medial, KINE or PHED Specialization Plan) and a cumulative GPA of 3.50 or higher and permission of the Supervisor and the Undergraduate Chair in the School of Kinesiology and Health Studies. Recommended HLTH 252.

Offering Faculty: Faculty of Arts and Science

KNPE 125 Introduction to Human Physiology Units: 3.00

This course provides an introduction to human physiology from the cellular to the systematic level with special emphasis on the systems that adapt to exercise stress. The following areas will be covered: the cell, nervous system, skeletal muscle system, respiratory system, cardiovascular system, neuroendocrine system, and renal system.

LEARNING HOURS 108 (36L;72P).

Requirements: Prerequisite Level 1 or above and registration in a HLTH, KINE or PHED Plan. Exclusion IDIS 150; PHGY 210; PHGY 212; PHGY 214; (PHGY 215 and PHGY 216).

Offering Faculty: Faculty of Arts and Science

KNPE 153 Introductory Biomechanics Units: 3.00

This course will present the fundamentals of biomechanics, including forces and moments, linear kinematics and kinetics, and work, power, and energy. Biomechanical tools and techniques used to assess human movement will also be introduced.

LEARNING HOURS 114 (36L;6T;72P).

Requirements: Prerequisite Level 1 or above and registration in a KINE or PHED Plan.

Course Equivalencies: KNPE153, PHED153

Offering Faculty: Faculty of Arts and Science

KNPE 167 Socio-Cult Dimensions of Sport and Physical Activity Units: 3.00

An introduction to sociological thinking about sport and physical activity. Among the topics to be discussed are: an exploration of what constitutes sport and under what conditions; how social relations of class, race, gender, and sexuality shape sport experiences; the business of sport; and the relationship between the media and sport.

LEARNING HOURS 120 (36L;12T;72P).

Requirements: Prerequisite Level 1 or above and registration in a KINE or PHED Plan.

Course Equivalencies: KNPE167, PHED167

Offering Faculty: Faculty of Arts and Science

KNPE 203 Coaching and Leadership in Sport Units: 3.00

The course will explore the concepts of coaching and leadership in relation to sport. The course addresses topics such as theoretical models of coaching and leadership, coaching behaviours, coach education, and the role of coaches in promoting performance, participation, and personal development through sport.

LEARNING HOURS 108 (36L;72P).

Requirements: Prerequisite Level 2 or above and registration in a KINE or PHED Plan and KNPE 265. Recommended KNPE 237.

Course Equivalencies: KNPE203, PHED303, PPHE203

Offering Faculty: Faculty of Arts and Science

KNPE 225 Advanced Human Physiology Units: 3.00

The emphasis will be placed on understanding the concept of homeostasis and the integrated control of cellular and organ responses involved in regulation to maintain homeostasis. Special emphasis will be placed on the systems that respond to exercise stress.

LEARNING HOURS 120 (36L;12T;72P).

Requirements: Prerequisite Level 2 or above and registration in a HLTH, KINE or PHED Plan and KNPE 125. Exclusion IDIS 150; PHGY 210; PHGY 212; PHGY 214; (PHGY 215 and PHGY 216).

Course Equivalencies: KINE225, KNPE225

Offering Faculty: Faculty of Arts and Science

KNPE 227 Exercise Physiology Units: 3.00

An introduction to the basic components of physiology as they apply to health, fitness and exercise physiology.

LEARNING HOURS 108 (36L;72P).

Requirements: Prerequisite Level 2 or above and registration in a KINE or PHED Plan and KNPE 125 and KNPE 225.

Course Equivalencies: KNPE227, PHED155

Offering Faculty: Faculty of Arts and Science

KNPE 237 Child and Adolescent Motor Development Units: 3.00

This course is an exploration of behavioural and biological research on physical activity and how it relates to the psychosocial, structural, and physiological development of children between birth and approximately age 13.

LEARNING HOURS 108 (36L;72P).

Requirements: Prerequisite Level 2 or above and registration in a KINE or PHED Plan.

Course Equivalencies: KNPE237, PHED237, PPHE237

Offering Faculty: Faculty of Arts and Science

KNPE 251 Introduction to Statistics Units: 3.00

An introduction to the analysis of data from real life situations. Covers study design, descriptive and inferential statistics. Topics include probability, t-tests, regression, Chi-square tests, analysis of variance. Emphasis is in the foundation of statistical inference and practical application of statistical methods using statistical software.

LEARNING HOURS 126 (12L;18Lb;48O;48P).

Requirements: Prerequisite Level 2 or above and registration in a HLTH, KINE or PHED Plan. Exclusion BIOL 243; CHEE 209; COMM 162; ECON 250; GPHY 247; NURS 323; PHED 251; POLS 385; PSYC 202; SOCY 211; STAM 200; STAT 263; STAT 267; STAT 367.

Course Equivalencies: KNPE251, PHED251

Offering Faculty: Faculty of Arts and Science



KNPE 254 Biomechanical Analysis of Human Movement Units: 3.00

Students will use biomechanical principles that describe how forces cause movement, from whole-body motions to tissue level processes, in order to solve problems in human movement. Biomechanical techniques and tools will be discussed, with a focus on applications in clinical movement disorders and performance in sport and exercise. LEARNING HOURS 117 (36L;9Lb;72P).

Requirements: Prerequisite Level 2 or above and registration in a KINE or PHED Plan and KNPE 153. Exclusion KNPE 353. Recommended ANAT 315.

Offering Faculty: Faculty of Arts and Science

KNPE 255 Physical Activity, Fitness and Health Units: 3.00

An introduction to the interrelationships between physical activity, fitness and health. Current techniques for the measurement of health related fitness components, evaluation of diet, weight loss principles, psychological aspects of fitness and suitable activities for fitness development. Concepts related to prescription of physical activity and exercise counseling are introduced. LEARNING HOURS 108 (36L;72P).

Requirements: Prerequisite Level 2 or above in a KINE or PHED Plan and KNPE 125. Corequisite KNPE 225 and KNPE 227. Exclusion HLTH 270.

Course Equivalencies: KNPE255, PHED255

Offering Faculty: Faculty of Arts and Science

KNPE 261 Theory of Motor Behaviour and Motor Learning Units: 3.00

Students will understand motor skill acquisition principles and procedures available to optimize learning in physical activity programs. The principles and theories outlined in this course will provide students with a basic knowledge of sensorimotor behaviour for applications in physical education, kinesiology, and rehabilitation. LEARNING HOURS 132 (30L;12Lb;6G;84P).

Requirements: Prerequisite Level 2 or above and registration in a KINE or PHED Plan.

Course Equivalencies: KNPE261, PHED261

Offering Faculty: Faculty of Arts and Science

KNPE 265 Psychology of Sport and Exercise Units: 3.00

This course will introduce both theoretical and applied/professional aspects of human social behaviour in sport and exercise settings. LEARNING HOURS 108 (36L;72P).

Requirements: Prerequisite Level 2 or above and registration in a HLTH, KINE or PHED Plan. Corequisite PSYC 100.

Course Equivalencies: KNPE265, PHED165

Offering Faculty: Faculty of Arts and Science

KNPE 300 Community-Based Internship Units: 3.00

A community-based internship for Kinesiology and Physical Education students to apply knowledge gained in theory-based courses and develop a range of professional skills. Internship opportunities vary year to year, subject to availability of an appropriate placement in a relevant workplace setting.

NOTE Students are expected to participate in professional development workshops offered by the SKHS Student Experience Coordinator and Career Services. LEARNING HOURS 126 (18G;84Oc;24P).

Requirements: Prerequisite (Level 3 or above and registration in a KINE or PHED Plan) and minimum cumulative GPA of 1.90 and permission of the Coordinator and Undergraduate Chair in the School of Kinesiology and Health Studies Exclusion HLTH 300; KNPE 330; KNPE 346.

Offering Faculty: Faculty of Arts and Science

KNPE 327 Exercise Physiology Laboratory Units: 3.00

A laboratory experience designed to establish understanding of, and technical skills in, the measurement of human physiological responses and performance capacity in exercise. Students will develop familiarity with tests of physiological function during rest and exercise in preparation for work in human performance, clinical and medical settings. **NOTE** Priority given to students in Level 3 of the KINE Specialization Plan followed by students in Level 3 of the PHED Specialization Plan. LEARNING HOURS 126 (24L;36Lb;6I;12O;48P).

Requirements: Prerequisite Level 3 or above and registration in a KINE or PHED Plan and KNPE 125, KNPE 225 and KNPE 227.

Offering Faculty: Faculty of Arts and Science

KNPE 330 Athletic Therapy Field Placement Units: 4.50

Under the tutelage of the Coordinator of Athletic Therapy Services, students will complete a field placement that involves assignment to a varsity team as a student trainer. Student trainers are responsible for onsite coverage of the team during competition and possibly during practices. The student trainers are also responsible for the taping needs of athletes on the team, and assisting with assessment and rehabilitation.

NOTE Students must hold valid First Aid/CPR certification and proof of completion of Athletic Therapy experience (36 hours) in second year.

LEARNING HOURS 177 (165Pc;12P).

Requirements: Prerequisite Level 3 or above and registration in a KINE or PHED Specialization Plan and (ANAT 315 and KNPE 331) and (a cumulative GPA of 2.70 or higher) and permission of the Course Coordinator and the Undergraduate Chair in the School of Kinesiology and Health Studies. Exclusion HLTH 300; KNPE 300; KNPE 346.

Offering Faculty: Faculty of Arts and Science

KNPE 331 Care and Prevention of Athletic Injuries Units: 3.00

The care and prevention of common athletic injuries with emphasis placed on the practical portion of taping and wrapping of athletic trauma.

NOTE Lab Materials: estimated cost \$15.

LEARNING HOURS 120 (24L;24Lb;72P).

Requirements: Prerequisite Level 3 or above and registration in a KINE or PHED Plan and ANAT 315 and ANAT 316.

Course Equivalencies: KNPE331, PHED331, PPHE331

Offering Faculty: Faculty of Arts and Science

KNPE 335 Healthy Aging Units: 3.00

This course looks at what happens to the body as we age, including an examination of the physiological, psychological and emotional changes that occur during the aging process. The role of a healthy lifestyle in achieving quality of life as we age is a key perspective.

NOTE Also offered at the Bader International Study Centre.

Learning Hours may vary.

LEARNING HOURS 120 (36L;84P).

Requirements: Prerequisite Level 3 or above and registration in a HLTH, KINE or DIPA plan.

Course Equivalencies: KNPE335, PHED335, PPHE335

Offering Faculty: Faculty of Arts and Science

KNPE 336 Community Field Placement in Disability and Physical Activity Units: 3.00

Students gain experience assisting adults with a disability to engage in exercise. Students develop an understanding of the nature of disability, the benefits of exercise, factors that promote exercise participation, and appropriate exercise prescription.

NOTE Students must hold valid First Aid/CPR certification and CPIC.

NOTE Uniform \$25.

LEARNING HOURS 138 (18S;84Pc;12O;24P).

Requirements: Prerequisite Level 3 or above and (HLTH 200 or KNPE 255) or registration in the Certificate in Disability and Physical Activity. Corequisite HLTH 332.

Offering Faculty: Faculty of Arts and Science

KNPE 337 Physical Activity Promotion for Children and Youth Units: 3.00

This course explores topics such as theoretical models of motivation, interest, and interpersonal behaviours, and the design, implementation, and provision of inclusive physical activity environments for children/youth. This course emphasizes the application of theory through activity-based classroom sessions and community placements.

NOTE Transportation and other costs directly related to the student (e.g. required Criminal Checks) are the responsibility of the student.

LEARNING HOURS 120 (18L;18Lb;24O;60P).

Requirements: Prerequisite Level 3 or above and registration in a KINE or HLTH Plan and (KNPE 237 or HLTH 270).

Exclusion PACT 237.

Offering Faculty: Faculty of Arts and Science

KNPE 338 Exploring Active Urban Communities Units: 3.00

The goal of this course is to explore the interconnections between active living, natural spaces and the built urban environment. Students will participate in an expedition style learning experience spending a week traveling and learning together as a group; engaging with community members; and partaking in an array of recreational activities.

NOTE An additional fee of approximately \$400 is charged to defray cost of transportation, accommodation, and food. Students will need to provide some of their own camping equipment (example; sleeping bag, sleeping pad, rain gear). General equipment for the outdoor education camp school will be provided.

LEARNING HOURS 110 (40G;50Oc;20P).

Requirements: Prerequisite Level 3 or above and registration in a (HLTH Major or Media, KINE or PHED Plan). Equivalency PACT 338.

Course Equivalencies: PACT338, PHED338

Offering Faculty: Faculty of Arts and Science

KNPE 339 Advanced Exercise Metabolism Units: 3.00

This course focuses on aspects of skeletal muscle energy metabolism related to exercise, with a particular emphasis on the regulation of carbohydrate and fat metabolism and the mechanisms regulating their use as substrates for muscle during rest and exercise.

LEARNING HOURS 120 (36L;84P).

Requirements: Prerequisite Level 3 or above and registration in a KINE or PHED Specialization Plan and KNPE 225 and KNPE 227. Equivalency KNPE 427.

Course Equivalencies: KINE427, KNPE427, PHED427

Offering Faculty: Faculty of Arts and Science



KNPE 345 The Science and Methodology of Sport Training Conditioning Programs Units: 3.00

This course focuses on the development of sport conditioning programs from periodization concepts to specific training components and how the components can be integrated to create a comprehensive and balanced athlete training plan. Laboratory sessions will work on skill development applicable to conducting training and conditioning programs.

LEARNING HOURS 126 (36L;18P;72P)

Requirements: (KNPE125 AND KNPE227) OR PHED155

Course Equivalencies: KNPE345, PHED245, PPHE345

Offering Faculty: Faculty of Arts and Science

KNPE 346 Strength and Conditioning Field Placement Units: 4.50

Under the tutelage of the Strength and Conditioning Coordinator, students will complete a field placement that involves a range of practical experiences in the area of strength and conditioning programs for elite athletes. Practical sessions will be rotated weekly in order to provide students with a variety of experiences in program delivery, training sessions, and testing.

NOTE Students must hold valid First Aid/CPR certification and proof of completion of Athletic Therapy experience (36 hours) in second year.

LEARNING HOURS 168 (120Pc;24G;24P).

Requirements: Prerequisite Level 3 or above and registration in a KINE or PHED Specialization Plan and (ANAT 315 and KNPE 345) and a (cumulative GPA of 2.70 or higher) and permission of the Course Coordinator and the Undergraduate Chair in the School of Kinesiology and Health Studies. Exclusion HLTH 300; KNPE 300; KNPE 330.

Offering Faculty: Faculty of Arts and Science

KNPE 352 Research Skills Development Practicum Units: 3.00

A practicum for students in Kinesiology and Physical Education working in the research labs and on research projects of SKHS faculty members. Includes a seminar series covering research topics and methodologies in: Applied Exercise Science, Epidemiology, Health Promotion, Psychology of Sport and Physical Activity, and Sociology of Sport and Health.

NOTE Students will apply for a research-based practicum at the end of their second year. Recommended for students who intend to complete KNPE 595.

LEARNING HOURS 140 (12S;80Pc;48P).

Requirements: Prerequisite Level 3 or above and registration in a KINE or PHED Specialization Plan and KNPE 251 and permission of the Course Coordinator or the Undergraduate Chair in the School of Kinesiology and Health Studies. Corequisite HLTH 252. Exclusion HLTH 352.

Offering Faculty: Faculty of Arts and Science

KNPE 354 Occupational Biomechanics and Physical Ergonomics Units: 3.00

An introduction to occupational biomechanics and physical ergonomics. The course will apply principles of biomechanics to describe relationships between job demands, functional/tissue capacities and work-related injury. Demand, capacity and injury risk evaluation tools will also be presented.

LEARNING HOURS 120 (36L;84P).

Requirements: Prerequisite Level 3 or above and registration in a KINE or PHED Plan and KNPE 254.

Course Equivalencies: KNPE253; KNPE354

Offering Faculty: Faculty of Arts and Science

KNPE 355 Lifestyle and Cardiometabolic Assessment Laboratory Units: 3.00

A lecture/laboratory experience designed to help prepare students to participate in a variety of multidisciplinary clinical and/or professional environments. Concept and skill development pertaining to exercise/lifestyle for general as well as selected special populations will prepare students for experiences in clinical and medical settings.

LEARNING HOURS 120 (12L;36Lb;72P).

Requirements: Prerequisite Level 3 or above and registration in a KINE or PHED Plan and KNPE 125, KNPE 225, KNPE 227 and KNPE 255. Note Priority enrolment is given to students in (Level 3-KINE Specialization Plan) followed by students in (Level 3-PHED Specialization Plan).

Offering Faculty: Faculty of Arts and Science

KNPE 363 Team Dynamics in Sport: Theory and Practice Units: 3.00

This course explores group dynamics in sport and involves the integration of theory, research, and practice. Topics include team structure (e.g. roles), processes (e.g., communication), and emergent states (e.g., cohesion). Students will be encouraged to critically analyze the body of research and discuss relevant practical implications.

LEARNING HOURS 120 (36L;84P).

Requirements: Prerequisite Level 3 or above and registration in a KINE or PHED Plan and KNPE 265.

Course Equivalencies: KINE363, KNPE363, PHED363

Offering Faculty: Faculty of Arts and Science

KNPE 365 Motivational Interviewing for Physical Activity Behaviour Change Units: 3.00

Study of strategies to enhance intrinsic motivation and self-regulation for physical activity and health behaviour change in clinical settings. Students will learn and practice motivational interviewing skills for behaviour change in intensive weekly tutorial sessions.

LEARNING HOURS 126 (18L;24T;84P).

Requirements: Prerequisite Level 3 or above and registration in a HLTH, KINE or PHED Plan and PSYC 100 and (KNPE 265 or HLTH 315).

Course Equivalencies: KINE365, KNPE365, PHED365

Offering Faculty: Faculty of Arts and Science

KNPE 366 Race, Sport and Physical Activity Units: 3.00

This course offers a critical exploration into how the social construction of race affects sport, health, and physical activity cultures, how sport may influence our understanding of race in society. We discuss how racism exists in these sporting spaces. The end goal is to understand how sport and health practitioners can incorporate anti-racism work.

LEARNING HOURS 120 (36L;12O;72P).

Requirements: Prerequisite Level 3 or above and registration in a HLTH or KINE Plan and (KNPE 167 or HLTH 101).

Exclusion KNPE 397 (Topic Title: Race, Sport and Physical Cultures - Fall 2018; Fall 2020).

Offering Faculty: Faculty of Arts and Science

KNPE 367 Fitness, the Body and Culture Units: 3.00

This course looks at the ways that notions of fitness are tied to historically specific ideas about the body. The course focuses on ideas about race, class, gender, ability and sexuality while addressing the politics of fitness and exercise and their relationship to social, economic, and cultural institutions.

LEARNING HOURS 129 (36L;9Lb;84P).

Requirements: Prerequisite KNPE 167 or SOCY 221 or (SOCY 226 and SOCY 227).

Course Equivalencies: KINE367, KNPE367, PHED367

Offering Faculty: Faculty of Arts and Science

KNPE 397 Special Topics in Kinesiology Units: 3.00

Intensive coverage of topics that are current and/or of special interest in the area of Kinesiology. Offered periodically.

LEARNING HOURS 120 (36L;84P).

Requirements: Prerequisite Level 3 or above and registration in a KINE or PHED Plan.

Offering Faculty: Faculty of Arts and Science

KNPE 400 Professional Issues in Allied Health Units: 3.00

Through problem-based learning, students will gain an understanding of what it means to be an applied health care professional. Students will work collaboratively on case studies and develop critical thinking skills to prepare them as they transition to their careers as health care practitioners.

LEARNING HOURS 120 (24L;12G;84P).

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major, KINE or PHED Specialization Plan.

Offering Faculty: Faculty of Arts and Science

KNPE 425 Physiology of Stress Units: 3.00

An in-depth exploration of physiological responses to primarily psychological sources of stress. An emphasis is placed on understanding the interaction between stress responses and function/health and the action of selected stress management techniques.

LEARNING HOURS 120 (36L/S;84P).

Requirements: Prerequisite (Level 4 or above and registration in a KINE or PHED Specialization Plan) and KNPE 225 and KNPE 227. Exclusion KNPE 493 (Topic Title: Stress Physiology - 2015/16).

Offering Faculty: Faculty of Arts and Science

KNPE 429 Skeletal Muscle Oxygen Delivery: Demand Matching in Exercise Units: 3.00

The focus of this course is to develop an advanced understanding of cardiovascular and respiratory responses in meeting oxygen demand of exercising skeletal muscle. Topics: oxygen delivery in exercising skeletal muscle metabolism/contraction; compromised exercise performance in selected diseases; mechanisms of enhancement of exercise tolerance.

LEARNING HOURS 132 (36L;12T;12O;72P).

Requirements: Prerequisite Level 3 or above and registration in a KINE or PHED Specialization Plan and KNPE 125 and KNPE 225 and KNPE 227.

Course Equivalencies: KINE429, KNPE429, PHED429

Offering Faculty: Faculty of Arts and Science

**KNPE 430 Athletic Therapy Internship Units: 4.50**

Working with the Coordinator of Athletic Therapy (AT), and building on the practical skills and knowledge acquired in KNPE 330, students will complete an Athletic Therapy internship. AT interns will be responsible for serving as a mentor to student trainers and onsite trainers in the Athletic Therapy clinic and at varsity events. They will also serve as teaching assistants in the laboratory component of KNPE 331. NOTE Valid First Aid/CPR Certification required. LEARNING HOURS 189 (165Pc;24P).

Requirements: Prerequisite Level 4 or above and registration in a KINE or PHED Specialization Plan and KNPE 330 and a (cumulative GPA of 2.70 or higher) and permission of the Course Coordinator and the Undergraduate Chair in the School of Kinesiology and Health Studies.

Offering Faculty: Faculty of Arts and Science

KNPE 433 Global Sport and Disability Units: 3.00

The UN recognizes the important role of sport participation in promoting physical and mental health as well as fundamental human rights. This course will critique the use of sport and recreation on a global level as a tool for improving the lives of people with disabilities with the goal of removing barriers and enabling participation for all.

NOTE Also offered at the Bader International Study Centre.

Learning Hours may vary.

LEARNING HOURS 125 (27L;8S;4Pc;8G;16Oc;62P).

Requirements: Prerequisite Level 4 or above and ([registration in a KINE or PHED Specialization Plan or a HLTH Major or Medial Plan] or [registration in the Certificate in Disability and Physical Activity and HLTH 332] or [registration at the BISC]). Exclusion HLTH 497 (Topic Title: Global Sport and Disability - 2015/16).

Offering Faculty: Faculty of Arts and Science

KNPE 436 Advanced Placement in Disability and Physical Activity Units: 3.00

Students gain leadership experience in an exercise program for adults with a disability. Students develop an understanding of the operational considerations to run an adapted exercise program including the necessary human and financial resources, and the skills to develop, implement, and evaluate exercise opportunities for persons with a disability.

NOTE Students must hold valid First Aid/CPR certification and CPIC.

NOTE Uniform \$25.

LEARNING HOURS 138 (18S;84Pc;12O;24P).

Requirements: Prerequisite Level 4 and or above and a minimum grade of a B on the practical assessment in KNPE 336. Registration in the Certificate in Disability and Physical Activity and permission of the Course Coordinator and the Undergraduate Chair in the School of Kinesiology and Health Studies is required.

Offering Faculty: Faculty of Arts and Science

KNPE 439 Critical Appraisal and Translation of Muscle Physiology Research Units: 3.00

In this course students will read, evaluate and discuss recent scientific literature in the areas of exercise metabolism, exercise nutrition, and performance. Students will develop a systematic approach to scientific writing and write translational literature that accurately communicates recent scientific findings to the general population.

LEARNING HOURS 132 (36S;96P).

Requirements: Prerequisite Level 4 or above and registration in a KINE or PHED Specialization Plan and KNPE 339.

Exclusion KNPE 493 (Fall 2016).

Offering Faculty: Faculty of Arts and Science

KNPE 446 Strength and Conditioning Internship Units: 4.50

Building on the skills and knowledge acquired in KNPE 346, students will complete a Strength and Conditioning (SC) internship with a varsity team. SC interns will be responsible for the design and implementation of training programs, functional screening, and athlete injury management. They will also assist with the Complete Athlete program and contribute to the laboratory component of KNPE 345 as TA's. NOTE Valid First Aid/CPR Certification required.

LEARNING HOURS 168 (120Pc;24G;24P).

Requirements: Prerequisite Level 4 or above and registration in a KINE or PHED Specialization Plan and KNPE 346 and a (cumulative GPA of 2.70 or higher) and permission of the Course Coordinator and the Undergraduate Chair in the School of Kinesiology and Health Studies.

Offering Faculty: Faculty of Arts and Science

KNPE 449 Advanced Protein Metabolism Units: 3.00

This course will provide an understanding of the factors that regulate the size of human skeletal muscle. Emphasis will be on how nutrition and exercise affect skeletal muscle growth/loss and insight into the use of isotopic labeling and other contemporary laboratory-based techniques used to study human skeletal muscle protein turnover.

NOTE Nutrition software package: estimated cost \$75.

LEARNING HOURS 120 (36S;84P).

Requirements: Prerequisite Level 4 or above and registration in the KINE Specialization Plan. Exclusion KNPE 493 (Topic Title: Advanced Protein Metabolism - Winter 2020; Winter 2021).

Offering Faculty: Faculty of Arts and Science

KNPE 450 Ergonomics Units: 3.00

This is an interdisciplinary lecture/seminar course designed to provide a comprehensive overview of ergonomics emphasizing applications to product design and prevention of musculoskeletal injuries. The focus includes anthropometry, workplace design, and biomechanical and other human factors. Ergonomic assessment methodologies will be used to assess design features and possible musculoskeletal problems.

LEARNING HOURS 108 (36L;72P).

Requirements: Prerequisite Level 4 or above and registration in a HLTH, KINE or PHED Plan and (ANAT 101 or ANAT 315) and (KNPE 254 or 6.0 units in PHYS at the 100-level). Exclusion MECH 495; PT 419; RHBS 428.

Course Equivalencies: KINE450, KNPE450, PHED450

Offering Faculty: Faculty of Arts and Science

KNPE 454 Applications in Biomechanics Units: 3.00

This advanced course will present the general biomechanical techniques used in clinical evaluation. This will be followed by assessment techniques, how assessment is done, and how the results of assessment can be used to evaluate performance and the effectiveness of treatment.

LEARNING HOURS 132 (18L;18S;12Lb;84P).

Requirements: Prerequisite Level 3 or above and registration in a KINE or PHED Specialization Plan and KNPE 254.

Course Equivalencies: KINE454, KNPE454, PHED454

Offering Faculty: Faculty of Arts and Science

KNPE 455 Advanced Physical Activity and Health Units: 3.00

Provides advanced understanding of concepts related to the use of physical activity/lifestyle as a strategy for reducing morbidity and mortality in general and selected special populations in preparation to participate in a variety of multidisciplinary clinical and/or professional health care environments.

NOTE This course will normally be offered in academic years starting with an odd number (eg., 2013-2014). Students in a KINE Plan will have priority over students in a PHED Plan.

LEARNING HOURS 120 (36L;84P).

Requirements: Prerequisite Level 3 or above and registration in a KINE or PHED Specialization Plan and KNPE 125 and KNPE 225 and KNPE 227 and KNPE 255.

Offering Faculty: Faculty of Arts and Science

KNPE 456 Survey of Research and Literature in Kinesiology and Physical Education Units: 3.00

Independent study involving a critical review of the literature on an approved topic of specialization in health enhancement, disease prevention and human performance. Students must arrange for a faculty adviser approved by the School of Kinesiology and Health Studies.

LEARNING HOURS 126 (6I;120P).

Requirements: Prerequisite Level 4 or above and registration in a KINE or PHED Specialization Plan and permission of the supervisor and the Undergraduate Chair in the School of Kinesiology and Health Studies.

Course Equivalencies: KNPE456, PHED456

Offering Faculty: Faculty of Arts and Science

KNPE 459 Clinical Exercise Physiology Units: 3.00

An in-depth coverage of principles of health screening, exercise testing and exercise prescription for individuals with cardiovascular, metabolic and pulmonary diseases. An emphasis is placed on understanding disease pathophysiology and how this interacts with the acute response to exercise and the adaptation to training.

NOTE This course will normally be offered in academic years starting with an even number (e.g., 2012-2013). Students in a KINE Specialization Plan will have priority over students in a PHED Specialization Plan.

LEARNING HOURS 120 (36L;84P).

Requirements: Prerequisite Level 3 or above and registration in a KINE or PHED Specialization Plan and KNPE 125 and KNPE 225 and KNPE 227. Recommended KNPE 255.

Course Equivalencies: KINE459, KNPE459, PHED459

Offering Faculty: Faculty of Arts and Science



KNPE 463 Community-Based Physical Activity Promotion Units: 6.00

Program planning and evaluation for the promotion of physical activity in the community, workplace, school, and health care settings. Using a combination of lecture, group discussions, and a community-based placement, students will acquire the skills and understand the philosophies used in promoting physical activity involvement in the community. LEARNING HOURS 244 (72S;72P;100P).

Requirements: Prerequisite Level 4 or above and registration in a KINE or PHED Specialization Plan and KNPE 265 and a minimum GPA of 2.90 in all KNPE courses. Recommended HLTH 315.

Offering Faculty: Faculty of Arts and Science

KNPE 465 Sport Participation and Performance Units: 3.00

An exploration of the theoretical and empirical work in the development of sport participation and performance. Specific discussion of the developmental aspects and learning conditions that allow individuals to maintain participation and reach high levels of excellence in sport will be included. LEARNING HOURS 120 (36S;84P).

Requirements: Prerequisite Level 4 or above and registration in a KINE or PHED Specialization Plan and a minimum grade of a B in KNPE 265. Recommended KNPE 237.

Course Equivalencies: KINE465, KNPE465, PHED465

Offering Faculty: Faculty of Arts and Science

KNPE 473 Sport and Culture Units: 3.00

This course draws on critical theories to look at sport in Western cultures. It examines sport's contribution to systems of gender, race, class, sexuality and ability. Topics include sport's relationship to nationalism, media, commodification, globalization, and the environment. LEARNING HOURS 120 (36S;84P).

Requirements: Prerequisite Level 4 or above and registration in a KINE or PHED Specialization Plan.

Course Equivalencies: KINE473, KNPE473, PHED473

Offering Faculty: Faculty of Arts and Science

KNPE 491 Special Project in Kinesiology and Physical Education Units: 3.00

This is an independent project in an area of specialization in health enhancement, disease prevention and human performance. Students must arrange for a faculty advisor approved by the School of Kinesiology and Health Studies to oversee their project.

LEARNING HOURS 126 (6I;120P).

Requirements: Prerequisite Level 4 or above and registration in a KINE or PHED Specialization Plan and permission of the supervisor and the Undergraduate Chair in the School of Kinesiology and Health Studies.

Course Equivalencies: KNPE491, PHED491

Offering Faculty: Faculty of Arts and Science

KNPE 493 Special Topics in Kinesiology and Physical Education Units: 3.00

Intensive coverage of advanced topics that are current and/or of special interest in Kinesiology.

NOTE Offered periodically by visiting professors or members of faculty. Students should check with the School regarding availability of this course.

LEARNING HOURS 120 (36L;84P).

Requirements: Prerequisite Level 4 or above and registration in a KINE or PHED Specialization Plan.

Course Equivalencies: KNPE493, PHED493

Offering Faculty: Faculty of Arts and Science

KNPE 595 Honours Thesis in Kinesiology and Physical Education Units: 6.00

An independent study involving a research proposal and project on an approved topic in the area of health enhancement, disease prevention, and human performance. The research proposal will be completed in the Fall Term and research project in the Winter Term. Students must arrange for a full-time faculty advisor in the School of Kinesiology and Health Studies.

LEARNING HOURS 252 (12I;240P).

Requirements: Prerequisite Level 4 or above and registration in a KINE or PHED Specialization Plan and a cumulative GPA of 3.50 or higher and permission of the Course Coordinator and the Undergraduate Chair in the School of Kinesiology and Health Studies. Recommended HLTH 252.

Offering Faculty: Faculty of Arts and Science