

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**

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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.