

AREAS OF INTEREST

* Note that not all of these courses will be offered every year. *



For those students who plan to be a teacher, or for those who enjoy coaching, courses in this area of interest will prepare you for leadership positions in many areas within the Kinesiology field.

Teaching, Leadership, Coaching (TLC)

KINE 2003	Adapted Physical Activity
KINE 2133	Coaching
KINE 2483	Comprehensive School Health
KINE 2493	Health Promotion & Wellness
KINE 3123	School, Culture & Leadership in PE
KINE 3133	Leadership & Team Building
KINE 3143	Intro to Teaching Elementary PE
KINE 3243	Intro to Teaching Secondary PE
KINE 3343	Fitness Programming
KINE 3453	Positive Youth Development in Sport & Physical Activity
KINE 3533	Advanced Coaching Methods
KINE 3573	Perceptual Motor Development
KINE 3593	Physical Activity for All
KINE 3663	Coaching Practicum
KINE 4563	Adventure Education
KINE 4593	Intro to Outdoor Skills
KINE 185C	Multi-Activity Games
KINE 185D	Dance Education



Students complete courses that encourage them to think critically about the forces that shape their behaviour and the behaviour of those around them, the consequences of those behaviours as well as ways of improving health behaviour and wellness.

Health

KINE 2493	Health Promotion & Wellness
KINE 3693	Health Behaviour Change
KINE 3853	Wellness and Aging
KINE 4233	Stress Management
KINE 4593	Technology and the Body
KINE 4753	Promotion of Physical Activity for Youth
KINE 4763 COI	Intro to the Canadian Health Care System
KINE 4823	Aging Physiology and Exercise
KINE 4833	Social Determinants of Health
KINE 4873	Pharmacology for Kinesiology
KINE 181B	Yoga
KINE 185D	Nordic Fitness
KINE 185D	Pilates



The adapted physical activity option provides students an opportunity to develop the knowledge, skills, and experience to provide physical activity programming for individuals with disabilities.

Adapted Physical Activity

KINE 2003	Adapted Physical Activity
KINE 3193	Para Sport
KINE 3343	Fitness Programming
KINE 3373	Advanced Adapted Physical Activity
KINE 3573	Perceptual Motor Development
KINE 3853	Wellness and Aging
KINE 4593	Foundations of Sensorimotor Function
KINE 4693	Physical Activity and Chronic Conditions
KINE 4773 COI	SMILE Programming
KINE 4893 COI	Disability Sport
KINE 181C	Sledge Hockey