

AREAS OF INTEREST



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

KINE 2003	Adapted Physical Activity
KINE 2133	Coaching
KINE 2493	Health Promotion and Wellness
KINE 3133	Leadership & Team Building
KINE 3143	Introduction to Teaching Physical Education
KINE 3533	Advanced Coaching Methods
KINE 176D	Outdoor Leader 1
KINE 276D	Outdoor Leader 2
KINE 4003	Ethical Issues in Sport and Physical Activity
KINE 4753	Promoting Physical Activity for Youth



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 Promotion, Wellness and Health Behaviour Change

KINE 2493	Health Promotion and Wellness
KINE 3693	Health Behaviour Change
KINE 3853	Wellness and Aging
KINE 4233	Stress Management



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 3373	Children with Special Needs
KINE 3573	Perceptual-Motor Development
KINE 3853	Wellness and Aging
KINE 4693	Physical Activity and Chronic Conditions
KINE 4773	S.M.I.L.E. (Sensory Motor Instructional Leadership Program) Programming
KINE 4893	Disability Sport



The John MacIntyre mLAB (motion Laboratory of Applied Biomechanics) provides undergraduate and graduate students with a unique opportunity to use state of the art motion capture technologies to perform detailed analyses of younger adolescent and varsity athletes performing athletic tasks such as running, cutting, jumping and landing. The main reasons for the research are to identify injury risk factors, minimize injury occurrence and improve athlete performance. The mLAB also collaborates with Adidas and conducts studies to determine the effect of new footwear technologies on athlete performance.

