## 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

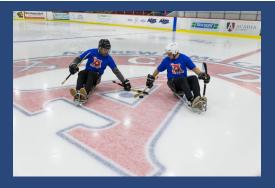


Students complete courses that encourage them to think critically about the forces that shape their behaviour and the behaviour of those around them, the consequences of those behaviours as well as ways of improving health behaviour and wellness.

## 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

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.