



School of Kinesiology



2021 Student Handbook



Preface

The School of Kinesiology student handbook is designed to assist students with their Bachelor of Kinesiology degree. The Academic Calendar takes precedence over all other publications. Interpretation of regulations or requirements is made by a Dean or the Registrar and is open to written appeal to the Admissions and Academic Standing Appeals Committee.

Responsibility of Students

It is expected that each student who registers at Acadia University will be familiar with the contents of the Academic Calendar. By registering at Acadia, students accept responsibility for meeting all curriculum requirements and for complying with published dates and deadlines. Students also accept responsibility for being familiar with university regulations pertaining to financial matters.

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MESSAGE FROM THE DIRECTOR



Welcome to the Bachelor of Kinesiology Program. You will soon meet knowledgeable, enthusiastic, and friendly faculty and staff in our School who take pride in their work. They will provide you with excellent academic advising, teaching and opportunities for personal growth during your years of study. For example, the faculty and staff of the School have created this manual to help you in your academic choices.

Much of the success our students enjoy depends on their abilities, enthusiasm, and effort to achieve the program's academic goals. As you choose your courses and focus your area of study, I would also encourage you to explore the many opportunities that will come your way. Your undergraduate experience is a journey where you can fulfill and surpass your goals and attain the highest level of personal growth, development, and academic achievement. You won't regret getting as much as you can from your Acadia experience. I am confident that the Bachelor of Kinesiology program will prepare you for future challenges in the field and that your student life at Acadia will be outstanding.

The School of Kinesiology and the University offer assistance to students who might encounter academic or personal difficulties. Each student in the Kinesiology program has a faculty advisor and I encourage you to consult with your advisor should you have any questions or concerns during the course of your studies at Acadia. You can certainly also come see me, Kim or Robyn.

I trust you will truly enjoy your time in our program. I wish you every success. Again, welcome to the School of Kinesiology and best wishes.

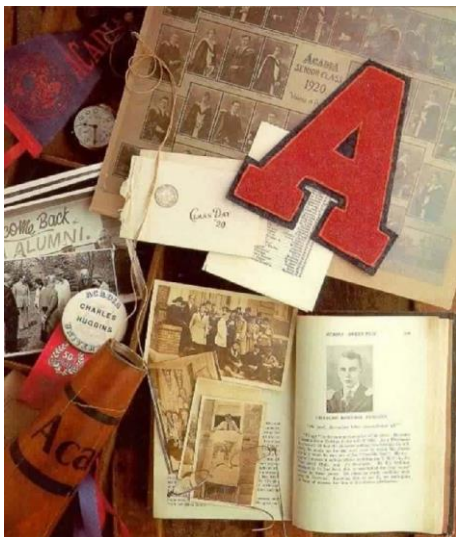
Yours sincerely,

René

René J.L. Murphy, Ph.D.
Director, School of Kinesiology



HISTORY OF THE SCHOOL



The School of Kinesiology has gone through major changes in the past decades. Before the School of Kinesiology was formed in 2014, it was the School of Recreation Management and Kinesiology and before that it was the Department of Physical Education and Recreation.

The journey to today's school began in the fall of 1890 when a new gymnasium was built at Acadia. In 1910, an introductory and required course in physical education was formed. From 1911 until 1914 all first-year students were required to take the Physical Training course as a requirement for a Bachelor of Arts degree. During World War One the course was removed but returned in 1921. At this time all first and second year students were required to take this course for the Bachelor of Arts and Bachelor of Science degrees.

In the early 1920's the Department of Physical Education was formed within the Faculty of Arts. In September 1969 the name was changed to the Department of Physical Education and Recreation which offered a Bachelor of Science in Recreation and Physical Education. In June 1974 the Department changed its name to the School of Recreation and Physical Education. Also that year, Senate approved the establishment of a master's degree in Recreation.

In 1997, the School changed its name to the School of Recreation Management and Kinesiology. In October 2001, the opening of the Kinesiology laboratories brought great excitement to the School. Beginning in 2009, the Recreation Management program evolved into the Community Development program. In July 2014, Community Development and Kinesiology became two separate academic units. The school name was changed again to the School of Kinesiology. The Department of Community Development was created at this time.

In August 2016, the Department of Community Development moved to another location on campus. Now the School of Kinesiology is the only academic unit in War Memorial Gymnasium.

In 2020, the War Memorial Gymnasium received a grant from Canadian Tire Jumpstart to add an elevator and ramp to make the building accessible.



SECTION 1

ABOUT THE SCHOOL OF KINESIOLOGY

The School of Kinesiology is responsible for academic study in Kinesiology. Degrees offered by the School include the **Bachelor of Kinesiology and Bachelor of Kinesiology with Honours**.

We also offer degree options and areas of interest and options which include Exercise Science and Training, Athletic Therapy, Biology, Psychology, Nutrition, Leadership, Coaching and Teaching, Health Promotion, Wellness and Health Behaviour Change, and Adapted Physical Activity.

The School provides a variety of research and service programs in which students are encouraged to participate. These programs provide, for example, professional leadership experiences in physical activity and outdoor recreation programs, fitness classes, fitness testing, KinderSkills Motor Development, Cardiac Rehab, Acadia Active Aging (AAA), and the Sensory Motor Instructional Leadership Experience (S.M.I.L.E.) programs.

The Acadia School of Kinesiology has fifteen full time faculty and four instructors representing diverse academic and professional areas of expertise. Faculty members are actively engaged in teaching, professional and community service, research and scholarly programs and maintain close working relationships with the undergraduate student body. Entering students are assigned to a faculty advisor, and the School makes every effort to offer students careful academic and professional counselling during their years of study.

To contact any member of faculty or staff by e-mail:

firstname.lastname@acadiau.ca



KINESIOLOGY FULL-TIME FACULTY

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ADMINISTRATIVE AND LIBRARIAN

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FACULTY OF PROFESSIONAL STUDIES

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ACADIA KINESIOLOGY SOCIETY (A.K.S.)



The Kinesiology Society is a student led club for all Kinesiology students. It is an excellent opportunity to contribute to the School and to have input into your social and educational development while you are at Acadia University. The Society represents the Kinesiology student body on the Faculty Student Planning Committee, and at Faculty and School Council meetings.

All Kinesiology students are encouraged to become active members of the society and to take part in the events throughout the year. You are welcome to join us in events

like orientation day, Kinesiology BBQ, intramural teams, social events, clothing orders and of course any meeting of the society!

Join the Acadia Kinesiology Society Facebook page.

STUDENT PLANNING COMMITTEE

The student planning committee consists of nine members: two students from Business, Community Development, Education, Kinesiology, Music and the member of the Acadia Students Union representing the Faculty of Professional Studies.

**SPC Mandate:**

- To make recommendations based on the mission statement and supporting objectives of the Faculty of Professional Studies and Acadia University.
- To foster collaboration and cooperation among the Student Societies within the Faculty of Professional Studies to identify common issues and resolutions across the Schools;
- To identify opportunities, plan events that will contribute to the welfare of students' professional and educational experiences;
- To establish specific plans and priorities for the allocation of funds in support of student professional development;
- To develop the parameters for and conduct and adjudicate an annual nomination process for the Outstanding Teaching Award within the Faculty of Professional Studies;
- To elect two members to represent this Committee on the Faculty Planning Committee;
- To act as a conduit for information on various initiatives between the Faculty and the student body of the Professional Schools within the Faculty of Professional Studies.

Application for Professional Development Funds:

Each year the Student Planning Committee allocates funding toward enhancing the professional development of students within the Faculty. Individuals or groups can apply for financial assistance. Requests will be evaluated on a first come/first served basis. See the Faculty of Professional Studies website for specific criteria and procedures for fund application.

ROLE OF A FACULTY MEMBER

To become a tenured faculty member at Acadia University, an individual needs to complete a Ph.D. That requires approximately 9 to 11 years of university education. Teaching students is the most visible role that faculty play, however they also must engage in considerable scholarly activity such as conducting research and publishing to contribute to the body of knowledge in our field. Faculty members are also required to assume leadership roles on various committees both within the University and within professional organizations.

One additional role that faculty members assume is that of an advisor to students. Advising does not mean making decisions for students about matters such as course selection. Rather, it means that a faculty member is available for students to discuss academic matters such as those presented in the university calendar and program handbook. When students are familiar with the contents of these documents, the quality of time spent between a student and advisor can be greatly enhanced.

Faculty members have a responsibility to be well versed in the current knowledge of their teaching areas. Beyond this, they strive to present knowledge in an interesting and challenging way. In most courses, faculty attempt to provide a balance of theory and application and use varied teaching strategies to enhance the learning experience.



SECTION 2

BACHELOR OF KINESIOLOGY AT ACADIA UNIVERSITY

The Kinesiology Program has five themes that underlie its philosophy and curriculum: communication, critical thinking, equity, leadership and entrepreneurship, and wellness. These five themes will be profiled through course content and students will be encouraged to consider the importance of these themes as they prepare for class work and assignments.

BACHELOR OF KINESIOLOGY PROGRAM

Kinesiologists are university graduates who have acquired knowledge about the biophysical, socio-cultural, and psychomotor bases of human movement and physical activity. The Bachelor of Kinesiology degree program at Acadia requires students to complete CORE courses in each of several sub-disciplines, and to complete complementary courses from the Faculty of Arts and the Faculty of Pure and Applied Science. Additionally, the degree program provides an opportunity for students to select courses which represent an in-depth interest in a single sub-discipline, an interest in a professional application or an interest in kinesiology in its broadest sense. Acadia provides many opportunities for students to gain practical experience in Research, Leadership and Instruction, Sport Injury Assessment & Management, Adapted Physical Activity, Strength and Conditioning Science, etc., and encourages students to take advantage of these opportunities.

The opportunities for employment in Kinesiology are varied. Students are encouraged to be creative in marketing their degrees, as the world of Sport and Physical Activity provides many opportunities. Although most incoming students are hoping to pursue a career in physiotherapy, a number of our graduates do other things with their degrees. For example, teaching continues to be an attractive option to some Kinesiology graduates, there are a wide variety of other opportunities in such areas as Fitness Leadership, Program Development and Instruction for all age and ability groups, Sport or Fitness Management, Coaching, Sport Rehabilitation, Sport Science and Health Promotion and Wellness. Several graduates of the Acadia program have entered Medical schools, Physiotherapy schools, Veterinary College, while others have pursued Master and Doctoral degrees in one of the sub-disciplines of Kinesiology or allied health professions. Both the public and private sectors are frequent sources of employment and more recently, non-profit organizations have presented a wide range of career opportunities. In addition, several graduates have started their own businesses. New opportunities arise every year in this growing field.



THE BACHELOR OF KINESIOLOGY CURRICULUM

The Bachelor of Kinesiology curriculum requires completion of 120 credit hours. (Course numbers which end in “3” are worth three credit hours. Course numbers which end in “6” are worth six credit hours). **Students entering the Kinesiology program in September must obtain a grade of 60% (C-) or better in the Kinesiology CORE and Communication course.** An minimum program GPA of 2.00 is required to graduate.

1. Kinesiology Core (51h)

KINE 1013	Foundations
KINE 1113	Research Methods in Kinesiology
KINE 1213	Growth & Motor Development
KINE 1243	Historical Aspects of Physical Activity and Sport in Canada
KINE 1333	Care & Prevention of Athletic Injuries
KINE 1413	Human Anatomy 1
KINE 2033	Biomechanics 1
KINE 2253	Sociological Aspects of Physical Activity and Sport
KINE 2413	Applied Human Physiology 1
KINE 2423	Applied Human Physiology 2
KINE 2433	Psychological Aspects of Physical Activity and Sport
KINE 3013	Exercise Physiology
KINE 3053	Human Anatomy 2
KINE 3213	Motor Learning
KINE 3363	Philosophical Aspects of Physical Activity and Sport
KINE 4633	Senior Seminar
(3h)	Activity Labs

2. Arts and Science Core (27h)

BIOL 1853	Applied Human Biology 1
BIOL 1863	Applied Human Biology 2
MATH 1213	Statistics for Business and Behavioural Sciences 1
(6h)	Faculty of Arts
(12h)	Faculty of Arts or from the Faculty of Pure & Applied Science

3. Communication Core (3h)

COMM 1013	Communication for Kinesiology
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4. Kinesiology Electives (18h)

(9h) must be at the 3000 or 4000 level

5. University Electives (21h)

6. Non-Credit Requirements

KINE 1100	First Aid and CPR (Standard First Aid & CPR Level C must be completed in first year)
KINE 3100	Professional Development



ADDITIONAL DEGREE REQUIREMENTS

- I. **KINE 1100 First Aid and CPR** Students must submit a copy of a valid **Standard First Aid and CPR level C certificate** on the KINE 1100 Acorn page by March 1st of their first year in the program. **You will not be able to register in all 2nd year classes if this is not completed.**
- II. **KINE 3100 Professional Development** is divided into two units. The “A” unit includes one 6-hour minimum conference and the completion of a two-page single-spaced reflection. The “B” unit includes two 1-hour seminars with the completion of a half-page single-spaced reflection for both seminars. Students are required to complete “A” and “B”. Permission from the School must be obtained prior to attendance.

These **8 hours** must be directly related to the discipline of Kinesiology. If it has been preapproved by the Kinesiology Department you do not have to get approval from your advisor. Conference credit will not be granted for certification (e.g., NCCP courses, aerobics instructors' courses, etc.), nor for situations where students must attend due to course requirement. **A written report must be completed after each presentation, lecture, or conference which you attend, and should include a description of each presenter and an evaluation of the content. What you liked, disliked, and learned from the presentation. You MUST include on the top corner your first and last name, student number, the title of the session, and indicate A or B Unit.**

You must submit the **conference reports** on the KINE 3100 Acorn page for review by your faculty advisor within **2 weeks** of attending the conference or academic enhancement experience.



KEEPING TRACK OF YOUR DEGREE

Although faculty and staff will do their best to follow your progress, **it is your responsibility** to make sure you complete all degree requirements and are thus eligible to graduate. Normally, students who successfully complete 30hrs per year will finish the program in four years.

The curriculum planner and degree checklist are provided to help you keep track of where you are and what you have left to do. As a rule, 1000 level courses are completed in the first year, 2000 level courses in the second year, 3000 level courses in your third year and 4000 level courses in the fourth year. Check calendar course descriptions for pre-requisites to courses numbered 2000 and above.

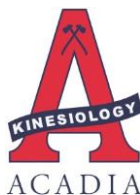
A **KINE elective** is any non-required KINE course. A **University elective** is any university course including Kinesiology elective courses. An **Arts course** is any course offered by the Faculty of Arts. A **Science course** is any course offered by the Faculty of Pure & Applied Science.

If you enter the Honours Program, KINE 3163 and KINE 4996 will replace 9hrs of Kinesiology electives.

Note: The following courses cannot be taken as part of the Bachelor of Kinesiology degree:

KINE 1993 Physically Active Living
BIOL 2813 Human Physiology & Anatomy 1
BIOL 2823 Human Physiology & Anatomy 2
KINE 4593D1 ST – Personal Health





Bachelor of Kinesiology CURRICULUM PLANNER 2021

Year 1	
Fall	Winter
KINE 1013 Foundations KINE 1213/1210L Growth & Motor Development KINE 1413/1410L Human Anatomy 1 BIOL 1853/1850L Applied Human Biology 1 COMM 1013 Communication for Kinesiology	KINE 1113 Research Methods in Kinesiology KINE 1243 Historical Aspects of Physical Activity & Sport in Canada KINE 1333/1330L Care & Prevention of Athletic Injuries KINE 1100 First Aid & CPR (Non-credit) BIOL 1863/1860L Applied Human Biology 2 MATH 1213/1210L Statistics
Year 2	
Fall	Winter
KINE 2253 Sociological Aspects of Physical Activity & Sport KINE 2413/2410L Applied Human Physiology 1 2 Activity Labs (can start taking activity labs) 6h Electives *	KINE 2033/2030L Biomechanics KINE 2423/2420L Applied Human Physiology 2 KINE 2433 Psychological Aspects of Physical Activity & Sport 6h Electives *
Year 3	
Fall	Winter
KINE 3013/3010L Exercise Physiology 12h Electives *	KINE 3053/3050L Human Anatomy 2 KINE 3213/3210L Motor Learning KINE 3363 Philosophical Aspects of Physical Activity & Sport KINE 3100 Professional Development (Non-credit) 6h Electives *
Year 4	
Fall	Winter
KINE 4633 Senior Seminar 12h Electives *	15h Electives *

***Electives**

- 6h from the Faculty of Arts, 6h from the Faculty of Pure and Applied Science, 12h from the Faculty of Arts or Faculty of Pure and Applied Science (24h)
- Kinesiology electives (18h); at least 50% of the KINE electives offered for the degree must be at the 3000 level or higher.
- University electives (21h)

****Curriculum subject to change**



Bachelor of Kinesiology Degree Checklist (2020+)

✓	1st Year	Comments
	KINE 1013 – Foundations	
	KINE 1113 – Research Methods in Kinesiology	
	KINE 1213/1210 Lab – Growth & Motor Development	
	KINE 1243 – Historical Aspects of Physical Activity & Sport In Canada	
	KINE 1333 – Care & Prevention of Athletic Injuries	
	KINE 1413/1410 Lab – Human Anatomy 1	
	BIOL 1853/1850 Lab – Applied Human Biology 1	
	BIOL 1863/1860 Lab – Applied Human Biology 2	
	COMM 1013 – Communication for Kinesiology	
	MATH 1213/1210 Lab – Statistics	
	KINE1100 - First Aid & CPR (Non-Credit)	
	2nd Year	
	KINE 2033/2030 Lab – Biomechanics 1	
	KINE 2253 – Sociological Aspects of Physical Activity & Sport	
	KINE 2413/2410 Lab – Applied Human Physiology 1	
	KINE 2423/2420 Lab – Applied Human Physiology 2	
	KINE 2433 – Psychological Aspects of Physical Activity & Sport	
	2 Activity Labs	
	3 hr Kine Elective	
	3 hr Arts or Science Elective	
	3 hr Arts or Science Elective	
	3 hr University Elective	
	3rd Year	
	KINE 3013/3010 Lab – Exercise Physiology	
	KINE 3053/3050 Lab – Human Anatomy 2	
	KINE 3213/3210 Lab – Motor Learning	
	KINE 3363 – Philosophical Aspects of Physical Activity & Sport	
	3 hr Kine Elective	
	3 hr Kine Elective	
	3 hr Arts or Science Elective	
	3 hr University Elective	
	3 hr University Elective	
	3 hr University Elective	
	KINE 3100 – Professional Development (Non-Credit)	
	4th Year	
	KINE 4633 – Senior Seminar	
	3 hr Kine Elective	
	3 hr Kine Elective	
	3 hr Kine Elective	
	3 hr Arts or Science Elective	
	3 hr Arts or Science Elective	
	3 hr Arts or Science Elective	
	3 hr University Elective	
	3 hr University Elective	
	3 hr University Elective	

All CORE courses you need C- or better. Electives: All students must complete a minimum of 27 hours of Arts or Science elective courses. Of these, a minimum of 6 hours must come from the Faculty of Arts and a minimum of 6 hours must come from the Faculty of Pure and Applied Science (note that MATH 1213, BIOL 1853 and 1863 count toward these Science hours). All students must also complete a minimum of 18 hours of KINE electives and at least 9 hours of these KINE electives must be at the upper level (3000 or 4000 level). Finally, all students must complete 21 hours of University electives. **You require a D- or better in Electives.**



HONOURS PROGRAM GUIDELINES

Thinking of doing an Honours Program? An Overview



The Honours Degree is a challenging program for students who have a particular interest and desire to pursue further learning in a specialty area. Through the honours process, students gain research, problem-solving and writing skills beyond the scope of the regular four-year undergraduate degree. The honours degree includes all the conceptual elements of the bachelor's degree plus a major honours thesis/research project typically completed throughout the third and fourth years. It provides a tremendous opportunity to work one on one with a faculty supervisor.

The Honours Degree acts as Acadia University's official recognition of exceptional accomplishment. This opportunity may be used to prepare for graduate work, to acquire a further qualification in the profession, or to provide a structured avenue for pursuing a chosen area for academic curiosity and to pursue a passionate interest. Honours students are academically successful students who carry out a challenging research project with rigour, depth and excellence.

If you are interested in honours but are not clear on the sort of research project you might like to pursue, talk to a faculty member who broadly shares research interests with you. You should do this in your second year or at the start of your third year.

Degree Requirements

1. You will need a faculty member to supervise your honours program work. That person's ability to supervise your honours program will depend upon the number of students already working with that faculty member, and the match between your proposed topic and the faculty member's expertise and research program.
2. The academic requirements which you must meet are:
 - a) Students must have and obtain a **GPA of 3.0** or more, as well as a minimum grade of **B-** in all core courses.
 - b) Kinesiology honour students must complete **KINE 3163** Applied Research Methods
 - c) **KINE 3883** Directed Readings (Highly recommended)
 - d) **KINE 4996** Honours Thesis
3. Your supervisor must send an email to the Kinesiology Administrative Assistants to have your program changed from BKIN to BKIH (Honours).



AREAS OF INTEREST IN KINESIOLOGY

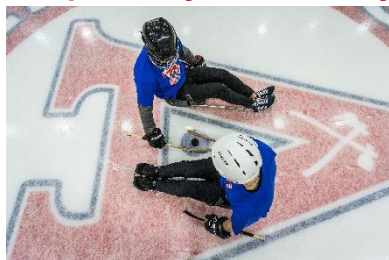
In the **Bachelor of Kinesiology degree program**, students may pursue areas of interest in one of the following:

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
- KINE 4783** Body, Culture, Physical Activity and Sport

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. Programming
- KINE 4893** Disability Sports

Leadership, Coaching, Teaching



- KINE 1213** Growth and Motor Development
- KINE 2003** Adapted Physical Activity
- KINE 2133** Introduction to Coaching
- KINE 3133** Leadership and Team Building
- KINE 3143** Introduction to Teaching Physical Education
- KINE 3533** Advanced Coaching Methods
- KINE176D** Outdoor Leader 1
- KINE276D** Outdoor Leader 2
- Variety of Activity Labs



KINESIOLOGY OPTIONS

Exercise Science & Training Option



Students must complete 120 credit hours as follows:

- Kinesiology Core (51h)
- Exercise Science & Training Core (15h): KINE 3343, KINE 3393, KINE 4013, KINE 4193, KINE 4203, KINE 4693
- All of the following (12h): BIOL 1853, BIOL 1863, COMM 1013, KINE 1100, KINE 3100, MATH 1213
- 6h from the Faculty of Arts
- 12h from the Faculty of Arts or Faculty of Pure and Applied Science
- 24h University electives

Minimum grades of C- are required in the Kinesiology and Communication core. Grades of B- are required

in the Exercise Science & Training Core. A minimum program GPA of 2.0 is required to be eligible to graduate. An overall minimum cumulative GPA of 3.00 is required for application to this option. A maximum of 18 students will be accepted each year.

Athletic Therapy Option*



Students must complete 120 credit hours as follows:

- Kinesiology Core (51h)
- Athletic Therapy Core (18h): KINE 3413, KINE 3423, KINE 3433, KINE 4433, KINE 4843, KINE 4853
- All of the following (12h): BIOL 1853, BIOL 1863, COMM 1013, KINE 1100, KINE 3100, KINE 3400, MATH 1213
- 6h from the Faculty of Arts
- 12h from the Faculty of Arts or Faculty of Pure and Applied Science
- 21h University electives

Minimum grades of C- are required in the Kinesiology

and Communication core. Grades of B are required in the Athletic Therapy Core. A minimum program GPA of 2.0 is required to be eligible to graduate. An overall minimum cumulative GPA of 3.00 is required for application to this option. A maximum of 18 students will be accepted each year.



Biology Option

Students must complete 120 credit hours as follows:

- Kinesiology Core (51h)
- Biology Core (24h): BIOL 1853, BIOL 1863, BIOL 2013, BIOL 2043, BIOL 2053, BIOL 2073, 6h Biology electives
- All of the following (12h): COMM 1013, CHEM 1013, CHEM 1023, KINE 1100, KINE 3100, MATH 1213
- 18h Kinesiology electives (9h must be at the 3000 level or higher)
- 6h from the Faculty of Arts
- 9h University electives

Grades of C- are required in the Kinesiology, Communication and Biology Core. In addition, a minimum program GPA of 2.0 is required to graduate. An overall cumulative GPA of 2.75 is required for admission to this option. A maximum of 12 students will be accepted each year.



Psychology Option

Students must complete 120 credit hours as follows:

- Kinesiology Core (51h)
- All of the following (21h): PSYC 1013, PSYC 1023, 15h Psychology electives
- All of the following (12h): BIOL 1853, BIOL 1863, COMM 1013, KINE 1100, KINE 3100, MATH 1213
- 18h Kinesiology electives (9h must be at the 3000 level or higher)
- 6h from the Faculty of Arts
- 12h University electives

Grades of C- are required in the Kinesiology, Communication and Psychology Core. In addition, a minimum program GPA of 2.0 is required to graduate. An overall cumulative GPA of 2.75 is required for admission to this option. A maximum of 12 students will be accepted each year.



Nutrition Option

Students must complete 120 credit hours as follows:

- Kinesiology Core (51h)
- Nutrition Core (18h): NUTR 1313, NUTR 1323, 12h of Nutrition electives approved by the School of Nutrition and Dietetics
- All of the following (12h): BIOL 1853, BIOL 1863, COMM 1013, KINE 1100, KINE 3100, MATH 1213
- 18h Kinesiology electives (9h must be at the 3000 level or higher)
- 6h from the Faculty of Arts
- 15h University electives

Grades of C- are required in the Kinesiology, Communication and Nutrition Core and a minimum program GPA of 2.0 is required to graduate. An overall cumulative GPA of 2.75 is required for admission to this option. A maximum of 12 students will be accepted each year.





ELECTIVES

The School of Kinesiology teach the electives listed below. Not all courses are available each year. Please consult the Academic Timetable for electives offered and a description of the course.

KINE 2003 Adapted Physical Activity
KINE 2133 Coaching
KINE 2493 Health Promotion and Wellness
KINE 3133 Leadership and Team Building
KINE 3143 Introduction to Teaching Physical Education
KINE 3153 Development of Sport Expertise
KINE 3163 Applied Research Methods in Kinesiology
KINE 3323 Therapeutic Exercise: Foundations and Techniques
KINE 3343 Fitness Programming
KINE 3373 Children with Special Needs
KINE 3393 Physiological Assessment
KINE 3413 Assessment and Rehabilitation of the Lower Extremity
KINE 3423 Assessment and Rehabilitation of the Upper Extremity
KINE 3433 Athletic Therapy Field Practicum
KINE 3533 Advanced Coaching Methods
KINE 3573 Perceptual-Motor Development
KINE 3663 Coaching Practicum 1
KINE 3683 Applied Sport Psychology
KINE 3693 Health Behaviour Change
KINE 3853 Wellness and Aging
KINE 3883 Directed Readings in Kinesiology
KINE 4003 Ethical Issues in Sport & Physical Activity
KINE 4013 Training Methods
KINE 4083 Independent Study
KINE 4193 Exercise Science Training Practicum
KINE 4203 Exercise Science Clinical Practicum
KINE 4213 Biomechanics of Injury and Disease
KINE 4233 Stress Management
KINE 4373 Neural Basis of Motor Control
KINE 4433 Athletic Therapy Clinical Practicum
KINE 4563 Adventure Education
KINE 4573 Biomechanics 2
KINE 4593 Special Topics in Kinesiology
KINE 4693 Physical Activity and Chronic Conditions
KINE 4753 Promoting Physical Activity for Youth
KINE 4763 Introduction to the Canadian Health Care System
KINE 4773 S.M.I.L.E. Programming
KINE 4783 Body, Culture, Physical Activity and Sport
KINE 4803 Professional Aspects in Sport Injury Assessment and Care
KINE 4823 Aging Physiology and Exercise
KINE 4833 Social Determinants of Health
KINE 4843 Assessment and Rehabilitation of the Axial Skeleton and Pelvis
KINE 4853 Therapeutic Modalities
KINE 4863 Emergency Conditions
KINE 4873 Pharmacology for Kinesiology
KINE 4883 Sport, Media and Culture
KINE 4893 Disability Sport
Introductory & Advanced Activity Labs



SECTION 3

ACADIA UNIVERSITY

Located in Wolfville, Nova Scotia, 100 kilometers northwest of Halifax, Acadia University, was founded in 1838. The university has earned a national and international reputation for scholarship in the arts, sciences, and many professional fields.

Considered one of the leading undergraduate universities in Canada, Acadia offers students a unique opportunity to experience an environment which combines outstanding academic programs with a diversity of extracurricular activities. The university's small-town location and predominately residential character encourages personal growth through close contacts with fellow students and professors, through participation in intramural and intercollegiate activities, and through a wide variety of cultural programs.

The university is situated on a campus of 100 hectares and features 31 major buildings including 12 residences which can house over 1700 students, the largest on-campus population in eastern Canada. At the heart of the university is the Vaughan Memorial Library which contains over one million titles.

Acadia offers students more than 200 different degree combinations leading to degrees, diplomas, and certificates in the disciplines comprising the Faculty of Arts, Faculty of Pure and Applied Science, Faculty of Professional Studies, and Faculty of Theology. Within these faculties many specialized programs are offered.

ACADEMIC STRUCTURE OF THE UNIVERSITY

Academic units (Schools and Departments) at Acadia University are grouped into three Faculties: Faculty of Arts, Faculty of Pure and Applied Science, and Faculty of Professional Studies. Each Faculty is led by a Dean who reports to the Provost & Vice-President Academic.

The Faculty of Professional Studies comprises of four Schools and one Department. The School of Business Administration, the School of Education, the School of Kinesiology, the School of Music and the Department of Community Development. The School of Kinesiology is led by a Director, who reports to the Dean of the Faculty of Professional Studies.

The Kinesiology Program Council meets regularly. Membership consists of all Kinesiology faculty and staff members, and one student representative. Student concerns are brought to Council by the student representative via A.K.S. (Acadia Kinesiology Society).





ACADEMIC INTEGRITY

Taken from the Acadia University Academic Calendar (<https://registrar.acadiau.ca/AcademicCalendars.html>)

Academic integrity demands responsible use of the work of other scholars. It is compromised by academic dishonesty such as cheating and plagiarism. A student who is uncertain whether a course of action might constitute cheating or plagiarism should seek in advance the advice of the instructor involved.

- Cheating is copying or the use of unauthorized aids or the intentional falsification or invention of information in any academic exercise.
- Plagiarism is the act of presenting the ideas or words of another as one's own. Students are required to acknowledge and document the sources of ideas that they use in their written work.
- Self-plagiarism is also a form of plagiarism. It is the presentation of the same work in more than one course without the permission of the instructors involved.
- A student who knowingly helps another to commit an act of academic dishonesty is equally guilty.
- Penalties are levied in relation to the degree of the relevant infraction. They range from requiring the student to re-do the piece of work, through failure on that piece of work, to failure in the course, and to dismissal from the university.

Procedures Concerning Infractions of Academic Integrity (Academic)

- a. An instructor who suspects a violation of academic integrity shall first attempt to determine if a potential violation exists. This determination shall involve a preliminary meeting between the instructor and student. If a determination is made by the instructor that the incident does not constitute a violation, no further action is initiated.
- b. Where a potential violation is indicated, a meeting shall be convened normally within five working days with the student, instructor, and Unit Head. This meeting is intended to present information to determine if an infraction has occurred. Both student and instructor may bring a witness/advocate. That advocate for the student may be an ASU representative. Each party will be allowed to submit written statements and speak to the allegation.
- c. No later than five working days after the meeting the Unit Head shall offer her/his verdict on the case. Where a Unit Head determines that the evidence fails to support the claim of a violation, the case concludes with no further action.
- d. Where it is determined that an infraction has occurred, the Head shall contact the Registrar's Office to determine if the student has former infractions in the Registry of Previous Infractions.
- e. Where the Registry of Previous Infractions contains no more than one previous case, the Head shall determine a suitable penalty for the infraction. It is noted that in making this determination, the Head shall be guided by the twin interests of education and sanction. In cases where there are 2 or more previous infractions indicated, the Head shall send the relevant documentary evidence to the relevant Dean for the determination of the appropriate sanction.



- f. The student has the right of appeal. Where the determination of sanction has been made at the level of the Unit Head, the appeal is made to the relevant Dean with the Unit Head and Student present for the meeting. Where the sanction was determined at the Dean level, the appeal is to the Vice-President Academic with the Dean and student present for the meeting. The Unit Head (or Dean) and student may each have a witness/advocate (ASU representative is permitted for the student). The determination by the appeal body is final.
- g. Notwithstanding (f), in the case of a penalty of expulsion from the University a student has the right to appeal the decision of the Vice-President Academic to the Senate Academic Discipline Appeals Committee. Students have the right to legal counsel when appearing before this committee.
- h. In all cases, violations are to be recorded in the Registrar's Registry of Previous Infractions.
- i. In the event that a Unit Head is the instructor, a designated Head will discharge the relevant duties. In the case where the instructor is a Dean, the VPA will designate a substitute Dean for the prescribed role.

Procedures on complaints in other academic matters

The complainant should first attempt to resolve the matter with the instructor. If it cannot be resolved, the complaint, preferably in writing, must be presented to the appropriate Head of Department or Director of the School who will investigate and attempt a resolution. If the matter cannot be settled by the head/director, it shall be referred to the appropriate Dean of Faculty. Any complainant may at any time have the assistance of the vice president, academic of the Acadia Students' Union.

Discipline

The authority for Acadia University's judicial system derives from the power granted to the Board of Governors by the Province of Nova Scotia under the University's Act of Incorporation in 1891. These powers are exercised on behalf of the Board of Governors by the Senior Director, Student Affairs. The system itself is fundamentally informal, and the Judicial Board is staffed by students, faculty and members of the University's administration, and Acadia Students Union, none of whom are trained legal experts. Nevertheless, care has been taken to build into it the elements of natural justice, while at the same time, providing for the relatively speedy resolution of complaints. To this end, specific time limitations and procedures have been established, the option of a pre-hearing settlement rather than going to a full hearing exists, and provision is made for appeals of decisions rendered by the Judicial Board. All sanctions are imposed either by the Student Development Coordinator, Campus Programs, through a pre-hearing settlement, or by the Judicial Board after it has conducted a full hearing.

- Sanctions imposed will, as closely as possible; reflect the logical consequences of the student's misbehaviour. Although punitive measures may be taken, efforts will also be made to provide for sanctions which will be educative and developmental in nature.
- Students who are subject to charges placed through the local police or RCMP may also be subject to a hearing under the University's judicial system. As well, the University reserves the right to impose sanctions.



- This statement of judicial policies and procedures does not limit the freedom of the University to press criminal charges in cases where this is deemed to be the most appropriate course of action.
- The University reserves the right to refuse application for residence accommodation, to cancel residence privileges during the year, and to reassign students to other rooms for reasons it deems appropriate.
- Not all matters have been delegated to the judicial system. Unless specifically referred to in this policy statement, matters or issues are not covered by such systems. However, the Board of Governors and the Manager, Campus Programs, have the authority to deal with any matter in a manner that is outside the limits and procedures of the student judicial system when they deem it appropriate or necessary to do so.

Judicial policies are described in considerable detail in the Acadia Students' Union (ASU) student handbook, and the residence handbook. Material on student discipline found in the University's calendar, the ASU student handbook, and the residence handbook all constitute part of the formal contract between the University and the student. The official university judicial policy document is found on the university website under both Student Life and Campus Resources - Campus Programs. A copy of this document can also be obtained from the Department of Campus Programs. For more information, call (902) 585-1308.

SECTION 4

VAUGHAN MEMORIAL LIBRARY

As a center for information and learning, the Vaughan Memorial Library is dedicated to providing quality resources and services to meet your course information needs. The Library building is located adjacent to the Beveridge Arts Centre (BAC) on the edge of the Acadia Campus. Its gateway to information sources can be accessed at: <http://library.acadiau.ca>.

Students enrolled in the Kinesiology program have their own librarian to assist them with course related research. Your librarian, **Deborah Hemming**, can show you how to navigate through library resources and help you find, organize, and cite information for your assignments and papers. Contact deborah.hemming@acadiau.ca

ATHLETICS AND RECREATION PROGRAMS

Athletics

Acadia University is a member of the national interuniversity sport organization (USPORTS) and the Atlantic University Sport (AUS). Acadia's interuniversity sports program dates back to 1875 and has gained recognition at the local, regional, and national level as a competitive and successful athletic program.

Campus Programs

The Athletics Department and Campus Programs co-ordinates an extensive program of recreation and leisure opportunities. Programs are offered in competitive intramural sports, recreational activities, sports clubs, special events, and fitness activities. Clinics, workshops and "open" scheduled times in the facilities are also featured.



Students seeking a career in Kinesiology can gain actual programming, leadership, and administrative experience through Campus Programs which will benefit your professional development. Officials for soccer, softball, touch football, hockey, basketball, volleyball, and rugby are always needed. Volunteers for office administration, residence representatives, and program supervision are welcomed and offer a significant contribution to Campus Programs at Acadia.



University Services

Of particular importance to your life as a student at Acadia University is familiarity with services the university provides that may assist you. Take some time to learn how to effectively use the Library and Computing Services. Drop into the Campus Counselling Centre (Rhodes Hall) to find out about assistance in study skills, time management and career counselling, and locate your Student Council office and services in the Student Union Building. Also, the University Medical Centre is located in the ground floor of Dennis House (west doors).

ACADEMIC SUPPORT SERVICES, KINESIOLOGY

Professors

Professors are available to answer any question you have about the courses that they teach. Each of your professors has office hours, time set aside every week during the term to meet with students registered in their courses. Check your course outline or ask your professor for the times and locations. If you are seeking academic advice, contact your academic advisor or the Director of the School, Rene Murphy at rene.murphy@acadiau.ca. Professors with “**mental health ally**” stickers on their office doors are available to speak openly about mental health and can assist you in finding additional resources if required.

Teaching Assistants

Some courses have teaching assistants (TAs) assigned to them. TAs are students who have been hired to work with professors to help them with various activities such as marking assignments or leading tutorials. TAs' duties vary, depending on the course and the professor.

ACADIA CAMPUS RESOURCE DIRECTORY

Career Services

<https://careerservices.acadiau.ca/welcome.html>

Career services offers career advising, workshops, job postings and networking events to help you find your future career path.

Contact career.services@acadiau.ca

Counselling Services

<https://counsel.acadiau.ca/>

Acadia Counselling Services offers individual counselling sessions, unlimited and at no additional cost to students.

Contact counselling@acadiau.ca, Tel 902-585-1246



Accessible Learning

<https://acadiau.ca/student-life/accessiblelearning.html>

Services are offered to students who have a documented disability and want support. This is coordinated by the Academic Support Coordinator. After meeting with their staff and introducing yourself to your instructors you are in a position to access exam accommodations, counselling, advising, and help finding tutors, readers, scribes or assistive software. Rhodes Hall, Rooms 111-115

Contact disability.access@acadiau.ca, Tel: 902.585.1291, 902.585.1520

Food Cupboard

<https://facebook.com/ASUFoodCupboard/>

The Acadia Food Cupboard provides emergency food support to any student along with miscellaneous living supplies such as toilet paper and feminine hygiene products. With these supplies, the room also provides nutritional information, dietary support, and budgeting tools that are available to all students.

Contact 127573s@acadiau.ca

Math and Statistics Help

https://mathhelp.acadiau.ca/MASH_home_page.html

MASH offers free tutoring services for 1000 level statistics and math courses.

Contact caroline.cochran@acadiau.ca

Mental Health Initiative

https://www2.acadiau.ca/student_life/health-wellness/mental-health/online-tools.html

Acadia Mental Health Initiative seeks to promote mental wellness on campus through a combination of peer support and advocacy.

Contact counselling@acadiau.ca

Personal Support Line,

Support students through pro-active listening and person-centered care. Available Thursday through Saturday 7pm-1am.

Contact Tel [902-599-2284](tel:902-599-2284)

Physics Help Centre

https://physics.acadiau.ca/physics_help.html

Drop-in tutoring offered for 1000-level physics Monday to Thursday in HSH202

Pride

<https://www.facebook.com/acadiapride>

SUB 506. Acadia Pride is aimed at providing an outlet for lesbian, gay, bisexual, transgendered, two-spirited, and queer (LGBT2IQ) individuals, as well as friends, and allies.

Contact pride@acadiau.ca

Student Advisor

<https://acadiau.ca/student-life/academic-student-support.html>

All students seeking advice, support, resources on campus, questions or concerns see Adam Detienne in Rhodes Hall room 104.

Contact studentsupport@acadiau.ca, Tel 902-585-1252.



Student Health Services

<http://healthservices.acadiau.ca>

Health Clinic available to students in Dennis House (West). Some services include medical diagnosis and treatments, confidential testing for STIs and HIV, pregnancy tests and subsidized emergency contraception, referrals for other health specialists.

Contact studenthealth@acadiau.ca, Tel 902-585-1238

The Women's Centre

<https://www.facebook.com/AcadiaWomensCentre>

Women's Centre: SUB 504 A resource to all students for safe-sex supplies, as well as support and guidance from their peers.

Contact womens.centre@acadiau.ca

Tutoring Services

<https://www2.acadiau.ca/student-life/academic-support/support-services/tutoring.html>

Tutoring Services connects students with tutors who have a strong background in the areas where they need assistance. Tutors are not available during exams. For details contact Peer tutoring is also available free through the MASH Unit and the Writing Centre

Contact tutoring@acadiau.ca

Vaughan Memorial Library

<https://library.acadiau.ca/home.html>

The Library is the place for your academic research needs. Each student is assigned a librarian who can help you find, evaluate, organize, and cite information. Access your research guides by subject at <http://libguides.acadiau.ca/> or contact your librarian.

Contact deborah.hemming@acadiau.ca, Tel 902-585-1403, Room 417, 2nd Floor.

Wong International Centre

<https://www2.acadiau.ca/international/wong-international-centre.html>

Located at 27 Acadia Street across from BAC, it offers a comprehensive orientation program for international students, information and advice on studying in Canada, assistance with immigration and visa documents, and a Host Family support program. Information, predeparture and re-entry support for students who are participating in the Study Abroad Program at Acadia is also provided by the Wong Centre.

Contact: international@acadiau.ca, Tel 902-585-1690

Writing Centre

<https://writingcentre.acadiau.ca/home.html>

Vaughan Memorial Library

The writing centre offers many services to students to better their writing including tutorials, workshops, writing tips and thesis consultations.

Writing Centre, at the Student Resource Centre

The Writing Centre helps students and faculty become the best writers they can be. Offered during term is a range of free services including one-on-one tutorials, workshops, presentations, and a resource library. You can sign up online today.

- To book an one-on-one appointment with a writing tutor:
writingcentre.acadiau.ca/writing-tutorials.html
- To see which helpful presentations and workshops you might want to attend this year go to writingcentre.acadiau.ca/workshops-and-presentations.html



AWARDS AND SCHOLARSHIPS

Dean's List Scholar

The Dean's list includes the names of the top 5% of non-graduating students in their degree, by faculty or school, registered in 30 hours or more or 15h or more with a fall or winter term co-op placement, in each academic year of undergraduate study of their first undergraduate degree. The selection is made after the undergraduate examination results are available in the spring.

The Jim MacLeod Award

The Dr. Jim MacLeod Award is presented to a 4th year Sport Injury Assessment & Management Student who best exemplifies energy and enthusiasm for learning, has high academic achievement, demonstrates effective communication skills and displays a genuine interest in the well-being of those around him/her.

The Dr. Hugh A. Noble Award

This award began in 1977 from the generosity of a man whose contributions to Physical Education and Recreation shaped the field and study of Physical Education and Recreation. Dr. Noble's integrity, vision, sportsmanship, leadership and contributions to the community are renowned within the Kinesiology and Recreation Management communities. The Hugh A. Noble Award is presented at the Kinesiology convocation reception to an outstanding member of the Kinesiology graduating class who, in the opinion of students and faculty, has best demonstrated academic ability, citizenship and sporting behaviour throughout their degree program.

The Alex Wright Memorial Award

This award was started in 1998 in memory of Dr. Alex Wright who was Director of the School of Recreation Management and Kinesiology and a faculty member since the late 1970's. Dr. Wright died in the spring of 1997. In recognition of his love of scholarship, this award recognizes outstanding commitment to scholarship as demonstrated by 2 graduating students one from the Community Development Program and one from the Kinesiology program. The recipients of the awards are chosen by faculty.

The University Medal

The University Medal in Kinesiology is awarded to the graduating student who has the highest average in Kinesiology provided that he/she has an "A" average.

The CSEP Award

The Canadian Society for Exercise Physiology Award is presented to a graduating student in recognition of outstanding academic achievement in exercise science studies.

The CCUPEKA Award

The Canadian Council of University Physical Education and Kinesiology Administrators Leadership Award is presented in recognition of an exceptional graduating student leader who will make a difference in their chosen field.

