

Kinesiology

2015 Student Handbook



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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, Peggy or Kim.

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 J.L. Murphy, Ph.D.
Director
The 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. In July 2014, the name was changed again to the School of Kinesiology. Recreation Management is phased out and replaced by the new Department of Community Development.

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 different options which include the **Bachelor of Kinesiology with Biology, Bachelor of Kinesiology with Honours with Biology, Bachelor of Kinesiology with Nutrition, Bachelor of Kinesiology with Honours with Nutrition, Bachelor of Kinesiology with Psychology, Bachelor of Kinesiology with Honours with Psychology**.

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, the KinderSkills Motor Development Program, and Cardiac Rehab, Acadia Active Aging (AAA), and the Sensory Motor Instructional Leadership Experience (S.M.I.L.E.) Program. In addition, students may have opportunities to serve as Sport Injury Assessment and Management (SIAM) activities with varsity sport teams, Laboratory Assistants, Research Assistants or Teaching Assistants. These programs, together with a close association with Kinesiology professionals, Annapolis Valley Health Authority and the Department of Varsity Athletics, provide students with a number of opportunities to gain valuable experience during their undergraduate years.

The Acadia School of Kinesiology has fourteen full time faculty and 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@acadiu.ca

KINESIOLOGY FACULTY



Full Time Faculty

<p>Prof. Ann Dodge, Lecturer Health Promotion and Wellness AAC 383 (902) 585-1561 Email: ann.dodge@acadiau.ca</p>	<p>Dr. Jonathon Fowles, Professor Physiology, Fitness AAC 487.3 (902) 585-1560 Email: jonathon.fowles@acadiau.ca</p>
<p>Dr. Heather Hemming Dean and Professor Faculty of Professional Studies Godfrey House (902) 585-1133 Email: heather.hemming@acadiau.ca</p>	<p>Prof. Scott Hennigar, Instructor Outdoor Adventure AAC 385E (902) 585-1724 Email: scott.hennigar@acadiau.ca</p>
<p>Dr. Jason Holt, Associate Professor Philosophy, Communication AAC 385F (902) 585-1885 Email; jason.holt@acadiau.ca</p>	<p>Prof. Colin King, Instructor Sport Rehabilitation AAC483 (902) 798-8255 Email: colin.king@acadiau.ca</p>
<p>Dr. Darren Kruisselbrink, Professor Motor Learning, Psychology of Sport AAC 482 (902) 585-1564 Email: darren.kruisselbrink@acadiau.ca</p>	<p>Dr. Scott Landry, Associate Professor Biomechanics, Anatomy AAC 385 (902) 585-1286 Email: scott.landry@acadiau.ca</p>
<p>Dr. Jim MacLeod, Professor Sport Rehabilitation AAC 488 (902) 585-1554 Email: jim.macleod@acadiau.ca</p>	<p>Prof. Saïd Mekary, Lecturer Exercise Physiology AAC 482 (902) Email: said.mekary@acadiau.ca</p>
<p>Dr. René Murphy, Director and Professor Exercise Physiology AAC 340 (902) 585-1559 Email: rene.murphy@acadiau.ca</p>	<p>Dr. Robert Pitter, Professor Sociology AAC 486 (902) 585-1553 Email: robert.pitter@acadiau.ca</p>
<p>Dr. Roxanne Seaman, Associate Professor Adapted Physical Activity & Sport AAC 487.4 (902) 585-1692 Email: roxanne.seaman@acadiau.ca</p>	<p>Dr. Chris Shields, Professor Sport & Exercise Psychology AAC 487.5 (902) 585-1319 Email: chris.shields@acadiau.ca</p>
<p>Prof. Janna Wentzell, Instructor Laboratory Instructor, Historical Aspects Physical Activity and Sport AAC 385B (902) 585-1797 Email: janna.wentzell@acadiau.ca</p>	

SUPPORT STAFF AND LIBRARIAN

<p>Ned Kelleher, Lab Technician Kinesiology AAC 385B (902) 429-7048 Email: ned.kelleher@acadiau.ca</p>	<p>Maggie Nielson, Librarian Vaughan Memorial Library VML 2-420 (902) 585-1718 Email: maggie.nielson@acadiau.ca</p>
<p>Kim Vaughan, Administrative Assistant School of Kinesiology and Department of Community Development AAC 380 (902) 585-1307 Email: kim.vaughan@acadiau.ca</p>	<p>Peggy Weir, Administrative Assistant School of Kinesiology AAC 380 (902) 585-1457 Email: peggy.weir@acadiau.ca</p>

ACADIA KINESIOLOGY SOCIETY (A.K.S.)



The Kinesiology Society is a student oriented and run club for all 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!

The 2015-16 Acadia Kinesiology Society (AKS) Executive Members

PRESIDENT	Sarah Tibbetts
VP/COMMUNICATIONS	Kathryn O'Donnell
SOCIAL EVENTS	Michaela Haley
PROFESSIONAL EVENTS	Lauren Tibbo
FUND RAISING	Alex Coffin
FACULTY ADVISOR	Prof. Ann Dodge

The 2015-2016 Kinesiology Society Sub-Committee Members

1ST YEAR REPRESENTATIVE	TBD
2ND YEAR REPRESENTATIVE	Abby Friars
	Regan Haley
3RD YEAR REPRESENTATIVE	Kelsey Brumm
GRAD CLASS REPRESENTATIVE	Lillie Collen

STUDENT PLANNING COMMITTEE

The student planning committee consists of nine members; two students from Business, Education, Community Development, Kinesiology 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 nine 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 elect 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. A number of graduates of the Acadia program have entered Medical schools, Physiotherapy schools, Veterinary College, while others have pursued Masters 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 of 2012 or later must obtain a grade of 60% (C-) or better in the Kinesiology CORE and Communication course.** An overall cumulative GPA of 2.00 must be maintained to graduate.

1. Kinesiology Core (48h)

KINE 1013	Foundations of Kinesiology
KINE 1113	Research Issues in Kinesiology
KINE 1213	Growth & Motor Development
KINE 1243	Historical Aspects of Physical Activity and Sport in Canada
KINE 1413	Applied Human Anatomy
KINE 2023	Care & Prevention of Athletic Injuries
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 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)

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

3. Communication Core (3h)

COMM 1213 Communication 1

4. Kinesiology Electives (18h)(9h) must be at the 3000 or 4000 level**5. University Electives (24h)**(15) must be outside of KINE**6. Non-Credit Requirements****KINE 1100** Standard First Aid and CPR Level C certification in first year**KINE 3100** Conference**ADDITIONAL DEGREE REQUIREMENTS**

- I. Students are required to attend and participate in 12 hours or a 2-day conference. This 12 hour total can be composed of combinations of such events as guest lecturers, speakers, professional presentations or conferences **BUT** must be directly related to the discipline of Kinesiology and approved by your faculty advisor prior to attending unless it was approved by the School of Kinesiology. Conference credit will not be granted for certifications (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 and handed into the Administrative Assistant within 2 weeks after each presentation, lecture, or conference and should include a description and evaluation of the event.
- II. Students must provide a copy of a valid First Aid and CPR level C certificate to the Kinesiology Administrative Assistant **by March 1st of their first year** in the program.



KEEPING TRACK OF YOUR DEGREE:

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

The curriculum planner is provided to help you keep track of where you are and what you have left to do. As a general 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 KINE. 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 9h of Kinesiology electives.

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

KINE 2293 Physically Active Living
BIOL 2813 Human Physiology & Anatomy 1
BIOL 2823 Human Physiology & Anatomy 2





**Bachelor of Kinesiology
CURRICULUM PLANNER 2015**

Year 1	
Fall	Winter
KINE1013X1 Foundations KINE1213X1/1210L Growth & Motor Development COMM1213A1/B1/C1/D1 Communication BIOL1853X1/1850L Applied Human Biology I 3h Electives *	KINE 1113X2 Research Methods in Kinesiology KINE 1243X2 Historical Aspects of Physical Activity and Sport in Canada KINE 1413X2/1410L Applied Human Anatomy KINE 1100X2 First Aid & CPR (Non-credit) MATH 1213A/B2/1210L Statistics BIOL1863X2/1860L Applied Human Biology II
Year 2	
Fall	Winter
KINE 2023X1/2020L Care & Prevention of Athletic Injuries KINE 2413X1/2410L Applied Human Physiology1 KINE 2433X1 Psychological Aspects of Physical Activity and Sport 2 Activity Labs 3h Electives *	KINE 2033X2/2030L Biomechanics KINE 2253A2/B2 Sociological Aspects of Physical Activity and Sport KINE 2423X2/2420L Applied Human Physiology2 6h Electives *
Year 3	
Fall	Winter
KINE 3013A/B1/3010L Exercise Physiology 12h Electives *	KINE 3213X2/3210L Motor Learning KINE 3363A/B2 Philosophical Aspects of Physical Activity and Sport KINE 3100X2 Conference (Non-credit) 9h Electives *
Year 4	
Fall	Winter
KINE 4633X1 Senior Seminar 12h Electives *	15h Electives *

***Electives**

- 6hrs. from the Faculty of Arts, 6hrs. from the Faculty of Pure and Applied Science, 12hrs. from the Faculty of Arts or Faculty of Pure and Applied Science (24h)
- Kinesiology electives (18hrs) At least 50% of the KINE electives offered for the degree must be at the 3000 level or higher.
- University electives (24hrs, 15hrs which must be outside KINE)
- BIOL 1853/1863 are recommended to be taken in the 1st year.

***Curriculum subject to change*

CHECK LIST

1st Year	<u>Complete</u>	<u>Notes</u>
KINE 1013 – Foundations of Kinesiology		
KINE 1113 – Research Issues in Kinesiology		
KINE 1213/1210 Lab – Growth & Motor Development		
KINE 1243 – Historical Aspects of Phy Act & Sport In Canada		
KINE 1413/1410 Lab – Applied Human Anatomy		
COMM 1213 – Communication		
MATH 1213/1210 Lab – Statistics		
BIOL 1853/1850 Lab – Applied Human Biology 1		
BIOL 1863/1860 Lab – Applied Human Biology II		
3 hr Elective		
KINE1100 First Aid & CPR (Non-Credit)		
2 nd Year		
KINE 2023/2020 Lab – Care & Prevention of Athletic Injuries		
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 Elective		
3 hr Elective		
3 hr Elective		
3 rd Year		
KINE 3013/3010 Lab – Exercise Physiology		
KINE 3213/3210 Lab – Motor Learning		
KINE 3363 – Philosophical Aspects of Physical Activity & Sport		
3 hr Elective		
KINE 3100 – Conference		
4 th Year		
KINE 4633 – Senior Seminar		
3 hr Elective		
<p>All CORE courses you need C- or better, program year 2012 and later 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 24 hours of University electives and from these, a maximum of 9 hours can be KINE courses. You need a D- or better.</p>		

KINESIOLOGY OPTIONS

Bachelor of Kinesiology with Biology (BKIN BIOL)

Course Requirements:

Kinesiology core (48h):

Kine 1013, 1113, 1213, 1243, 1413, 2023, 2033, 2253, 2413, 2423, 2433, 3013, 3213, 3363, 4633, two activity labs

Biology core (18h):

Biol *1853, 1863, 2013, 2043, 2053, 2073

Bachelor of Kinesiology with Biology

- Kinesiology core (48h)
- Comm 1213 (3h)
- Biology: Biol*1853,1863,2013, 2043, 2053, 2073, 6h Biol Electives (24h)
- Arts/Science core: Math 1213, Chem 1013, 1023, 6h from Faculty of Arts (15h)
- Kinesiology electives (18h)
- University electives (12h)
- Kine 1100, 3100
- At least 50% of the Kine electives offered for the degree must be at the 3000 level or higher.
- A C- or better must be obtained in the kinesiology core and biology core. A minimum program GPA of 2.0 is required to graduate.

Requirements:

- A maximum of 12 students will be accepted each year.
- An overall cumulative GPA of 2.75 is required for admission to this option.
- Students interested in this option will be considered for admission in the winter semester of their second year of the program.
- Must obtain signed permission from both the Director of Kinesiology and the Head of Biology.

*1853, 1863 - Prereq Biology courses for KINE with BIOL

Bachelor of Kinesiology with Honours with Biology (BKIH BIOL)

Course Requirements:

Kinesiology core (48h):

Kine 1013, 1113, 1213, 1243, 1413, 2023, 2033, 2253, 2413, 2423, 2433, 3013, 3213, 3363, 4633, two activity labs

Biology core (18h):

Biol *1853, 1863, 2013, 2043, 2053, 2073

Bachelor of Kinesiology with Honours with Biology

- Kinesiology core (48h)
- Comm 1213 (3h)
- Kine 3163 (3h)
- Kine 4996 (6h)
- Biol *1853, 1863, 2013, 2043, 2053, 2073, 6h Biol electives (24h)
- Arts/Science core: Math 1213, Chem 1013, 1023, 6h from Faculty of Arts (15h)
- Kinesiology electives (9h)
- University electives (12h)
- Kine 1100, 3100
- At least 50% of the Kine electives offered for the degree must be at the 3000 level or higher.
- A B- or better must be obtained in the kinesiology core and biology core. A minimum program GPA of 3.0 is required to graduate.

Requirements:

- A maximum of 12 students will be accepted each year.
- An overall cumulative GPA of 3.0 is required for admission to this option.
- Students interested in this option will be considered for admission in the winter semester of their second year of the program.
- Must obtain signed permission from both the Director of Kinesiology and the Head of Biology.

*1853, 1853 – Prereqe Biology courses for KINE with BIOL

Bachelor of Kinesiology – Nutrition Option (BKIN NUTR)

Course Requirements:

Kinesiology core (48h):

Kine 1013, 1113, 1213, 1243, 1413, 2023, 2033, 2253, 2413, 2423, 2433, 3013, 3213, 3363, 4633, two activity labs

Nutrition core (18h):

Nutr 1313 (formally 2503), 1323 (formally 2513), and 12h of Nutr electives approved by the School of Nutrition and Dietetics

Bachelor of Kinesiology - Nutrition Option

- Kinesiology core (48h)
- Comm 1213 (3h)
- Nutrition courses: Nutr 1313, 1323, and 12h of Nutr electives approved by the School of Nutrition and Dietetics (18h)
- Arts/Science core: Math 1213, Biol 1853, 1863, 6h from the Faculty of Arts (15h)
- Kinesiology electives (18h)
- University electives (18h)
- KINE 1100, 3100
- At least 50% of the Kine electives offered for the degree must be at the 3000 level or higher.
- A C- or better must be obtained in the kinesiology core and nutrition core courses. A minimum program GPA of 2.0 is required to graduate.

Requirements:

- A maximum of 12 students will be accepted each year. Nutr 1503 cannot be used for credit in the Kinesiology with Nutrition option.
- Students interested in this option will be considered for admission in the winter semester of their second year of the program.
- Must obtain signed permission from both the Director of Kinesiology and the Director of Nutrition and Dietetics.
- An overall cumulative GPA of 2.75 is required for admission to this option.

Bachelor of Kinesiology with Honours - Nutrition Option (BKIH NUTR)**Course Requirements:****Kinesiology core (48h):**

Kine 1013, 1113, 1213, 1243, 1413, 2023, 2033, 2253, 2413, 2423, 2433, 3013, 3213, 3363, 4633, two activity labs

Nutrition core (18h):

Nutr 1313 (formally 2503), 1323 (formally 2513), and 12h of Nutr electives approved by the School of Nutrition and Dietetics

Bachelor of Kinesiology with Honours - Nutrition Option

- Kinesiology core (48h)
- Comm 1213 (3h)
- Nutrition courses: Nutr 1313, 1323, and 12h of Nutr electives approved by the School of Nutrition and Dietetics (18h)
- Arts/Science core: Math 1213, Biol 1853, 1863, 6h from the Faculty of Arts (15h)
- Kine 3163 (3h)
- Kine 4996 (6h)
- Kinesiology electives (9h)
- University electives (18h)
- KINE 1100, 3100
- At least 50% of the Kine electives offered for the degree must be at the 3000 level or higher.
- A B- or better must be obtained in the kinesiology core and nutrition core courses. A minimum program GPA of 3.0 is required to graduate.

Requirements:

- A maximum of 12 students will be accepted each year. Nutr 1503 cannot be used for credit in the Kinesiology with Nutrition option.
- Students interested in this option will be considered for admission in the winter semester of their second year of the program.
- Must obtain signed permission from both the Director of Kinesiology and the Director of Nutrition and Dietetics
- An overall cumulative GPA of 3.0 is required for admission to this option.

Bachelor of Kinesiology with Psychology (BKIN PSYC)

Course Requirements:

Kinesiology core (48h):

Kine 1013, 1113, 1213, 1243, 1413, 2023, 2033, 2253, 2413, 2423, 2433, 3013, 3213, 3363, 4633, two activity labs

Psychology courses (21h):

Psyc 1013, 1023, and 15h of Psyc electives

Bachelor of Kinesiology with Psychology

- Kinesiology core (48h)
- Comm 1213 (3h)
- Math 1213 (3h)
- Psyc 1013, 1023, and 15h of Psyc electives (21h)
- Arts/Science core: 6h from the Faculty of Arts and 6h from the Faculty of science (12h)
- Kinesiology electives (18h)
- University electives (15h)
- KINE 1100, 3100
- At least 50% of the Kine electives offered for the degree must be at the 3000 level or higher.
- A C- or better must be obtained in the kinesiology core courses. A minimum program GPA of 2.0 is required to graduate.
- Grades of C- or better are required in all psychology courses.

Requirements:

- A limited number of students will be permitted to this program option.
- Students interested in this option will be considered for admission in the winter semester of their second year of the program.
- Must obtain signed permission from both the Director of Kinesiology and the Head of Psychology.
- Minimum program GPA of 2.75 is required.

Bachelor of Kinesiology with Honours with Psychology (BKIN PSYC)**Course Requirements:****Kinesiology core (48h):**

Kine 1013, 1113, 1213, 1243, 1413, 2023, 2033, 2253, 2413, 2423, 2433, 3013, 3213, 3363, 4633, two activity labs

Psychology Courses(21h):

Psyc 1013, 1023, and 15h of Psyc electives

Bachelor of Kinesiology with Honours with Psychology

- Kinesiology core (48h)
- Comm 1213 (3h)
- Math 1213 (3h)
- Kine 3163 (3h)
- Kine 4996 (6h)
- Psyc 1013, 1023, and 15h of Psyc electives (21h)
- Arts/Science core: 6 hours from the Faculty of Arts and 6 hours from the Faculty of Science (12h)
- Kinesiology electives (9h)
- University electives (15h)
- KINE 1100, 3100
- At least 50% of the Kine electives offered for the degree must be at the 3000 level or higher.
- A B- or better must be obtained in the kinesiology core courses. A minimum program GPA of 3.0 is required to graduate.
- Grades of B- or better are required in all psychology courses.

Requirements:

- A limited number of students will be permitted to this program option.
- Students interested in this option will be considered for admission in the winter semester of their second year of the program.
- Must obtain signed permission from both the Director of Kinesiology and the Head of Psychology.
- Minimum program GPA required 3.0 required.

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: the Faculty of Arts, the Faculty of Pure and Applied Science, and the Faculty of Professional Studies. Each Faculty is headed by a Dean who reports to the Vice-President (Academic).

The Faculty of Professional Studies comprises three Schools and one Department. The School of Business Administration, The School of Education, The School of Kinesiology 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

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 or not 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

- Faculty members, after informing their director/head and contacting the student involved, shall attempt to determine the personal responsibility of the student and impose any penalties where appropriate.
- The student can appeal the faculty member's decision to the department director/head and, if still not satisfied, to the dean.
- The student can appeal the dean's decision to the Vice-President Academic who shall inform the student of his/her decision as to the student's personal responsibility and the penalty imposed.
- A student has the right to appeal the decision of the Vice-President Academic to the Senate Committee on Academic Discipline. Students have the right to have legal counsel when appearing before this committee.
- Technology Services and the Vaughan Memorial Library publish policies for the use of university computer facilities, both hardware and software and the use of the university library and its resources. Violation of these policies, or other abuse of university computer facilities, will be dealt with in the same manner as other forms of cheating or as a non-academic offence. For the dedicated purpose of inter-institutional loan and document delivery services, patron records may be stored on a remote database. Some violations may also lead to criminal prosecution. It is the students' responsibility to familiarize themselves with the Technology Services policies.

Procedures on complaints in other academic matters

The complainant should first attempt to resolve the matter with the instructor. If it cannot be so resolved, the complaint, preferably in writing, must be presented to the appropriate Head of Department or Director of the School who will conduct an investigation 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 also 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

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 2443	Psychological Aspects of Physical Activity & Sport
KINE 2493	Health Promotion and Wellness
KINE 3693	Seminar in Health Promotion & Wellness
KINE 3853	Wellness and Aging
KINE 4233	Stress Management
KINE 4293	Health Promotion and Wellness Practicum
CODE 1033	Community Development
CODE 3013	Community Design, Wellness and Active Living

Interest in Adapted Physical Activity

KINE 1213	Growth and Motor Development
KINE 2023	Adapted Physical Activity
KINE 3373	Children with Special Needs
KINE 3573	Perceptual Motor Development
KINE 3853	Wellness and Aging
KINE 4593	Special Topics; Advanced Adapted Physical Activity
KINE 4593	Special Topics; Behaviour Modification in Teaching and Coaching
KINE 4893	Disability Sports

Leadership/Coaching

KINE 2023	Care and Prevention of Athletic Injuries
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



Sport Injury Assessment and Management (SIAM)**KINE 2023** Care & Prevention of Athletic Injuries

Apply to Dr. Jim MacLeod (December)

Required SIAM Courses**KINE 3413** Assessment of Athletics Injuries - Lower Extremity**KINE 3423** Assessment of Athletics Injuries - Upper Extremity**KINE 4843** Principles in Sport Injury Rehabilitation**KINE 4853** Professional Issues in Sport Injury Rehabilitation**Elective Courses (Optional)****KINE 3163** Research Methods in Kinesiology**KINE 3343** Fitness Programming**KINE 3683** Applied Sport Psychology**KINE 3883** Directed Readings in Kinesiology**KINE 4013** Training Methods**KINE 4083** Independent Study**KINE 4333** Physiological Assessment**KINE 4996** Honours Thesis**Certified Personal Trainer (CPT)****KINE 190B** Resistance Training**KINE 3013** Exercise Physiology**KINE 3343** Fitness Programming

Apply to CSEP (December)

Required Courses

Certified Personal Trainer Exam (Jan./Feb.)

Certified Personal Trainer Practical Exam (Jan./Feb.)

Elective Courses (Optional)**KINE 185B** Physical Activity for Older Adults**KINE 190C** Speed Agility Quickness**KINE 2023** Care & Prevention of Athletic Injuries**KINE 2493** Health Promotion & Wellness**KINE 4013** Training Methods**KINE 4333** Physiological Assessment**KINE 4693** Physical Activity and Chronic Conditions

Certified Exercise Physiologist (CEP)

KINE 3013 Exercise Physiology (1st Term)

KINE 3343 Fitness Programming (1st Term)

Apply to Dr. Jonathon Fowles (December)

Required Courses

KINE 4013 Training Methods (2nd term, 3rd yr. or 4th yr.)

KINE 4193 Exercise and Training Practicum (4th yr., full yr.)

KINE 4333 Physiological Assessment (2nd term, 3rd yr.)

KINE 4693 Physical Activity and Chronic Conditions (4th yr.)

Practical Experience (300 hours)

Comprehensive Practical Assessment

Written Examination

**Elective Courses (Optional)**

KINE 185B Physical Activity for Older Adults

KINE 190B Resistance Training (ideally in 2nd yr.)

KINE 190C Speed Agility Quickness (Ideally in 2nd yr.)

KINE 2023 Care & Prevention of Athletic Injuries

KINE 2493 Health Promotion & Wellness

Certified Strength and Conditioning Specialist (CSCS)

KINE 190B Resistance Training (2nd yr.)

KINE 190C Agility Quickness and Speed Training (2nd yr.)

KINE 3013 Exercise Physiology (1st term, 3rd yr.)

KINE 3343 Fitness Programming (1st term, 3rd yr.)

Apply to Dr. Jonathon Fowles

Required Courses

KINE 4013 Training Methods (2nd term, 3rd yr.)

KINE 4193 Exercise and Training Practicum (4th yr. full yr.)

Practical Experience (300 hrs.)

Written Examination (includes practical testing)

Elective Courses (Optional)

KINE 185B Physical Activity for Older Adults

KINE 2023 Care and Prevention of Athletic Injuries

KINE 4333 Physiological Assessment (2nd term, 3rd yr.)

KINE 4693 Physical Activity & Chronic Conditions (4th yr.)

Bachelor of Kinesiology with Honours (BKIH)

A minimum GPA of 3.0 is required for entry to the BKIH and for graduation.

KINE 3163 Research Methods

KINE 3883 Directed Readings (Highly recommended)

KINE 4996 Honours Thesis

HONOURS PROGRAM GUIDELINES

Thinking of doing an Honours Program? An Overview

The Honours 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 Bachelors 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. 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 obtain entering and a final program 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 in Kinesiology (in addition to KINE 1113 Research Methods in Kinesiology) and KINE 4996 Honours Thesis.
3. You must complete a change of program form from BKIN to BKIH (Honours). This is done by contacting the Kinesiology Administrative Assistant.



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, Ann Smith, can show you how to navigate through library resources and help you find, organize, and cite information for your assignments and papers.

ATHLETICS AND RECREATION PROGRAMS

Athletics

Acadia University is a member of Canadian Interuniversity Sport Union (CIS) 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.

Of particular interest to students seeking a career in Kinesiology is that Campus Programs can provide an opportunity to gain actual programming, leadership, and administrative experience 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 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

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.

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.

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

First Year Advisor

All students seeking advice, support, resources on campus, questions or concerns go to the old Student Union Building (SUB) Upper Level, Room 627.

Contact: studentsupport@acadiau.ca or 585-1252.

Vaughan Memorial Library

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/> and contact your librarian, Maggie Nielson, by phone at 1718, email Maggie.nielson@acadiau.ca, or in person in room -420 on the 2nd floor.

Disability/Access

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. Contact: **Student Resource Centre**, lower floor of the old Student Union Building. <http://www.acadiau.ca/counsel>

Wong International Centre

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 Student Advisor**, julie.snair@acadiu.ca 585-1690

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 tutoring@acadiu.ca. Peer tutoring is also available free through the MASH Unit and the Writing Centre.

AWARDS AND SCHOLARSHIPS**Application for Entrance Scholarships**

All entering students who wish to be considered for an Entrance Scholarship must have completed all admission procedures not later than March 1st preceding entrance to the University.

Dean's List Scholar

The Dean's list includes the names of the top 5% of non-graduating students by faculty or school, registered in 30 hours or more in their first three years of undergraduate study. The selection is made after the undergraduate examination results are available in the spring.

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 Prize is awarded at the graduation breakfast 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 recipient 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.