

2021-2022 NEW COURSES / ELECTIVES OF INTEREST (Offered Occasionally)

KIN 3131 Psychological Intervention in Sport and Exercise 3ch

Introduction to psychological consulting in the areas of sport and exercise. The course will provide the student with the basic knowledge needed to develop mental skills training programs and will introduce practitioner-athlete consulting process.

Prerequisite: KIN 2032, KIN 3032, or KIN 3031, or consent of instructor.

Instructor: David Scott

Time/Day: **Summer Term only** May 5-27, MTWTH (1:30-3:50pm)

KIN 4073 Biomechanics of Sport and Exercise 4ch

This course will use biomechanical techniques learned in Introductory Biomechanics to analyze human movement patterns that are common within sport and exercise contexts (e.g., running, jumping, cycling, gym-based exercises). Students will become familiar with both quantitative and qualitative strategies for analyzing the mechanical aspects of sport and exercise movement. Students will have an opportunity to analyze a sport or exercise of their choice.

Prerequisite: KIN 2062

Instructor: Jeremy Noble

Time/Day: Fall Term, MWF (9:30-10:20am) plus lab M or W (11:30-1:20pm)

KIN 4993 Health Psychology Interventions 3ch

This course develops a detailed understanding of why people engage in behaviours which over time have detrimental effects on them, their social networks, and society in general. The focus will be on normal health and social behaviours of everyday living. It will examine the theoretical foundations that explain behavior change, the methods by which change can be assessed, and the practical contexts where theory and method can be applied to support change.

Instructor: Stephan Dombrowski

Time/Day: Winter Term, M (2:30-5:20pm)

KIN 5281 Instrumentation in Exercise Physiology 3ch

Introduces students to the concepts, methodologies and analysis techniques used in exercise physiology to allow for the assessment of human physiological capacity and performance. Students will be introduced to metabolic, body composition, measures of force and power, electromyography, electrocardiography, and anaerobic performance measurement techniques. Students will learn the techniques to allow for the analysis of the data obtained through these instruments.

Prerequisite: KIN 3201

Instructor: Ken Seaman

Time/Day: Fall Term, TH (11:30-2:20pm)

The following courses may count as physical activity/movement courses...

RSS 3042 Physical Literacy & Education

This course is designed to introduce the key components of Physical Literacy that lead to building a foundation for life long participation in sport and activity at both a recreational and high performance level. Using Fundamental Movement Skills (FMS) and Movement Education frameworks, students will gain skills and understanding on the most effective ways to develop a physically literate person. Upon completion of this course, students will be comfortable in leading and assessing FMS for people of all ages.

Instructor: TBA

Time/Day: Fall Term, M (4:00-6:50pm)

RSS 3043 Coaching Pedagogy & Teaching

This course is designed to provide knowledge and experience in the instruction of physical education activities that are delivered in a variety of environments. Utilizing the foundational knowledge and experience students received in RSS 3042, students will engage in the planning, delivery, and assessment of a physical education program that encourages and develops skills for life long participation and enjoyment of physical activity and sport. Upon completion of this course, students will have a level of comfort in delivering skill and age appropriate activities for youth.

Prerequisite: RSS 3042, or permission of the instructor

Instructor: Jonathan Crossland

Time/Day: Winter Term, TTH (10:00-11:20am)

RSS 3911 (1ch), RSS 3912 (2ch), RSS 3913/4 (3ch) Physical Activity/Movement Practicum

A practicum must represent an opportunity for significant physical or recreational skill attainment and/or improvement by the student. All projects must be approved by the course coordinator, prior to commitment or registration.

1ch = 40 hours of activity/work

Example activity: URec classes such as Indoor Cycling, Dance, Pilates, etc.

*Cost of activity is covered by the student.

(These practicum options have replaced Special and Leadership Activity credits.)

Instructor/Coordinator: Greg Duquette

Time/Activity: TBD by student & instructor

Updated February 2021