

COLLEGE OF KINESIOLOGY

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FACULTY AND ACADEMIC STAFF

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M. E. Corcoran, Vice-President (Research)

M. D. Evered, Associate Vice-President (Academic)

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D. A. P. Fry, Associate Dean of Kinesiology

R. G. Kachanoski, Dean of Graduate Studies and Research

F. Winter, Director of Libraries

G. Barnhart, University Secretary

K. M. Smith, Registrar

Professors

R. A. Faulkner, J. L. Gusthart,
J. McClements, R. L. Mirwald, K. S. Spink,
E. J. C. Sprigings

Associate Professors

M. Chad, D. Drinkwater, D. A. P. Fry,
M. L. Humbert, K. W. Russell,
L. K. Sanderson, M. Tennant

Assistant Professors

A. Baxter-Jones, P. Chillibeck, D. Goodwin,
K. Kowalski

Instructor

J. Krohn

Associate Member

L. G. Watson

Sessional Lecturers*

H. Dickinson, P. Gatin, T. Graham,
P. J. Hamilton, A. Thompson, M. Weimer,
R. Zerr

MEMBERS FROM OTHER FACULTIES

K. Coates, Dean of Arts and Science

K. G. Jacknicke, Dean of Education

A. Renny, Assistant Dean of Commerce

W. Walz, Professor of Physiology

L. G. Watson, Professor of Mechanical Engineering

Physical Medicine and Rehabilitation, T.B.A.

*Denotes non-members of faculty.

GENERAL INFORMATION

Prior to the second world war the Department of Physical Education supervised the recreational needs of the students of the University of Saskatchewan. After the war several courses in physical education were made available as electives in the College of Arts and Science and Education. In April of 1957, the University Council recommended that the Department of Physical Education be attached to the College of Arts and Science, and in May, 1958, the University Council and Senate approved the establishment of the School of Physical Education within the College of Arts and Science. The School was designed to meet the urgent need for persons well qualified in the fields of recreation and physical education. With the establishment of the School came the inauguration of a four year curriculum leading to the degree of Bachelor of Arts in Physical Education, [B.A.(P.E.)]. In July 1972 the School was granted college status and the degree became Bachelor of Science in Physical Education (B.S.P.E.). Then, in July 1998, the college was renamed the College of Kinesiology and the degree became Bachelor of Science in Kinesiology [B.Sc.(Kin.)]. The program is planned to provide a sound liberal arts background, an area of academic specialization and comprehensive professional education.

ADMISSION REQUIREMENTS

See the General Information section of the *Calendar* on Admission and Application Procedures.

BACHELOR OF SCIENCE IN KINESIOLOGY PROGRAM

First Year (30 credit units)

BIOL 110.6; ENG (6 junior credit units);
MATH 101.3; STATS 103.3; KIN 121.3,
122.3; and social sciences/humanities (6
credit units)

First year students must register in the required first year courses listed above. Students considering the 5-year combined B.Sc.(Kin.)/B.Ed. program are required to select either NATST 110.6 or NATST 100.3 and 3 credit units in the social sciences or humanities as their social sciences/humanities elective. Students considering Leisure and Sport Management Studies are encouraged to select one of NATST 110.6, POLST 110.6 or SOC 110.6 as their social sciences/humanities elective. Upper year students are encouraged to choose a study route in consultation with the Administrative Assistant, Academic, at Room 413 Williams Building. The *Exercise and Sport Studies* route allows for the greatest flexibility in course selection. Students are able to design their program in a manner that will prepare them for a range of opportunities in health and exercise science fields. The study of *Leisure and Sport Management* is intended

to prepare students for careers in sport and recreation administration. Students interested in a career in teaching secondary physical education should refer to the program outline for the 5-year combined B.Sc.(Kin.)/B.Ed. program, ahead in this section. Students interested in teaching at the elementary or middle years level, should *not* follow the combined program outline. Rather, they should complete the requirements for *Physical Education Studies*. Upon completion of the B.Sc.(Kin.) program, students are required to complete the Post-Academic program in the College of Education in order to obtain the B.Ed. degree and teacher certification.

Program check lists are available in Room 413 Williams Building. Students are strongly encouraged to consult with a program advisor before selecting courses.

PHYSICAL EDUCATION STUDIES

Note: This program is currently under review. For details, please contact the College of Kinesiology.

Second Year (31 credit units)

KIN 222.3, 225.3, 226.3, 231.3, 240.3;
KINAC 210.2, 211.2; ANAT 221.3; PL SC
314.3 or STATS 245.3; outside electives (6
credit units)

Third Year (32 credit units)

KIN 322.3, 346.3; KINAC 213.2, 235.2,
270.2; KIN Electives (3 credit units); KINAC
electives (5 credit units); electives (12
credit units)

Fourth Year (36 credit units)

KIN 432.3; KINAC Electives (9 credit units);
electives (24 credit units).

EXERCISE AND SPORT STUDIES

Second Year (31 credit units)

KIN 222.3, 225.3, 226.3, 231.3, 255.3;
KINAC 210.2, 211.2; ANAT 221.3; PL SC
314.3 or STATS 245.3; outside electives (6
credit units)

Third Year (34 credit units)

KIN 322.3; KINAC 213.2, 270.2; KIN
electives (9 credit units); KINAC electives
(6 credit units); electives (12 credit units)

Fourth Year (34 credit units)

KIN 432.3; KINAC electives (4 credit units);
electives (27 credit units)

LEISURE AND SPORT MANAGEMENT STUDIES

Second Year (31 credit units)

KIN 222.3, 225.3, 226.3, 231.3, 255.3;
KINAC 210.2, 211.2; ANAT 221.3; COMM
102.3, 201.3; PL SC 314.3 or STATS 245.3

Third Year (34 credit units)

KIN 232.3, 322, 355.3, 475.3; KINAC
213.2, 270.2; KINAC electives (3 credit
units); COMM 202.3, 204.3; electives (9
credit units)

Fourth Year (34 credit units)

KIN 432.3, 458.3, 471.6; KINAC electives
(4 credit units); KIN elective (3 credit units);
COMM 342.3, 386.3; electives (9 credit
units)

RESTRICTED KINESIOLOGY ELECTIVES

PHYSICAL EDUCATION STUDIES

Note: This program is currently under review. For details, please contact the College of Kinesiology.

Choose 9 credit units from: KIN 223.3,
320.3, 321.3, 334.3, 423.3

EXERCISE AND SPORT STUDIES

Choose 18 credit units from: KIN 223.3,
233.3, 320.3, 321.3, 334.3, 420.3, 423.3,
424.3, 425.3, 426.3, 428.3, 429.3, 442.3,
470.3

LEISURE AND SPORT MANAGEMENT STUDIES

Choose 3 credit units from: KIN 233.3,
320.3, 420.3, 423.3

Other courses may be accepted as restricted kinesiology electives. Please consult a program advisor if you wish to register in a class other than those listed above.

RESTRICTED OUTSIDE ELECTIVES

PHYSICAL EDUCATION STUDIES

Note: This program is currently under review. For details, please contact the College of Kinesiology.

Information on acceptable teaching areas may be obtained from the College of Education.

EXERCISE AND SPORT STUDIES

Students are required to accumulate at least 18 credit units in a subject area other than kinesiology, of which 12 credit units must be above 100-level courses. For a minor in mathematics, MATH 110.3 and 116.3 are required.

LEISURE AND SPORT MANAGEMENT STUDIES

Students are required to take the following commerce classes: COMM 102.3, 201.3, 202.3, 204.3, 342.3 and 386.3. No other minor is required, but students are encouraged to take upper level classes in native studies, sociology or political studies.

ELECTIVES IN KINESIOLOGY ACTIVITY COURSES (KINAC)

PHYSICAL EDUCATION STUDIES

- 6 Level One activities
- 8 credit units of elective activities

EXERCISE AND SPORT STUDIES

- 4 Level One activities
- 6 credit units of elective activities

LEISURE AND SPORT MANAGEMENT STUDIES

- 2 Level One activities
- 5 credit units of elective activities

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ACTIVITY PROGRAM FOR THE B.S.C.(KIN.) DEGREE

There are three levels of activity classes:

a) Level One (100-level): These courses are 15 hours in duration and are awarded one credit unit. The major purpose of Level One offerings is to provide an exposure to and an appreciation for a variety of sports and physical activities. The courses in Level One will emphasize basic individual physical skill development and knowledge of the activity. *These courses are for students with little, if any, background in the activity.*

Kinesiology graduates are expected to have a knowledge base in a variety of physical activities. To encourage students to enrol in KINAC courses in which they do not have an extensive background, Level One courses will be evaluated on a pass/fail basis, with the major evaluation criteria being knowledge as evidenced by a final written examination, and attendance.

b) Level Two (200-level): These courses are 30 hours in duration and are awarded two credit units. The major purpose of these courses is to prepare students to instruct a specific activity. Basic skills, rules, instructional progressions, and limited technical strategies will be emphasized.

Students with credit for a Level Two activity cannot subsequently enrol in the Level One course of the same activity for credit.

c) Level Three (KINAC 472.3): This course is designed for students who wish to specialize in a specific activity. This course will emphasize advanced technical considerations and coaching strategies and will provide students with the opportunity to continue preparation for full-time coaching or technical positions.

B.S.C.(KIN.) HONOURS PROGRAM

The College of Kinesiology offers an Honours Program in Exercise and Sport Studies to students of proven academic ability, providing them with an opportunity to pursue a more advanced program of studies within this area of specialization.

Admission: Students will apply to the honours program in Term 2 of Year 2; contact the Program Advisor for the deadline for applications. Applicants must have a cumulative weighted average of 70% on the following courses common to the first two years of undergraduate programs: BIOL 110.6; 6 credit units in English; MATH 101.3; STATS 103.3; KIN 121.3, 122.3, 222.3, 225.3, 226.3, 231.3; ANAT 221.3; STATS 245.3 (or equivalent). A minimum of 30 credit units of the first two years curriculum must be courses taken at the University of Saskatchewan. Admission will be competitive. Successful applicants will be notified by May 30th of their second year.

Program: Students accepted into the Honours Program must follow the Exercise and Sport Studies Curriculum in the first two years. The third year and fourth year

requirements for the Honours Program are outlined below:

Third Year (34 credit units)

KIN 332.3; KIN 390.3; KIN electives (12 credit units); KINAC 213.2; KINAC 270.2; KINAC electives (6 credit units); outside electives (6 credit units).

Fourth Year (34 credit units)

KIN 432.3; KIN 490.3; KIN 494.6; KIN electives (12 credit units); KINAC electives (4 credit units); outside electives (6 credit units).

B.S.C.(KIN.)/B.ED. COMBINED PROGRAM

Applicants interested in a career in teaching secondary physical education must register in the first year courses common to all routes in the College of Kinesiology, and must take NATST 110.6 as the social science requirement. In the second and third year, interested students should follow the outline for the 5-year combined degree in Kinesiology and Education. Students registered in the College of Kinesiology are eligible to apply for entrance into the combined program if they have completed a minimum of 85 credit units that includes the following courses: ANAT 221.3; BIOL 110.6; ENG (6 junior credit units); KIN 121.3; 122.3; 222.3; 225.3; 226.3; 231.3; 240.3; 320.3; 322.3; KINAC 210.2; 211.2; 213.2; 235.2; 270.2; MATH 101.3; NATST 110.6; STATS 103.3; and STATS 245.3 or PL SC 314.3 and 18 credit units in a second teaching area. *Applicants must make application to the College of Education no later than April 15 of the year they plan to transfer.* Applications are available in either Dean's offices, but must be submitted to the College of Education. Admission is competitive. The applicant's cumulative average will be considered in determining eligibility. Applicants must have an overall average of at least 60% and must have a minimum average of 60% in their second teaching area to be eligible. Transfer applicants with credit for any portion of the first three years of the program must register in the College of Kinesiology for a minimum of one regular academic session and must complete a minimum of 30 credit units at the University of Saskatchewan before they will be considered eligible to apply for the combined program.

First Year (30 credit units)

BIOL 110.6; ENG (6 junior credit units); MATH 101.3 and STATS 103.3 or MATH 110.3 and 116.3; KIN 121.3; 122.3; NATST 110.6 or NATST 100.3 and 3 credit units in social sciences or humanities

Second Year (35 credit units)

ANAT 221.3; KIN 222.3; 225.3; 226.3; 231.3; 240.3; KINAC 210.2; 211.2; STATS 245.3 or PL SC 314.3; KINAC electives (4 credit units); outside electives (Teaching Area II) (6 credit units)

Third Year (35 credit units)

KIN 320.3, 322.3; KINAC 213.2; 235.2, 270.2; KINAC electives (5 credit units); KIN elective (6 credit units); outside electives (Teaching Area II) (12 credit units)

Fourth Year (35 credit units)

EDFDT 101.3, 335.3; EDCUR 200.3; 279.3, 357.3; EDPSE 258.3; EDCUR (Teaching Area II Methods, 3 credit units); Education electives (9 credit units); EDPSE 390.3; KINAC electives (2 credit units); Student Teaching

Fifth Year (33 credit units)

EDADM 425.3; EDFDT 435.3; EDPSE 415.3, 437.3; 12 credit units in Extended Practicum; KIN 346.3, 432.3; KINAC electives (3 credit units)

Spring Session (after Fifth Year) (6 credit units)

Education elective (3 credit units)
Unrestricted elective (3 credit units)

Students must include one 18 credit-unit Teaching Area II in their program of studies. Six credit units in kinesiology electives must be selected from the following courses: KIN 223.3, 321.3, 334.3, 423.3

B.S.C.(KIN.) AND B.S.C.(P.T.)

Applicants interested in pursuing both a Bachelor of Science in Kinesiology and a Bachelor of Science in Physical Therapy should register first in the College of Kinesiology. While registered in the College of Kinesiology, those students interested in gaining admission to the School of Physical Therapy must complete the pre-physical therapy course requirements (note that not all of these courses are required for the B.Sc.(Kin.) degree program). Refer to the School of Physical Therapy section of the *Calendar* for information on admission.

Dependent upon a student's progress towards completion of the kinesiology program at the time of gaining admission into Physical Therapy, it may be possible to take a limited number of Physical Therapy courses for credit towards the B.Sc.(Kin.).

Further information on the regulations and procedures regarding each program may be obtained from the College of Kinesiology or the School of Physical Therapy.

INFORMED CONSENT

Students in the College of Kinesiology will be participating in various activity classes and laboratory experiences throughout the four-year program. While these activities and experiences may require vigorous physical exertion, they have been designed for normally active young men and women in sound physical and mental health. Each student should familiarize him/herself with the expected physiological consequences of engaging in these experiences.

Active participation in these experiences is cautioned in the following circumstances:

- current physical or mental health is questionable and may put the student at risk.
- the age of a more 'mature' student may put that student at risk.

All students would be well advised to annually undergo a thorough physical examination.

STUDENT EXCHANGE PROGRAMS

The College of Kinesiology participates in exchange programs with the University of Queensland in Brisbane, Australia; with the University of Bath in Bath, U.K.; and with Johannes Gutenberg University in Mainz, Germany. Only students registered in Kinesiology are eligible. For details, see the Program Advisor in Room 413 Williams Building.

DEGREES

The degree of Bachelor of Science in Kinesiology will be conferred on students who have met all the regulations governing the program and have obtained a cumulative weighted average of 60% on 129 credit units.

Students are expected to complete the degree requirements within eight (8) years. If a student has not met the requirements for the degree in that time, he/she would be expected to meet the requirements for any new program that may have been implemented.

To be eligible for the B.Sc.(Kin.), students must have completed a minimum of 60 credit units of course work at the University of Saskatchewan. In addition, a minimum of 30 credit units of senior (above the 100 level) Kinesiology courses must be completed at the University of Saskatchewan.

See the General Information section of the *Calendar* for a full explanation of the grading system and the literal descriptors associated with percentage grades.

The sessional weighted average is computed from the work performed by a student in a single session.

The cumulative weighted average is computed from the work performed by a student in the total program.

First Aid Requirement

Students are required to take a First Aid Course as a requirement for the B.Sc.(Kin.) degree.

It is the student's responsibility to see that all requirements for the degree have been met.

DEGREES WITH DISTINCTION

Students who obtain a cumulative weighted average of 75%–79.9% on 129 credit units are awarded the degree with Distinction, and those who obtain a cumulative weighted average of 80% or greater on 129 credit units, Great Distinction. Only the courses comprising the 129 credit units required for the degree will be included in the computation of the cumulative average.

DEGREES WITH HONOURS

Students in the Honours Program who obtain a cumulative weighted average of 70 to 79.9% will be awarded the degree with Honours. Students in the Honours Program who obtain a cumulative weighted average of 80% or greater will be awarded the degree with High Honours.

EXAMINATION REGULATIONS

For provisions governing examinations students are referred to the *University Council Regulations on Examinations* section in the *Calendar* and on the web at www.usask.ca/registrar/.

Student Appeals in Academic Matters and *Student Academic Dishonesty* are available from the Office of the Registrar, the Dean's Office and on the web at www.usask.ca/registrar/.

EXAMINATIONS

For information on *College Regulations on Examinations*, students are referred to the college office and to the following:

The professor or instructor in charge of any university class will hold, in addition to the final examinations, such other examinations, tests or exercises as he or she may deem desirable. In the final examination in each subject, the candidate may be responsible for the whole or part of the term's work. Students are required to pass all the courses prescribed by the College.

The pass mark in all courses is 50%. A student who receives a grade of 40 to 49% may be permitted to write a supplemental examination in that course under regulations established by the College of Kinesiology. Formal application for permission to write a supplemental examination must be made to the college by May 26. Supplementals will be written in August. Failure to pass the examination at that time will necessitate repeating the course.

Supplemental examinations shall be accorded the same weight as the regular examination in the recalculation of the student's final grade. For calculation of averages, the maximum final grade that a student can obtain as a result of writing a supplemental examination is 50%. No rereads will be granted for supplemental examinations.

Supplemental examinations are not permitted in the Kinesiology Activity (KINAC) courses.

STANDARDS OF ACADEMIC PERFORMANCE

SCHOLARSHIPS AND DEAN'S HONOUR ROLL

To be eligible for the Dean's Honour Roll, students must attain a sessional weighted average of at least 75% on a minimum of 24 credit units. Students registered in a minimum of 24 credit units are considered for University Undergraduate Scholarships.

SCHOLARSHIPS AND BURSARIES

Listed below are those awards that are administered by the College of Kinesiology. For more detailed information on these and other awards, students should consult the *Awards Guides* available at the Office of the Registrar.

<i>Undergraduate Scholarships and Bursaries</i>	
Gord Garvie Memorial Scholarship	\$1,800
Heather Jean Dawe Prize	\$1,000
Valerie Girsberger Memorial Scholarship	\$575
Diane Leicester Memorial Bursary	\$275
Ron Moe Memorial Bursary	\$450
Sask Sport Scholarships	\$1,500

Kinesiology Students Society Participation Awards	\$250
Donald L. Burgess Memorial Scholarship	\$1,250
College Undergraduate Scholarships	\$1,000

<i>Graduation Prizes</i>	
Dr. Gordon Garvie Prize	\$50

PROMOTION STANDARDS

The minimum requirements for continuing as a full-time student are based upon the cumulative weighted average. The cumulative weighted average required for promotion to the next year will be based upon the number of credit units of the degree program that the student has completed.

0-30 Credit Units

58% - Promotion; 55-57.9% - Probation; <55% - Required to Discontinue

31+ Credit Units

60% - Promotion; 58-59.9% - Probation; <58% - Required to Discontinue

Probation: Students on probation may take a maximum of 24 credit units and must take required courses previously failed. Probationary action cannot be formally appealed.

Required to Discontinue: Students who are required to discontinue have the right to appeal this decision. Appeals must be made, in writing, not later than June 30, to the Associate Dean, College of Kinesiology. Consideration of appeals normally include as possibilities:

- (1) permission to continue as a full-time student.
- (2) permission to continue as a probationary student.
- (3) denial of appeal.

Students will be granted an appeal only in extenuating circumstances.

Students who have been required to discontinue may not register in the College until a full academic year has elapsed. Students who have been required to discontinue may refrain from university-level study and apply for automatic readmission to Kinesiology in the subsequent year. Alternatively, these students may also register in another college or another post-secondary institution and apply for re-admission to Kinesiology as a transfer student in the subsequent year. Applicants should note that meeting the minimum transfer requirements does not guarantee admission. Credit for courses taken as an unclassified student, in another college, or at another post-secondary institution during the required to discontinue year will be determined by the college.

Note:

- (1) For the calculation of averages:
 - a) - Attempted courses are courses continued beyond the last date for dropping a course without academic penalty (see dates following).
 - b) - For incomplete courses, the alternative grade submitted will be used for average purposes.
 - c) - Absences from final examinations, other than those for which a deferred examination has been granted, will be counted as zero.

(2) Students with averages minimally above these averages may receive a letter advising them of their situation.

(3) Students may drop a course at any time, but should note carefully that a course dropped after the following dates is regarded as a failed course, and that a mark of zero will be used in the calculation of the student's sessional weighted average. Exceptions will be made when the course is dropped on medical grounds, or for other reasons approved by the Associate Dean.

Dates for Dropping Courses

First-term course - November 15

Second-term course - March 15

Two-term course - February 15

1 credit course - Three weeks after starting date

FEES, PAYMENT OF FEES, CANCELLATIONS AND REFUNDS, COURSE CHANGES

See the General Information section of the *Calendar*.

INFORMATION ON COURSES

In the selection of appropriate courses for a program of studies, students are required to meet with the Administrative Assistant, Academic, Room 413, Williams Building. Students are also advised to consult a copy of the *Registration Guide* to ensure the selection of proper course titles, numbers and time offerings.

Kinesiology students may retake a passed class, on the condition that the student has not subsequently taken a class for which the earlier passed class was the prerequisite. The most recent grade will be used in the calculation of the student's average.

TRANSFER CREDITS

Applicants applying for transfer into the College of Kinesiology from other colleges will be selected on the basis of academic standing in university courses attempted. Applicants will be judged on the basis of the "Standards of Academic Performance" described earlier in this *Calendar*.

Applicants transferring from another post-secondary institution to the University of Saskatchewan, with a view of enrolling in the College of Kinesiology, will be notified of their transferable courses once official transcripts have been received and evaluated. Sessional and cumulative averages will be calculated only on courses taken at the University of Saskatchewan. Standards of Academic Performance will be the student's sessional average for the last year of work taken. The level of sessional average required will be based on the number of courses transferable into the College of Kinesiology.

Transfer applicants must make application to Admissions, Office of the Registrar not later than May 15.

A student who wishes to take a course(s) at another university for credit towards a

B.Sc.(Kin.) degree must obtain written approval from the Associate Dean for the course(s) before registering.

COURSE DESCRIPTIONS

See the General Information section of the *Calendar* for an explanation of the format used in course descriptions.

Note: Not all courses described in the *Calendar* are offered each Regular Session. Please consult the *Registration Guide* for a time table of courses offered in 2000-2001.

ANATOMY

ANAT 221.3 Gross Anatomy 1/2(3L-P)

Prerequisite(s): BIOL 110.

Especially designed for students in Kinesiology with applications to activities involving motion, locomotion and related injuries. The emphasis is on the structural, biomechanical and positional relationships of the skeleton, joints, muscles, blood vessels and peripheral nerves in the trunk and limbs.

HEALTH SCIENCES

H SC 120.3 Personal Health and Lifestyles 1/2(3L-1P)

A multidisciplinary health course that introduces and addresses topics relevant to personal health and lifestyle choices. Presents health topics that are current, topical and relevant to all university students. Topics may include food, nutrition, exercise, fertility and contraception, environmental issues, stress and mental health, and consumerism and commercial thinking.

Note: Kinesiology, Pharmacy and Nutrition and Nursing students may not take this course for credit.

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KIN 121 and 122 are prerequisites for all KIN courses.

KIN 121.3 Functional Effects of Physical Activity 1(3L-P)

In surveying the functional effects of physical activity the course will examine strength development and training, anaerobic training, aerobic training, flexibility, diet, and other selected factors. Physical growth patterns of children and the stages of motor development will be surveyed with particular emphasis on age and sex differences. Laboratory experiences will be provided to supplement the lectures.

KIN 122.3 Social Behavioral Foundations of Physical Activity 2(3L)

Introduction to the basic concepts and topics associated with the behavioral aspects of physical activity. The focus is basic principles of motor learning and the social psychology of sport. A brief

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introduction to cultural aspects of physical activity in Canada is also presented along with current issues.

KIN 145.3 Foundational Basis for School Physical Education Programs 1/2 (3L)

For details see the College of Education section of the *Calendar*.

Note: B.Sc.(Kin.) students may not take this course for credit.

KIN 212.3 Introduction to Dance 1/2(3L)

An introduction to the various dance forms of today including the nature and origins of each dance form, the influence of music on the dance, dance as an art form, dance in religion and dance in education.

KIN 213.3 History and Origins of Dance 1/2(3L)

A historical survey of dance from primitive times through pre-Christian civilization, the middle ages, the Renaissance, the Golden Age of Ballet and including the emergence and development of Modern Dance.

KIN 222.3 Biomechanics I 1/2(3L-1P)

Prerequisite(s): MATH 101 and STATS 103.

A study of the principles of statics and dynamics related to human motor performance in exercise and sport. Systematic methods for analyzing simple and complex motor skills are presented.

KIN 223.3 Contemporary Health Issues for Students 1/2(3L)

Provides a forum for the discussion of vital health issues relevant to students. The importance of personal behaviour as it relates to one's health, and particularly to the health of others, will be examined as will global concerns, such as environmental and sociological issues, which can ultimately affect health. Students will develop the necessary skills to seek out and evaluate health information so they will be able to make wise choices for themselves and others regarding health issues that have implications throughout life.

Note: Students require a Kinesiology Computer Laboratory account for this course.

KIN 225.3 Introductory Exercise Physiology I (3L/2P)

An introductory course on the effects of physical activity on specific physiological systems. Specific emphasis will be placed on the basic aspects of skeletal muscle and neural physiology.

KIN 226.3 Introductory Exercise Physiology II (3L/2P)

Prerequisite(s): KIN 225.

Continues to study the effects of physical activity on basic physiological function and systems. Special emphasis will be placed on the basic aspects of cardiovascular and respiratory function.

KIN 231.3 Social Psychological Foundations of Physical Activity 1/2(3L)

Explores individual human behaviour in a physical activity context. The emphasis will be placed upon understanding social-psychological concepts as they relate to the physical activity setting.

KIN 232.3 Sport in Society 1/2(3L)

Introduces the sociology of sport and challenges students to think critically about sport in Canadian society. Topics include the emergence of modern sport in Canadian society, politics and sport, commercial aspects of sport, social inequality and sport, and violence in sport.

KIN 233.3 Historical and Comparative Physical Education and Sport 1/2(3L)

A historical and comparative study of the role, significance, and extent of sport and physical education in Canadian society and a series of selected cultures. The development and significance of sport and physical education in the U.S.A., the Germany, Sweden, and China will also be studied.

Note: Students require a Kinesiology Computer Laboratory account for this course.

KIN 240.3 Movement and Movement Education 1/2(3L)

A study of the movement concepts of body awareness, space awareness, effort qualities and relationships, as the basis of movement theory is undertaken. Emphasis is placed upon integrated movement concept development through observation and experimentation.

KIN 245.3 Foundational Basis for Instructional Strategies in Physical Activity

For details, see the College of Education section of the *Calendar*.

Note: B.Sc.(Kin.) students may not take this course for credit.

KIN 255.3 Program Planning and Design for Leisure and Sport 1/2(3L)

Provides students with the basic information required to successfully plan a leisure or sport program for a variety of agencies and target groups. In an effort to address the changing demographic trends that influence leisure and sport programs, focus will be on needs assessments of clients, resource implications, short- and long-term planning.

KIN 320.3 Physical Growth and Development of Children 1/2(3L)

Prerequisite(s): KIN 225 and 226.

Deals with the physical changes that occur during the growth period in children. The implications of changes in structure and function as they relate to education, exercise and physical activity will be discussed. Topics include the relationship

of growth to physiological function, strength and motor performance, exercise and growth, secular trends, variations in puberty and the assessment of growth by anthropometric techniques.

Note: Students require a Kinesiology Computer Laboratory account for this course.

KIN 321.3 Prevention and Care of Sports, Recreational and School Injuries 1/2(3L-2P)

Prerequisite(s): CPR or KINAC 211, and ANAT 221.

Acquaints the student with the common types of athletic injuries that are encountered in Canadian athletic competitions, the methods for their prevention, the methods of treatment and the rehabilitative procedures that can be safely employed by the physical educator in order to enable the athlete to return to competition with maximum safety.

KIN 322.3 Human Movement: Performance, Learning and Development 1/2(3L-2P)

Prerequisite(s): STATS 245 or equivalent.

An overview of the theoretical basis of human movement control, acquisition and development. Lectures address motor control theory, phases and theory of motor skill acquisition and childhood motor development. Laboratories emphasize the method of science and applied use of statistics to demonstrate theoretical concepts.

Note: Students require a Kinesiology Computer Laboratory account for this course.

KIN 334.3 Theory of Coaching 1/2(3L-[P/T.B.A.])

Prerequisite(s): Open only to senior B.Sc.(Kin.) students.

Designed to provide the student with an appreciation and understanding of the theory and practice of coaching. Students will look at the development of techniques of communication between the coach, individuals and/or groups as they relate to team organization and integration. There will be a development of the concept that coaching is a specialized form of teaching.

Note: Students require a Kinesiology Computer Laboratory account for this course.

KIN 345.3 Foundational Basis for Motor Skill Development

For details, see the College of Education section of the *Calendar*.

Note: B.Sc.(Kin.) students may not take this course for credit.

KIN 346.3 Instructional Techniques and Strategies in Motor Skill Acquisition 1/2(3L)

Prerequisite(s): KIN 322.

Emphasizes the instructional techniques and strategies for effective learning in physical education. Focuses on the learning of motor skills and the schema of instructional presentation. Lectures and student activity will include topics such as clarity of

presentation, effective content development, management, feedback and the analysis of instruction with observation tools.

KIN 355.3 Program Management and Implementation for Leisure and Sport 1/2(3L-P)

Prerequisite(s): KIN 255.

Provides students with a systematic framework for considering the role of the program manager in implementing leisure and sport programs and for specific target groups. Management concepts such as organizing, controlling, leading and evaluation will be discussed.

KIN 390.3 Research Methods in Kinesiology 2(3L)

Prerequisite(s): STATS 245 or equivalent; admission to the honours program or by permission.

This course provides an introduction to research methods and design used in kinesiology research. The course will focus on critical evaluation of research studies and the use of various types of research methods with emphasis on the sport and physical activity context.

KIN 412.3 Dance Practicum 1&2(P)

Involves practical experience in the teaching of dance resulting in a short presentation of work accomplished.

KIN 420.3 Adult Fitness and Exercise Management 1/2(3L-2P)

Prerequisite(s): KIN 225 and 226.

Presents basic theoretical and advanced practical information related to prescription, development and assessment of physical activity and lifestyle as an underlying theme. Students will have the opportunity to complete C.S.E.P. (Canadian Society for Exercise Physiology) Certified Fitness Consultant theory and practical examinations.

KIN 423.3 Physical Activity for Persons with an Impairment 1/2(3L)

Prerequisite(s): KIN 222, 225, 226, 231 and 322.

Focuses on physical activity programs for persons with impairments. Current trends in Canadian physical activity program philosophy and delivery are considered in concert with the more general philosophy and delivery systems for persons with impairments. Basic adapted physical activity principles focusing on activity, program and instructional modification are also considered.

Note: Students require a Kinesiology Computer Laboratory account for this course.

KIN 424.3 Aging and Activity: Physical Education for Older Adults 1/2(3L-1.5P)

Prerequisite(s): KIN 225 and 226.

Will focus on exercise programming for older adults with respect to understanding the biology of aging as it affects potential for physical activity in later years. Emphasis will be on the special and changing needs of older adults and the adaptations to traditional exercise modalities necessary to ensure success in "active living."

KIN 425.3 Physiology of Exercise 2(3L-2P)

Prerequisite(s): KIN 225 and 226.

Examples of topics to be discussed include exercise and altitude, exercise and heart disease, women and exercise, etc. Laboratory sessions will include both formal laboratories and an approved student designed research project which will be reported to the class upon completion.

KIN 426.3 Health Aspects of Physical Activity and Physical Fitness 1/2(3L)

Prerequisite(s): KIN 225 and 226.

A comprehensive review of current knowledge regarding the effects of physical activity and physical fitness on physical and mental health. Additional topics include exercise and aging, cost/benefit of physical activity and risks of exercise.

KIN 428.3 Nutrition, Drugs and Physical Activity 1/2(3L-2P)

Prerequisite(s): KIN 225 and 226.

Examines the effects of nutritional intake and drug usage on physical performance. Preparation for competitive or recreational activities demands an understanding of: (1) the nutritional requirements which underpin such activity, and (2) the major consequences that ingestion of performance enhancing drugs may have upon the health and physical achievement of an individual.

Note: Students require a Kinesiology Computer Laboratory account for this course.

KIN 429.3 Exercise and Cardiac Rehabilitation 1/2(2L-2P)

Prerequisite(s): KIN 420 and 470 (can be taken concurrently); PATH 205 and PHSIO 346 are recommended.

Primarily a practicum course in cardiac rehabilitation. Students will intern within the tri-hospital cardiac rehabilitation program offered through Saskatoon District Health. The major emphasis of this course is the role of exercise in cardiac rehabilitation.

Note: Students wishing to enrol in this course must apply at Room 413, Williams Building.

KIN 432.3 Ethics and Values in Sport and Physical Activity 1/2(2L-1S)

Prerequisite(s): Open only to senior students who, in the year of registration in this course, have no more than 42 credit units remaining to complete the B.Sc.(Kin.). Students will be introduced to a number of decision making models which guide the

ethical decision making process. Contemporary issues and controversies from the behavioural, functional, educational and management areas of physical activity will be examined from an ethical and moral perspective.

Note: Students require a Kinesiology Computer Laboratory account for this course.

KIN 442.3 Biomechanics II 1/2(3L-P)

Prerequisite(s): KIN 222.

This is a second level biomechanics course which provides students an opportunity to further their study in both the qualitative and quantitative aspects of sport biomechanics.

KIN 445.3 Advanced Readings and Special Studies in Kinesiology 1&2(R)

Open only to senior students who have a strong background and wish to pursue planned study in a special phase of physical education. Students wishing to pursue a special area of study are required to present in writing a detailed description of the proposed study to a college faculty member with expertise in that area. The faculty member may then wish to sponsor the study by requesting approval from the Associate Dean.

KIN 458.3 Organizational Issues in Leisure and Sport Management 1/2(3L)

Seminar course which increases the ability of the student to understand and analyze organizational issues and become effective leisure and sport managers. Emphasis will be placed on the theoretical and practical issues of the distinctive nature of leisure and sport organizations, initiating programs for target groups, managing and leading change, and organizational effectiveness.

KIN 470.3 Fitness Appraiser Practicum 1&2(1L-3P)

Prerequisite(s): KIN 222, 225, 226, 321, 322 and 420 (or Corequisite(s)).

Provides practical experiences in a wide variety of advanced physical fitness assessment methods applicable to sport, general public and occupational settings.

Note: Students wishing to enrol in this course must apply at Room 413, Williams Building.

KIN 471.6 Administration Practicum 1&2(P)

Prerequisite(s): Open to senior students with the permission of the instructor.

Students will be involved in assigned field experience equal to 10 hours per week for one complete term. In addition, a monthly group seminar will be held to discuss programs and problems related to the field experience. Provides for practical field experience in the administration of sport and leisure programs. Will be under the

direction of college staff and competent community authorities.

Field Experience: Students will be assigned to work with leisure services boards, intercollegiate athletic boards, amateur sport associations or special games committees. Work done will be evaluated by the college staff and the professional in the field.

Note: Students wishing to enrol in this course must apply at Room 413, Williams Building.

KIN 475.3 Information Technology for Leisure and Sport Management 1/2(3L-P)

Uses software and hardware technology to solve problems in sport, physical education and leisure management. Laser videodiscs, still frame and video scanners, spreadsheets, word processors, data bases, dedicated application software and specialized hardware are utilized.

Note: This course is for Leisure and Sport Management students in the B.Sc.(Kin.) program. Students wishing to enrol in this course must apply at Room 413, Williams Building.

Note: Students require a Kinesiology Computer Laboratory account for this course.

KIN 490.3 Honours Seminar 1/2(3S)

Prerequisite(s): KIN 390.3; admission to the honours program.

Students will attend presentations, review articles, and prepare materials that will assist them in interpreting and presenting research in exercise and sport science.

KIN 494.6 Honours Thesis 1/2(3P)

Prerequisite(s): Registered B.Sc.(Kin.) Honours Program student with a minimum cumulative weighted average of 70% or higher; KIN 390.3.

Corequisite(s): KIN 490.3.

The student will work two terms on a project under a faculty member's supervision; become familiar with the pertinent research literature; establish procedures, collect, record and analyze experimental results; submit to the College a written thesis which incorporates the background to the work done, procedures used, results obtained and a discussion of the results and their significance. The student will present the thesis findings in KIN 490.3 Honours Seminar. Before beginning, the student must submit an outline of the project for approval of the Associate Dean. At the end of the project, the student will submit to the department a journal and a written report in thesis form.

KIN 498.3 Special Topics 1/2(3L)

Takes advantage of special circumstances in which one time special topic offerings can be made available to senior students in the College.

ACTIVITY COURSES

REGISTRATION FOR ACTIVITY COURSES

See Activity Program for the B.Sc. (Kin.) Degree.

Enrolment limits have been placed on all activity courses. Activity courses with insufficient enrolment will be cancelled. Please note that not all activity courses are offered every year.

Students are not allowed to audit activity courses, except by special permission.

Students with credit for a Level Two activity who subsequently enrol in the Level One of the same activity will not receive credit for the Level One.

Students who wish to pursue advanced level study in specific physical activities or sports are advised to take KINAC 472.3.

GENERAL NOTES

Successful completion of some of the activity courses will lead to credit for Level I Technical of the Coaching Certification Program.

The last day for entering an activity course is one week after the first class meeting.

KINAC 100.1 Alpine Skiing (3P)

An introduction to downhill skiing. Includes equipment and fitting considerations, proper use of tows, and beginning downhill techniques such as the wedge turn, traverse, stem turn and parallel turn. An extra course fee will be charged for lessons.

KINAC 102.1 Baseball (3P)

A survey of the fundamental skills of baseball. Includes coaching techniques and the interpretation of rules.

KINAC 103.1 Cross Country Skiing (3P)

Provides personal experience and skill in the sport of cross country skiing. It will include conditioning, care and selection of equipment, waxing, cross country skiing techniques, emergency procedures, touring, principles of racing and fundamentals of winter survival.

KINAC 104.1 Curling (3P)

A complete survey of the game of curling, including a brief history, delivery of rock, sweeping, skipping, strategy, rules and courtesies of curling.

KINAC 105.1 Cycling (3P)

An introduction to cycling as a sport.

KINAC 108.1 Softball (3P)

A beginning course in softball covering the basic skills of pitching, hitting, base

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running, etc. Emphasizes coaching strategy, teaching skills and the history and development of the sport of softball.

KINAC 110.1 Folk, Novelty and Line Dance (3P)

An introduction to the technique and basic dance steps required in folk, novelty and line dance. Also includes an introduction into music, meter and phrasing used in these forms of dance.

KINAC 112.1 Golf (3P)

An introduction to the life time activity of golf. To include history of the game, instruction in the fundamental skills, rules and etiquette of golf, types of competitions and equipment used.

KINAC 113.1 Ice Games 2/3/4(3P)

Develops ice skating skills and introduces the students to a variety of ice games suitable for children. Emphasizes games of low organization which may be of interest to the elementary school teacher.

KINAC 114.1 Kayaking (3P)

Prerequisite(s): Grey level Red Cross swimming or equivalent.

Introduces whitewater kayaking. Basic kayaking technique and safety, and the skill of reading whitewater, will be taught.

KINAC 115.1 Lacrosse (3P)

Introduces the original Canadian Indian game. Includes basic skills for each player and introductory strategy and rules.

KINAC 117.1 Racquetball (3P)

Introduces fundamental skills and knowledge of racquetball. Strokes and playing strategies important to understanding the game as a player and spectator will be offered.

KINAC 120.1 Basketball I (3P)

Emphasizes basic individual skill development and knowledge of basketball.

KINAC 121.1 Soccer (3P)

Introduces the fundamental skills, basic strategies, officiating and the methodology for teaching and coaching soccer.

KINAC 123.1 Squash (3P)

Introduces international squash, offering fundamental strokes and strategies for the beginning player.

KINAC 126.1 Football I (3P)

The development of basic individual skills and knowledge of the rules for touch and

flag football will be emphasized.

KINAC 127.1 Hockey I (3P)

Basic individual skills will be emphasized.

KINAC 129.1 Volleyball I (3P)

Basic skills will be emphasized.

KINAC 130.1 Badminton (3P)

The basic stroke skills and strategies for singles, doubles and mixed doubles play. Officiating and equipment for play will also be dealt with.

KINAC 133.1 Social Dance I (3P)

Emphasizes personal skill development and knowledge of a variety of traditional and contemporary social dances.

KINAC 134.1 Athletics Track Events I (3P)

Provides the student who does not intend to pursue teaching or coaching Track and Field with an exposure to the running events. Utilizes a 'practical learn-by-doing' approach with some lectures.

KINAC 135.1 Athletics Field Events I (3P)

Provides the student who does not intend to pursue teaching or coaching Track and Field with an exposure to the field events. Utilizes a 'practical learn by doing' approach with some lectures.

KINAC 136.1 Tennis (3P)

Provides the students with a basic three stroke game and offers knowledge of all strokes and playing strategies important to understanding the game as a player, coach and spectator.

KINAC 138.1 Wrestling I (3P)

An introduction to basic wrestling skills. Emphasizes basic personal skill development and knowledge of wrestling.

KINAC 150.1 Rowing (3P)

Introduces rowing as a recreational pursuit and competitive sport. Includes sweeping and sculling techniques, coxing, safety, racing and ergometer training.

Note: Proficiency to the minimum level to that of KINAC 211 is recommended. An equipment rental fee of \$25.00 will be required from students at the first class meeting.

TWO CREDIT UNIT COURSES

KINAC 210.2 Introduction to Fundamentals of Movement and Rhythm (3P)

Introduces fundamentals of movement and rhythm. Includes basic movement

techniques designed to give the student an understanding of body alignment, body balance and control of the centre.

Note: This is a prerequisite for all other dance activity courses.

KINAC 211.2 Aquatics (3P)

Prerequisite(s): Green/ Lifesaving I or demonstrable equivalent distance swimming (150 meters).

Includes practical and theoretical work. Practical aspects include strokes, life saving, resuscitation and first aid training. Opportunity is provided for earning the Royal Life Saving Society Resuscitation and Life Saving Awards. Pulmonary Resuscitation certification is required. There will be a special fee assessed of approximately \$40.00 for CPR certification. *Note: Certified Instructors I and II are not required to take PEDAC 211. However, another 2 credit unit activity must be taken in lieu of PEDAC 211.*

KINAC 212.2 Dance (Contemporary) (3P)

Prerequisite(s): KINAC 210.

Includes fundamentals of movement, beginning technique for modern dance and beginning dance composition.

KINAC 213.2 Gymnastics (3P)

Designed to provide both practical and theoretical work in the area of introductory gymnastics with special emphasis on material relevant to the secondary school physical education setting. Involves work in most gymnastic apparatus and the Canadian Gymnastics Federation's Level I Coaching Certification (Technical) will be awarded to those completing this course.

KINAC 220.2 Basketball (3P)

An introduction designed to develop knowledge and understanding of the performance of individual basketball skills and basic knowledge of FIBA rules. Minor emphasis on the basic elements of team play. Level I technical certification possible.

KINAC 226.2 Football (3P)

A practical approach to the basic skills involved in competitive football. Such skills as passing, kicking, blocking and tackling will be covered during the class periods. Basic offensive and defensive tactics will also be covered.

KINAC 227.2 Hockey (3P)

Fundamental skill areas of ice hockey are covered with some emphasis on team play.

KINAC 229.2 Volleyball (3P)

Introduces fundamental techniques in the game of volleyball. Includes description of basic individual skills, the development of teaching progressions, skill analysis and correction and current rule interpretations and officiating techniques.

KINAC 232.2 Dance (Jazz) (2P)

Prerequisite(s): KINAC 210.

Included will be the history and development of jazz dance, basic terminology, how to use jazz dancing in an educational setting and basic composition and choreography.

KINAC 235.2 Track and Field (3P)

Introduces basic events of track and field. Develops understanding of the fundamental principles underlying the teaching and execution of each event. A practical approach to develop the ability to demonstrate basic skills. Some coverage of organization and administration in track and field and cross country running. Level I technical certification possible.

KINAC 270.2 Physical Activity: Applications to Health (3P)

Prerequisite(s): KIN 121.

Enhances students' knowledge of physical activity prescription. The application of specific fitness programming and enhancement of leadership skills in aquafitness, aerobic classes, strength training and other fitness methods will be covered. *Note: Students with credit for PEDAC 311 (last offered in 1996-97) may not take this course for credit.*

KINAC 445.2 Special Studies in Physical Activities (3P)

Open only to senior students who wish to pursue an advanced planned study in a physical activity. Students wishing to pursue a special study area are required to present in writing a detailed description of the proposed study to a college faculty member with expertise in that area. The faculty member may then wish to sponsor the study by requesting approval from the Associate Dean.

THREE CREDIT UNIT COURSE

KINAC 472.3 Physical Activity Practicum (3P)

Prerequisite(s): KIN 334; the appropriate 200-level KINAC course; and permission of the instructor.

Designed for students who wish to specialize in a specific activity. Emphasizes advanced technical considerations and coaching/ instructional strategies where applicable.

Note: Students must apply for a placement in this course by April 1. Applicants will be notified by May 15 regarding the status of their application.