

the impact of religion on gender and family roles. Also explores the use of power and coercion in the organization of family, and an inquiry into contemporary gender theory, but concentrates on the lives and ideas of actual persons insofar as the historical record reveals them.

HIST 607 Special Topics in History (3 sem. hrs.)

Topics may vary. Courses offered to date include:

- De-colonizing Gender in African History
- First Nations–Canadians in B.C.
- History of Arian Theology
- History of the Celtic Church
- History of the Metis in Canada
- Introduction to Patristics Study
- Medieval Warfare
- Arian Theology
- Sacred Women in the Ancient World
- War, Peace, and International Law
- Gender and the Charter
- Transatlantic British Empire
- Christian Perspective on Israel

HIST 610 Research Design/Bibliography Seminar (3 sem. hrs.)

Under the direction of the student's approved thesis advisor, a course of reading and study which leads to the development of both a significant bibliographical essay (or annotated bibliography) and a thesis proposal. The latter includes at least the following: major question(s) to be addressed; significance of the issue(s); methodologies to be used; theories to be addressed and primary sources to be examined.

HIST 611/612 Thesis (3 sem. hrs.; 3 sem. hrs.)

HIST 613 Major Essay (3 sem. hrs.)

Under the direction of a supervisor, students not doing a thesis research and write a major paper of approximately 10 – 15,000 words in length.

HIST 618 Popular Religion in Europe

In this graduate seminar students examine, through readings, discussion, and student presentations, the way that men and women in Europe circa AD 1300 to 1700 embraced alternative religious beliefs, some of which were accepted and domesticated by the Catholic or protestant institutional churches, while others were rejected and persecuted as heresy and/or witchcraft by both. Students also evaluate different historiographical and methodological approaches to the study of heterodoxy.

HIST 661 History of non-Western Christianity (3 sem. hrs.)

During the 20th century it became clear that the majority of Christians world-wide were not Europeans or North Americans but Latin Americans, Africans and Asians. Some observers interpret this as a major shift in the very nature of Christianity but others view it as the renewal of what is essentially a non-Western religion. Instead of representing an entirely new development, they see the 20th century growth of Christianity as a return to the history of Christianity before 1200-1400 AD when Europe developed as its dominant heartland. By means of readings, guest lectures and student seminar presentations, this course examined aspects of non-Western Christianity including early origins, struggles with Islam, the impact of European imperialism and missions and factors involved in the accelerated growth in many parts of the world since the mid 20th century.

HIST 670 Pre-Nicene Christianity (3 sem. hrs.)

This course examines in detail the background and development of Christian thought and life in the period spanning the Apostolic Fathers through to the Council of Nicaea (325). Particular attention is paid to how the early Christians understood themselves, how they interpreted their religious tradition and related it to their religious experience, and how they defined their own purposes. This course seeks to contextualize pre-Christianity in its diverse expressions.

Thus, the course analyzes the complex formulation of Pre-Nicene Christianity through the writings of some of its most influential thinkers, leaders and movements (both orthodox and heretical) with an eye toward identifying major developments in early Christian theology and practice. Cross-listed: RELS 670.

HUMAN KINETICS

CORE HUMAN KINETICS COURSES

NB: Core Human Kinetics courses are open to all students. Each 1 sem. hr. physical activity course consists of 20 hours of instruction and laboratory practice. HKIN 190 is a graduation requirement for all students except

(1) those entering the University with third year standing, and (2) Human Kinetics degree, majors, concentrations, and minors who take HKIN 191 instead. Students not taking a professional degree, a major, a concentration, or a minor in Human Kinetics may take only one Human Kinetics course per semester.

A. COMPULSORY COURSE FOR ALL STUDENTS EXCEPT HUMAN KINETICS PROFESSIONAL DEGREE, MAJORS, CONCENTRATIONS, OR MINORS

HKIN 190 Concepts of Physical Fitness (2 sem. hrs.)

An introduction to your physical self, physical activity, and exercise. Specific areas of health, wellness, physical fitness, skills, and body mechanisms. Laboratory sessions dealing with fitness assessment and personal application of scientific principles.

Prerequisites: none. (2-1 or 2-1)

B. ACTIVITY COURSES

These introductory courses emphasize physical activity, recreation, and sport skills necessary to maintain an active lifestyle.

HKIN 100 Special Program (1 sem. hr.)
(0-2 or 0-2)

HKIN 101 Physical Conditioning (1 sem. hr.)
(0-2 or 0-2)

HKIN 102 Run for Fun (1 sem. hr.)
(0-2 or 0-2)

HKIN 103 Weight Training (1 sem. hr.)
(0-2 or 0-2)

HKIN 104 Fitness for Living (1 sem. hr.)
(0-2 or 0-2)

HKIN 105 Self-Defense (1 sem. hr.)
(0-2 or 0-2)

HKIN 106 Amateur Wrestling (1 sem. hr.)
(0-2 or 0-2)

HKIN 107 Advanced Weight Training (1 sem. hr.)
(0-2 or 0-2)

HKIN 108 Martial Arts (1 sem. hr.)
(0-2 or 0-2)

HKIN 110 Sailing (1 sem. hr.)
(0-2 or 0-2)

HKIN 111 Scuba-Diving (1 sem. hr.)
(0-2 or 0-2)

HKIN 113 River Kayaking (1 sem. hr.)
(0-2 or 0-2)

HKIN 114 Sea Kayaking (1 sem. hr.)
(0-0; 0-2)

HKIN 115 Swimming (1 sem. hr.)
(0-2; 0-0)

HKIN 120 Rock Climbing (1 sem. hr.)
(0-2 or 0-2)

HKIN 121 Hiking (1 sem. hr.)
(0-2 or 0-2)

HKIN 124 Downhill Skiing (1 sem. hr.)
(0-0; 0-2)

HKIN 125 Snowboarding (1 sem. hr.)
(0-0; 0-2)

HKIN 126 Cross-Country Skiing (1 sem. hr.)
(0-0; 0-2)

HKIN 127 Cycling (1 sem. hr.)
(0-2 or 0-2)

HKIN 128 Introduction to Mountain Biking (1 sem. hr.)
(0-2 or 0-2)

HKIN 136 Outdoor Pursuits I (1 sem. hr.)
(0-2 or 0-2)

HKIN 137 Outdoor Pursuits II (1 sem. hr.)
(0-2 or 0-2)

HKIN 142 Racquetball (1 sem. hr.)
(0-2 or 0-2)

HKIN 143 Badminton (1 sem. hr.)
(0-2 or 0-2)

HKIN 144 Tennis (1 sem. hr.)
(0-2 or 0-2)

HKIN 145 Golf (1 sem. hr.)
(0-2 or 0-2)

HKIN 148 Gymnastics (1 sem. hr.)
(0-0; 0-2)

HKIN 155 Curling (1 sem. hr.)
(0-2; 0-0)

HKIN 161 Basketball (1 sem. hr.)
(0-2 or 0-2)

HKIN 162 Volleyball (1 sem. hr.)
(0-2 or 0-2)

HKIN 163 Soccer (1 sem. hr.)
(0-2; 0-0)

HKIN 164 Ice Hockey (1 sem. hr.)
(0-0; 0-2)

HKIN 165 Football (1 sem. hr.)
(0-2; 0-0)

HKIN 168 Softball (1 sem. hr.)
(0-2; 0-0)

PROFESSIONAL COURSES FOR HUMAN KINETICS SPECIALISTS

Professional courses are open to students not taking a Human Kinetics professional degree, major, concentration, or minor only with the instructor's consent.

NB: All third and fourth year courses in Human Kinetics require HKIN 191 and HKIN 195 as normal prerequisites as well as those listed for specific courses.

A. HUMAN KINETICS SPECIALIST PROFESSIONAL ACTIVITY COURSES

Overviews of the particular activity stressing psychomotor skill development, skill analysis techniques, rules and strategies, and teaching techniques. Two sem. hr. courses consist of 38 hours of instruction and laboratory practice. One sem. hr. courses consist of 20 hours of instruction and laboratory practice.

HKIN 131 Track & Field (2 sem. hrs.)

Basic instruction and knowledge in track and field events; the recognition, analysis, and correction of common errors; skill refinements.

Prerequisite(s): None. (1-2; 0-0)

HKIN 206 Challenge Course Facilitator Training (1 sem. hr.)

Challenge courses or Ropes Courses are becoming extremely popular parts of camps, schools, and recreation programs. This course is designed for anyone wishing to gain experience in the growing field of Challenge Course and experiential education. The course introduces the students to the basics of challenge course facilitation from low course operation to high course safety and set-up. Students learn how to plan a day and lead groups while using experiential education principals to increase the learning that participants experience while on the course. *NB:* Summer session only.

Prerequisite(s): None.

HKIN 330 Aquatics — Swimming and Water Activities (2 sem. hrs.)

Practical physical principles of stroke mechanics, basic aquatic first aid and emergency procedures, and life-saving fitness.

Prerequisite(s): None. (0-0; 1-2)

HKIN 332 Gymnastics (2 sem. hrs.)

Personal skill improvement in gymnastics; teaching and coaching this sport.

Prerequisite(s): None. (1-2; 0-0)

HKIN 342 Creative Movement (2 sem. hrs.)

An introduction to the vocabulary and the theory and practical application of creative dance through modern and ballet techniques, improvisation, and choreographic principles. Students study the choreographic process through principles of design, space dynamics, and relationship of form to content.

NB: Not applicable to TWU core graduation requirements.

Prerequisite(s): Third year standing. (1-2 or 1-2)

B. HUMAN KINETICS SPECIALIST THEORY COURSES

HKIN 191 Introduction to Exercise Physiology (3 sem. hrs.)

Applied study of exercise factors: the cardiovascular system, anthropometry, nutrition, and environmental conditions. Emphasis on assessment and prescription in laboratory sessions.

Prerequisite(s): None. (3-1 or 3-1)

HKIN 192 Upgrade to HKIN 191 (1 sem. hr.)

Used to upgrade HKIN 190 to HKIN 191 equivalency.

NB: See Dean of School of Human Kinetics.

Prerequisite(s): HKIN 190.

HKIN 195 Foundation of Human Kinetics (3 sem. hrs.)

An introductory overview of the fields of Human Kinetics and sport with an emphasis on the basic knowledge necessary for leadership positions or careers in these fields. Current issues and future developments. Integration of biblical perspectives in Human Kinetics and sport.

Prerequisite(s): None. (3-0; 0-0)

HKIN 198 Introduction to the Scientific Basis of Movement (3 sem. hrs.)

This course offers an introductory study of the biomechanical and physiological basis of movement. Special emphasis on the mechanics of the musculoskeletal system, force production, and aerodynamics and movement analysis. In addition, fundamental physiology of the muscular and cardiovascular systems is undertaken.

Prerequisite(s): None. (0-0; 3-0)

HKIN 260 Physical Growth and Development (3 sem. hrs.)

A study of developmental principles and theoretical approaches and issues related to the study of human growth and development and motor behaviour across the life span.

Prerequisite(s): HKIN 191, 195. (0-0; 3-0)

HKIN 265 Research and Measurement (3 sem. hrs.)

An introduction to research and measurement in sport and Human Kinetics. Emphasis is placed on practical application of research techniques and designs as well as measurement techniques related to a variety of sport and Human Kinetics settings.

Prerequisite(s): HKIN 198. (3-0; 0-0)

HKIN 280 Foundations of Coaching (3 sem. hrs.)

An introduction to the field of coaching, including the role of the coach, responsibilities from planning through evaluation, and relationships with the team and other groups. An analysis of problems and issues in coaching. NCCP theory certification is available.

Prerequisite(s): None. (0-0; 3-0)

HKIN 295 Contemporary Issues In Health and Wellness (3 sem. hrs.)

An introduction to health education: stress management, nutrition, weight control, medicines and drugs, substance abuse, reproduction, pregnancy, infectious diseases, cancer, and health care systems.

Prerequisite(s): Any Human Kinetics theory course. (0-0; 3-0)

HKIN 300 Directed Studies Research Project (3 sem. hrs.)

Guided research in a specialized area.

Prerequisite(s): Instructor's consent.

HKIN 303 Advanced Principles of Strength Training (3 sem. hrs.)

Students experience an in-depth study of the theoretical foundations and practical applications of strength training and program development. This course focuses on the neuromuscular/biomechanical basis of strength training: adaptations to resistance training; systems of strength development; and program design variables.

NB: HKIN 103 or 107 can be taken simultaneously.

Prerequisite(s): HKIN 103 or 107, 191, 198; BIOL 241, and third year standing. (0-0; 3-1)

HKIN 320 Management and Facilities (3 sem. hrs.)

This course is designed to give the student a broad understanding of recreational management and facilities management. Topics to be discussed include: personnel management, fund raising, budgeting, public relations, promotion, use of volunteers, administration practices, legal requirements, facility planning, and parks management.

Prerequisite(s): Instructor's permission. (0-0; 3-0)

HKIN 325 Sociocultural and Philosophical Aspects of Sport and Leisure (3 sem. hrs.)

An examination of the sociological and cultural dynamics of sport and the way that sport has become a socializing agent of society and culture. Topics include religion and sport, women in sport, minorities and sport, big business of sport, drugs and sport performance, and sport deviance. Cross-listed: SOCI 325.

Prerequisite(s): Third year standing. (3-0 or 3-0)

HKIN 340 Psychology of Sport and Exercise (3 sem. hrs.)

The need for and purpose of psychology in sport and physical activity. An examination of the research focusing on psychological and social psychological factors influencing athletic and motor performance.

Cross-listed: PSYC 360.

Prerequisite(s): Third year standing. (0-0; 3-0)

HKIN 350 Elementary School Human Kinetics (3 sem. hrs.)

Teaching methodology and curriculum materials in elementary Human Kinetics. Introduction to the areas of games, gymnastics, and rhythmic movement with school children.

Cross-listed: EDUC 350.

Prerequisite(s): Third year standing or instructor's consent. (3-0; 3-0)

HKIN 351 Leadership and Management in Human Kinetics (3 sem. hrs.)

An applied study of leadership, including planning, supervisory skills, and responsibilities related to instructional/intramural-recreational and intercollegiate Human Kinetics and sport programs.

Prerequisite(s): Third year standing. (3-0 or 3-0)

HKIN 360 Instructional Analysis and Design (3 sem. hrs.)

A systematic analysis and design of instructional strategies, instructional technology, and individual and group behaviour as they relate to teaching Human Kinetics.

Prerequisite(s): Third year standing. (0-0; 3-0)

HKIN 365 Technological Applications in Human Kinetics and Recreation (3 sem. hrs.)

A study of computers, technology, information systems, electronic research, communication, distance education, video conferencing, and specific software packages related to the sport and recreation domain.

Prerequisite(s): Third year standing (3-1or 3-1)

HKIN 370 Biomechanics (3 sem. hrs.)

An applied study of the mechanical and anatomical components of human movement with special attention to the analysis of movement problems.

Prerequisite(s): HKIN 198, BIOL 241, and third year standing. (3-1; 0-0)

HKIN 372 Athletic Injuries (3 sem. hrs.)

The theory and practice of the prevention, assessment, management, and rehabilitation of athletic injuries. Emergency care, nutrition, and taping skills.

Prerequisite(s): BIOL 241 or instructor's consent; third year standing. (0-0; 3-1)

HKIN 376 Psycho-Motor Learning (3 sem. hrs.)

An examination of concepts and the practice of learning motor skills and a theoretical basis for developing effective motor skill learning and teaching strategies.

Prerequisite(s): Third year standing. (3-1; 0-0)

HKIN 385 Analysis of Sport Skills (3 sem. hrs.)

The analysis and application of basic human movement as it applies to sport skill acquisition. Emphasis is on the analysis of both individual and team sport skills.

NB: Not offered every year.

Prerequisite(s): HKIN 198, third year standing. (0-0; 2-2)

HKIN 396 The Olympic Games Movement (3 sem. hrs.)

NB: Not offered every year. Usually offered in conjunction with attendance at Summer Olympic Games. See Dean for details.

Prerequisite(s): HKIN 195 and second year standing or instructor's approval. (3-0 or 3-0)

HKIN 400 Directed Studies Research Project (3 sem. hrs.)

Guided research in a specialized area.

Prerequisite(s): Instructor's consent.

HKIN 420 Sports Nutrition (3 sem. hrs.)

The analysis and application of sport nutrition. Emphasis is placed on nutrition, supplementation, and ergogenics most appropriate to sport and exercise performance.

Prerequisite(s): HKIN 191 and third year standing. (3-0; 0-0)

HKIN 440 Applied Mental Skills in Sport and Fitness (3 sem. hrs.)

The direct application of select mental skills to sport and physical activity. A strong emphasis is placed on how to apply mental skills in a variety of settings.

NB: Not offered every year.

Prerequisite(s): HKIN 340. (0-0; 3-1)

HKIN 453 Adapted Physical Activity (3 sem. hrs.)

Characteristics of the mentally or physically disabled as related to their participation in Human Kinetics, recreation, and sports education. Special interests, needs, limitations, and potentials in relation to the types of

activity, programs, and approaches to teaching. Strategies for helping the gifted.

Prerequisite(s): Third year standing or instructor's consent. (3-0; 0-0)

HKIN 470 Exercise Physiology (3 sem. hrs.)

An applied study of the effects of exercise on body systems as related to the functional capacity of individual systems to maximal human performance. Principles and methods of conducting and developing physical exercise and training programs.

Prerequisite(s): HKIN 191, 198; BIOL 241, or instructor's consent; third year standing. (3-1; 0-0)

HKIN 472 Athletic Therapy Practical Experience (2 sem. hrs.)

A Certified Athletic Therapist is defined as a health care professional that provides effective solutions to recovery from physical injury and the promotion of healthy, active living. The Scope of Practice of a Certified Athletic Therapist includes the prevention, immediate care, and reconditioning of musculoskeletal injuries. This course is a supervised practicum which enables students to practice the skills and competencies learned in the athletic therapy theory courses taken at Mount Royal College. Students are introduced to injury prevention strategies, common sport injury rehabilitation, and unique injury situations relevant to the specific therapy clinic.

Prerequisite(s): HKIN 372, completion of the Athletic Therapy courses at Mount Royal College, and acceptance into the HKIN Athletic Therapy stream. (2-0; 0-0)

HKIN 480 Principles of Advanced Coaching (3 sem. hrs.)

This course provides advanced study and application of the factors influencing successful coaching and athletic performance in both individual and team sports. Topics of study include mental preparation, sport physiology, regeneration, skill development, analysis of skills in addition to yearly planning and player selection.

NB: Not offered every year. See Dean of School of Human Kinetics. (0-0; 3-0)

Prerequisite(s): HKIN 280, fourth year standing. Not offered every year. See Dean of the School of Human Kinetics.

HKIN 490 Philosophy and Applied Ethics in Human Kinetics and Recreation (3 sem. hrs.)

An examination of pertinent contemporary issues facing the physical educator or sport leader, including the nature, development, and study of these issues within a Christian perspective.

Prerequisite(s): Third or fourth year standing plus 12 sem. hrs. of HKIN theory. Not offered every year. See Dean of the School of Human Kinetics.

HKIN 495 Senior Seminar (3 sem. hrs.)

A course offered on topics of current interest in sport performance and Human Kinetics. Under supervision of the School faculty, students conduct a careful review of the literature on a topic of their choice and prepare a substantial paper. Final student papers are presented in the form of an oral presentation.

Prerequisite(s): Fourth year standing plus 12 sem. hrs. of HKIN theory. (3-0; 0-0)

C. SUPERVISED LEADERSHIP EXPERIENCE

Supervised practical teaching, coaching, or administrative experiences conducted on and off campus for the purpose of on-the-job training and experience. BHK students, Human Kinetics majors, concentrations, and minors must complete a number of sem. hrs. for graduation (check with specific programs for exact number).

Prerequisite(s): 12 sem. hrs. of Human Kinetics theory courses and third year standing.

HKIN 355 A Core Teaching Experience I (1 sem. hr.)
(0-3 or 0-3)

HKIN 355B Core Teaching Experience I (2 sem. hrs.)
(0-6 or 0-6)

HKIN 455A Core Teaching Experience II (1 sem. hr.)
(0-3 or 0-3)

HKIN 455B Core Teaching Experience II (2 sem. hrs.)
(0-6 or 0-6)

HKIN 456A Core Teaching Experience III (1 sem. hr.)
(0-3 or 0-3)

HKIN 456B Core Teaching Experience III (2 sem. hrs.)
(0-6 or 0-6)

HKIN 457A Coaching Experience I (1 sem. hr.)
(0-3 or 0-3)

HKIN 457B Coaching Experience II (2 sem. hrs.)
(0-6 or 0-6)

HKIN 458A Approved Leadership Experience I (1 sem. hr.)
(0-3 or 0-3)

HKIN 458B Approved Leadership Experience II (2 sem. hr.)
(0-6 or 0-6)

HKIN 459 Sport and Leisure Management Experience (3 sem. hr.)
(0-6 or 0-6)

HKIN 460 Sport and Leisure Management Experience (3 sem. hrs.)
(0-6 or 0-6)

INFORMATION SYSTEMS

Courses cross-listed as CMPT may be taken to satisfy Natural Sciences but not lab science requirements.

NB: Students studying programming must master very large amounts of technical material and demonstrate their mastery in written form. For this reason, a high level of English reading and writing skills is required before taking these courses. Students who lack such skills should take courses to develop them before considering enrolment in any programming course.

ISYS 113 Introduction to Information Systems and Web Technologies (3 sem. hrs.)

An introductory level of understanding of information systems with an emphasis on web technologies. Authoring static and client-sided dynamic web pages and sites. Information systems and web technology studies including the development of database aware server-sided web pages and sites in later courses.

NB: Not offered every year. See Department chair.

Cross-listed: CMPT 113.

Prerequisite(s): None. (0-0; 3-0)

Prerequisite(s): None (other than as above).

(2-2 or 2-2; six weeks)

ISYS 123 Data Analysis For Information Systems B (0.5 sem. hrs.)

An introduction to spreadsheets and databases. Cell formulas, charts, macro programming. Database design, decomposition; basic SQL. Tools such as Excel, Access, and MS-SQL may be used, but the focus is on concepts and design rather than skills with specific tools.

Cross-listed: CMPT 123.

Prerequisite(s): ISYS/CMPT 113 or CMPT 140, or equivalent. (3-1-3 or 3-1-3)

ISYS 140 Introduction to Programming (Part 1) (3 sem. hrs.)

A more gradual introduction to programming and problem solving than ISYS 141. Using systematic and structured techniques in the context of problem definition,