

# SCHOOL OF HUMAN KINETICS

*Dr. Blair Whitmarsh, Director*

The School of Human Kinetics offers: 1) a Bachelor of Human Kinetics, leading to a B.H.K. degree; 2) a major in Human Kinetics, leading to a B.A. degree; 3) a major in Sport and Leisure Management, leading to a B.A. degree; 4) a concentration in Human Kinetics; 5) a minor in Human Kinetics; 6) a concentration in Recreation; and 7) a minor in Recreation. Students may choose to take the B.H.K. degree in one of five stream options: 1) Kinesiology; 2) Physical Education; 3) Sport and Leisure Management; 4) Recreation; or 5) Generalist.

Trinity Western's Human Kinetics program is designed to give students the necessary theoretical foundations and practical experiences to be successful in teaching, coaching, and other recreational leadership positions.

Human Kinetics specialists will take courses ranging from a basic theoretical study of human physical performance and behaviour such as biomechanics and sport psychology to those courses with a more practical, applied approach such as fitness leadership and coaching development. Students will develop a sound knowledge base as well as relevant planning and organizational skills. They will learn how to help others measure and evaluate their fitness and psychomotor skill levels as well as develop and implement realistic plans for self-improvement. Human Kinetics students will gain skills in lesson and program planning as well as the communication of sports skills, team concepts, and the need for physical fitness. Sport studies and supervised practica are an essential part of a progressive strategy of leadership education, with compulsory third and fourth year courses involving teaching, coaching, and other leadership experiences.

Trinity Western's programs do more than provide a conceptual knowledge base with complementary practical experiences. Students will gain insight into how human kinetics activities can reflect the Christian life and biblical values. They will experience how team sports can be used not only to improve skills but also as a means to build Christian community. They will learn how human kinetics and recreation relate to the fundamental principles of a balanced, productive, Christ-honouring life. Students will be challenged to model and teach Christian values to others, using current and future leadership positions as opportunities for discipleship and witness.

The School of Human Kinetics also offers students not specializing in Human Kinetics or Recreation a wide variety of courses designed to promote physical health, fitness and wellness, psychomotor skill improvement, and positive attitudes towards a God-pleasing, physically-active lifestyle.

Teacher certification for elementary grades in British Columbia requires 30 sem. hrs. of upper level course work in disciplines designated as suitable background for teaching elementary school subjects. The B.C. College of Teachers allows a maximum of 12 sem. hrs. of upper level course

work in each of kinesiology and physical education (a list of which Human Kinetics courses are designated in each category is available from the chair of Human Kinetics). For teacher certification purposes, therefore, students taking a Bachelor of Human Kinetics, a B.Ed., or B.A. with a major in Human Kinetics must take at least 6 sem. hrs. of upper level course work in another approved teaching subject area. Note that BIOL 241, 242, 243, and 244 do not meet the laboratory science requirement for prospective elementary teachers.

For certification in British Columbia, prospective secondary physical education teachers must present a second acceptable teachable subject area (besides physical education). Students must obtain a minimum of 18 sem. hrs. of upper level course work in both Human Kinetics and in their second subject.

To ensure that prospective teachers will meet all graduation and certifications requirements, they are strongly advised to check their proposed program with an advisor in the School of Education.

## Bachelor of Human Kinetics (B.H.K.)

### General Graduation Requirements

(See also Academic Information section, particularly for further details on core requirements.)

	Sem. hrs.
Human Kinetics	60
BIOL 241, 242; or 243, 244	6
ENGL 103, 104	6
Fine Arts	3
History	3
IDIS 102 & 400 or approved alternative	4
Philosophy	3
Religious Studies (incl. RELS 101, 102; Bible content; Christianity & Intercultural Studies)	12
Society & Culture	3
UNIV 101	1
Electives	21
<b>Total</b>	<b>122</b>

### Specific B.H.K. Requirements

#### 1. Theory Courses (24 sem. hrs.)

HKIN 191	Introduction to Fitness and Wellness
HKIN 195	Foundations of Human Kinetics

HKIN 198	Scientific Basis of Human Movement
HKIN 325	Sociocultural Aspects of Sport and Leisure
HKIN 351	Leadership and Planning in Human Kinetics
HKIN 365	Technological Applications in Human Kinetics and Recreation
HKIN 372	Athletic Injuries
HKIN 490	Philosophy and Applied Ethics in Human Kinetics and Recreation

## 2. Stream Options

Along with the above courses students must choose one of the streams listed below.

### Stream 1: Kinesiology

#### i. Specific Theory Requirements (27 sem. hrs.)

HKIN 265	Research and Measurement
HKIN 340	Psychology of Sport and Exercise
HKIN 370	Biomechanics
HKIN 376	Motor Learning, Memory, and Control or
HKIN 420	Sport Nutrition
HKIN 470	Exercise Physiology
HKIN 480	Principles of Advanced Coaching or
HKIN 495	Senior Seminar
	Theory Elective 1
	Theory Elective 2

#### ii. Leadership Experiences (3 sem. hrs.)

Select any combination of courses of 1 or 2 sem. hrs. each for a total of 3 sem. hrs. but not to exceed 6 sem. hrs.:

HKIN 355	Core Teaching Experience
HKIN 455	Core Teaching Experience II
HKIN 456	Teaching Experience
HKIN 457	Coaching Experience
HKIN 458	Approved Experience

#### iii. Psychomotor (6 sem. hrs.)

HKIN 303	Strength Training (2 sem. hrs.)
	Psychomotor Elective 1 (2 sem. hrs.)
	Psychomotor Elective 2 (2 sem. hrs.)

#### iv. Ancillary Requirements (15 sem. hrs.)

A statistics course (eg. MATH 102, MATH 310, PSYC 207, BUSI 207, or GEOG 383)

12 sem. hrs. of science: Must cover 2 science disciplines and be selected from the following:  
 CHEMISTRY: CHEM 103, 104, 111, 112  
 BIOLOGY: BIOL 103, 104, 113, 114, 346  
 PHYSICS: PHYS 111, 112

### Stream 2: Physical Education

#### i. Specific Theory Requirements (21 sem. hrs.)

HKIN 260	Physical Growth and Development
HKIN 280	Foundations of Coaching
HKIN 295	Health Education
HKIN 340	Psychology of Sport and Exercise
HKIN 350	Elementary School P.E. (elementary) or
HKIN 360	Instructional Analysis and Design (secondary)

HKIN 376	Motor Learning, Memory, and Control
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HKIN 453	Physical Activity for Special Populations
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#### ii. Leadership Experiences (5 sem. hrs.)

Select any combination of courses of 1 or 2 sem. hrs. each for a total of 5 sem. hrs. but not to exceed 7 sem. hrs.

HKIN 355	Core Teaching Experience
HKIN 455	Core Teaching Experience II
HKIN 456	Teaching Experience
HKIN 457	Coaching Experience
HKIN 458	Approved Experience

#### iii. Psychomotor (10 sem. hrs.)

##### A. Required Courses

HKIN 130	Aquatics (2 sem. hrs.)
HKIN 131	Track and Field (2 sem. hrs.)

##### B. Electives (6 sem. hrs.)

###### i) Select at least one course (2 sem. hrs.)

HKIN 132	Gymnastics
HKIN 342	Creative Movement

###### ii) Select at least one course (2 sem. hrs.)

HKIN 231	Team Sports
HKIN 232	Individual Sports
HKIN 333	Team Sports II

###### iii) Select at least one course\* (2 sem. hrs.)

HKIN 132	Gymnastics
HKIN 231	Team Sports
HKIN 232	Individual Sports
HKIN 303	Strength Training
HKIN 333	Team Sports II
HKIN 342	Creative Movement
HKIN 430	Outdoor Education

\*Course selected in (i) and (ii) may not be selected in (iii).

### Stream 3: Sport and Leisure Management

#### i. Specific Theory Requirements (24 sem. hrs.)

HKIN 451	Sport Governance, Politics, and Law
RECR 201	Fundamentals of Recreation
RECR 320	Management and Facilities
BUSI 111	Introduction to Business and Management
BUSI 221	Principles of Accounting I
BUSI 280	Organizational Behavior
BUSI 331	Basic Marketing

Choose 1 of the following courses:

BUSI 345	Business Law I
BUSI 352	Human Resources Management
BUSI 435	Marketing Management

#### ii. Leadership Experiences (5 sem. hrs.)

Select any combination of courses of 1 or 2 sem. hrs. each for a total of 5 sem. hrs. but not to exceed 7 sem. hrs.

HKIN 355	Core Teaching Experience
HKIN 455	Core Teaching Experience II
HKIN 456	Teaching Experience
HKIN 457	Coaching Experience
HKIN 458	Approved Experience

**iii. Psychomotor (4 sem. hrs.)**

Psychomotor Elective 1

Psychomotor Elective 2

**iv. HKIN or Theory Elective (3 sem hrs)****Stream 4: Recreation****i. Specific Theory Requirements (18 sem. hrs.)**

RECR 210 Fundamentals of Recreation

RECR 220 Camping Administration

RECR 300 Leadership and Planning

RECR 320 Facility Management

RECR 452 Physical Activity for Special Populations

RECR 495 Senior Seminar

**ii. Leadership Experiences (5 sem. hrs.)**

RECR 450 Field Placement (2)

Approved Leadership Experiences (3)

**iii. Psychomotor (13 sem. hrs.)**

RECR 210 Social Recreation

RECR 430 Outdoor Education

Psychomotor Elective 1

Psychomotor Elective 2

Psychomotor Elective 3

Choose 3 sem. hrs. of non-physical education specialist recreation courses from HKIN 110, 111, 113, 114, 115, 120, 121, 124, 126, 144, 145.

**Stream 5: Generalist****i. Elective Theory Requirements (21-27 sem. hrs.)**

Students may choose any HKIN theory course that is not a specific BHK requirement or one that they have not previously taken. Students must also take BIOL 241 and 242.

**ii. Leadership Experiences (3-6 sem. hrs.)**

Select any combination of courses of 1 or 2 sem. hrs. each for a total of 3 sem. hrs. but not to exceed 6 sem. hrs.:

HKIN 355 Core Teaching Experience

HKIN 455 Core Teaching Experience II

HKIN 456 Teaching Experience

HKIN 457 Coaching Experience

HKIN 458 Approved Experience

**iii. Psychomotor (6-10 sem. hrs.)**

Choose from:

HKIN 130 Aquatics

HKIN 131 Track and Field

HKIN 132 Gymnastics

HKIN 231 Team Sports

HKIN 232 Individual Sports

HKIN 303 Strength Training

HKIN 333 Team Sports II

HKIN 342 Creative Movement

HKIN430 Outdoor Education

**3. Theory Electives (3 sem. hrs. each)**

These courses may be used to fulfil theory elective choices in any of the four streams.

HKIN 280 Foundation of Coaching

HKIN 295

Health Education

HKIN 340

Psychology of Sport and Exercise

HKIN 350

Elementary School Human Kinetics

HKIN 360

Instructional Analysis and Design

HKIN 370

Biomechanics

HKIN 376

Motor Learning, Memory and Control

HKIN 385

Analysis of Sport Skills

HKIN 420

Sports Nutrition

HKIN 440

Application of Applied Mental Skills

HKIN 453

Physical Activity for Special Populations

HKIN 470

Exercise Physiology

HKIN 480

Principles of Advanced Coaching

HKIN 495

Senior Seminar

HKIN 499

Graduating Thesis (directed study)

**4. Psychomotor Electives (2 sem. hrs. each)**

These courses may be used to fulfil psychomotor elective choices in any of the four streams.

HKIN 130 Aquatics

HKIN 131 Track and Field

HKIN 132 Gymnastics

HKIN 231 Team Sports

HKIN 232 Individual Sports

HKIN 302 Strength Training

HKIN 333 Team Sports II

HKIN 342 Creative Movement

HKIN 430 Outdoor Education

**5. Scripture Log Book**

Majors are required to complete a Scripture log book pertaining to human kinetics and sport.

**6. Current CPR certification****7. Provincial/National Certification**

Students should consult the HKIN Program Planning Guide for additional information.

*Note: One sem. hr. Sport Education or Recreation courses do not count toward the Human Kinetics requirement in the B.H.K. degree. (Exception is made for the Recreation stream in the B.H.K.)*

**Major in Human Kinetics, B.A. Degree****General Graduation Requirements**

(See also Academic Information section, particularly for further details on core requirements.)

	Sem. hrs.
Human Kinetics	42
BIOL 241, 242; or 243, 244	6
ENGL 103, 104	6
Fine Arts	3
History	3
IDIS 102 & 400 or approved alternative	4
Philosophy	3
Religious Studies (incl. RELS 101, 102; Bible content; Christianity & Intercultural Studies)	12
Society & Culture	3
UNIV 101	1
Electives	39
<b>Total</b>	<b>122</b>

### Specific Requirements

#### 1a. Theory Requirements (18 sem. hrs.)

HKIN 191	Introduction to Fitness and Wellness
HKIN 195	Foundations of Human Kinetics
HKIN 198	Scientific Basis of Human Movement
HKIN 351	Leadership and Planning in Human Kinetics
HKIN 372	Athletic Injuries
HKIN 490	Philosophy and Applied Ethics of Human Kinetics and Recreation

#### 1b. Theory Electives (must choose minimum 6 sem. hrs. from list below)

HKIN 260	Physical Growth and Development
HKIN 265	Research and Measurement
HKIN 280	Foundations of Coaching
HKIN 295	Health Education
HKIN 325	Sociocultural Aspects of Sport and Leisure
HKIN 340	Psychology of Sport and Exercise
HKIN 350	Elementary School Human Kinetics
HKIN 360	Instructional Analysis and Design
HKIN 365	Technological Applications in Human Kinetics and Recreation
HKIN 370	Biomechanics
HKIN 376	Motor Learning, Memory and Control
HKIN 385	Analysis of Sports Skills
HKIN 420	Sports Nutrition

HKIN 440	Application of Applied Mental Skills
HKIN 453	Physical Activity for Special Populations
HKIN 470	Exercise Physiology
HKIN 480	Principles of Advanced Coaching
HKIN 495	Senior Seminar
HKIN 499	Graduating Thesis (directed study)

### 2. Psychomotor (10 sem. hrs.)

Required Courses (4 sem. hrs.)

HKIN 130	Aquatics
HKIN 131	Track and Field

Electives (6 sem. hrs.)

HKIN 132	Gymnastics
HKIN 231	Team Sports
HKIN 232	Individual Sports
HKIN 303	Strength Training
HKIN 333	Team Sports II
HKIN 342	Creative Movement
HKIN 430	Outdoor Education

### 3. Leadership Experiences (4 sem. hrs.)

Select any combination of courses of 1 or 2 sem. hrs. each for a total of 4 sem. hrs. but not to exceed 6 sem. hrs.

HKIN 355	Core Teaching Experience I
HKIN 455	Core Teaching Experience II
HKIN 456	Teaching Experience
HKIN 457	Coaching Experience
HKIN 458	Approved Experience

### 4. Electives (4 sem. hrs.)

(Selected from either theory or psychomotor courses. One sem. hr. Sport Education or Recreation courses do not count toward this major.)

### 5. Scripture Log Book

Majors are required to complete a Scripture log book pertaining to human kinetics and sport.

### 6. Current CPR certification

## Concentration in Recreation

*School of Human Kinetics*  
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The concentration is obtained by completing 30 sem. hrs. of Recreation and Human Kinetics courses (at least 15 sem. hrs. at the 300 and 400 level).

Required Courses (13 sem. hrs.)

RECR 201	Fundamentals of Recreation	3
RECR 210	Social Recreation	2
RECR 300	Leadership and Planning	3
RECR 320	Management and Facilities	3
RECR 450	Field Placement	2

Choose 17 sem. hrs. from the following courses (A maximum of three non-Recreation specialist courses (1 sem. hr.) may be counted.):

RECR 220	Camping Administration	3
RECR 325	Sociocultural Aspects of Sport and Leisure	3

RECR 365	Technological Applications in Human Kinetics and Recreation	3
RECR 430	Outdoor Education	2
RECR 453	Physical Activity for Special Populations	3
RECR 490	Philosophy and Applied Ethics in Human Kinetics and Recreation	3
RECR 495	Senior Seminar	3
HKIN 111	Scuba-Diving	1
HKIN 113	River Kayaking	1
HKIN 114	Sea Kayaking	1
HKIN 115	Swimming	1
HKIN 120	Rock Climbing	1
HKIN 121	Hiking	1
HKIN 124	Downhill Skiing	1
HKIN 144	Tennis	1
HKIN 145	Golf	1

Recreation concentrations must take HKIN 191 rather than HKIN 190 as a core requirement. If a student is also doing a HKIN minor/concentration, no courses in the Recreation and Human Kinetics may overlap.

### Minor in Recreation

The minor is obtained by completing 24 sem. hrs. of Recreation courses (at least 12 sem. hrs. at the 300 or 400 level).

#### Required Courses (13 sem. hrs.)

RECR 201	Fundamentals of Recreation	3
RECR 210	Social Recreation	2
RECR 300	Leadership and Planning	3
RECR 320	Management and Facilities	3
RECR 450	Field Placement	2

Choose additional 11 sem. hrs. from the following courses (A maximum of two non-Recreation specialist courses (1 sem. hr.) may be counted.):

RECR 220	Camping Administration	3
RECR 325	Sociocultural Aspects of Sport and Leisure	3
RECR 365	Technological Applications in Human Kinetics and Recreation	3
RECR 430	Outdoor Education	2
RECR 453	Physical Activity for Special Populations	3
RECR 490	Philosophy and Applied Ethics in Human Kinetics and Recreation	3
RECR 495	Senior Seminar	3
HKIN 111	Scuba-Diving	1
HKIN 113	River Kayaking	1
HKIN 114	Sea Kayaking	1
HKIN 115	Swimming	1
HKIN 120	Rock Climbing	1
HKIN 121	Hiking	1
HKIN 124	Downhill Skiing	1
HKIN 144	Tennis	1
HKIN 145	Golf	1

Recreation minors must take HKIN 191 rather than HKIN 190 as a core requirement. If a student

is also doing a Human Kinetics minor/concentration/major, no courses in the Recreation and Human Kinetics minors may overlap.

### More Information

Contact Admissions or Department chair.

### Major in Sport and Leisure Management, B.A. Degree

#### General Graduation Requirements

(See also Academic Information section, particularly for further details on core requirements.)

	Sem. hrs.
Sport and Leisure Management	63
ENGL 103, 104	6
Fine Arts	3
History	3
Human Kinetics (incl. HKIN 190)	4
IDIS 102 & 400 or approved alternative	4
Natural Science (3 sem. hrs. must be a laboratory science)	6
Philosophy	3
Religious Studies (incl. RELS 101, 102; Bible content; Christianity & Intercultural Studies)	12
Society & Culture	3
UNIV 101	1
Electives	14
<b>Total</b>	<b>122</b>

### Specific Requirements

#### 1. Theory Requirements (57 sem. hrs.)

Human Kinetics (18 sem. hrs.)

HKIN 195	Foundations of Human Kinetics
HKIN 325	Sociocultural Aspects of Sport and Leisure
HKIN 351	Leadership and Planning in Human Kinetics
HKIN 451	Sport Governance, Politics, and Law
HKIN 490	Philosophy and Applied Ethics of Human Kinetics and Recreation
HKIN 495	Senior Seminar

Recreation (6 sem. hrs.)

RECR 300	Leadership and Planning
RECR 320	Management and Facilities

Business (27 sem. hrs.)	
BUSI 111	Introduction to Business and Management
BUSI 221	Principles of Accounting I
BUSI 275	Quantitative Methods I
BUSI 280	Organizational Behavior
BUSI 331	Basic Marketing
BUSI 342	Business Finance
BUSI 345	Business Law I
BUSI 352	Human Resources Management
BUSI 435	Marketing Management
Communications (6 sem. hrs.)	
Choose two of the following courses:	
COMM 211	Public Speaking
COMM 213	Introduction to Public Relations
COMM 214	Organizational Communications

## 2. HKIN Internship (6 sem. hrs.)

## Concentration in Human Kinetics

Students may obtain a concentration in Human Kinetics by completing 30 sem. hrs. of Human Kinetics courses (at least 15 sem. hrs. at 300 or 400 level; 18 sem. hrs. for secondary teaching).

### Required Courses

HKIN 191	Intro to Fitness and Wellness	3
HKIN 195	Foundation of Human Kinetics	3
HKIN 198	Scientific Basis of Movement	3
Majors Activity Courses 2 @ 2 sem. hrs. each		4
Leadership Experiences		2
Theory Electives		<u>15</u>
Total		30

*Note: Must also take BIOL 241 or 243. One sem. hr. HKIN Sport Education or Recreation courses do not count toward this concentration. Prospective teachers should read introductory notes to this section.*

## Minor in Human Kinetics

The minor is obtained by completing 24 sem. hrs. of Human Kinetics courses (at least 12 sem. hrs. at the 300 or 400 level; 18 sem. hrs. for secondary teaching.)

### Required Courses

HKIN 191	Intro to Fitness and Wellness	3
HKIN 195	Foundations of Human Kinetics	3
HKIN 198	Scientific Basis of Movement	3
Majors Activity Courses 2 @ 2 sem. hrs.		4
Leadership Experience		2
Theory Electives		<u>2</u>
Total		24

*Note: Must also take BIOL 241 or 243. One sem. hr. HKIN Sport Education or Recreation courses do not count toward this minor. Prospective teachers should read introductory notes to this section.*