

SCHOOL OF HUMAN KINETICS

Dr. Blair Whitmarsh, Dean

The School of Human Kinetics offers:

- Bachelor of Human Kinetics, leading to a B.H.K. degree
- Major in Human Kinetics, leading to a B.A. degree
- Major in Sport and Leisure Management, leading to a B.A. degree
- Concentration in Human Kinetics
- Minor in Human Kinetics
- Concentration in Recreation
- Minor in Recreation
- Minor in Elementary School Physical Education.

Students may choose to take the B.H.K. degree in one of six stream options:

- Kinesiology
- Physical Education
- Sport and Leisure Management
- Recreation
- Athletic Therapy
- 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 and human kinetics leadership positions.

Human Kinetics specialists take courses ranging from a basic theoretical study of human physical performance and behaviour such as biomechanics and sport psychology to courses with a more practical, applied approach such as fitness leadership and coaching development. Students develop a sound knowledge base as well as relevant planning and organizational skills. They 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 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 gain insight into how human kinetics activities can reflect the Christian life and biblical values. They experience how team sports can be used not only to improve skills but also as a means to build Christian community. They learn how human kinetics and recreation relate to the fundamental principles of a balanced, productive, Christ-honouring life. Students are 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 Dean of the School 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 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 & Inter-Cultural Studies)	12
Society & Culture	3
UNIV 101	1
Electives	21
Total	122

1. Specific Requirements

Theory Courses (24 sem. hrs.)

HKIN 191	Introduction to Exercise Physiology
HKIN 195	Foundations of Human Kinetics
HKIN 198	Scientific Basis of Human Movement
HKIN 325	Socio-cultural 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 (30 sem. hrs.)

HKIN 265	Research and Measurement
HKIN 303	Advanced Strength Training
HKIN 340	Psychology of Sport and Exercise
HKIN 370	Biomechanics
HKIN 376	Motor Learning, Memory and Control
HKIN 420	Sports 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 (3 sem. hrs.)

Students may select any combination of psychomotor courses to equal 3 sem. hrs. of credit.

iv.) Ancillary Requirements (21 sem. hrs.)

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

12 sem. hrs. of science: Must cover two 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

Must also take BIOL 241, 242, and current CPR.

• 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
HKIN 453	Physical Activity for Special Populations

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 Requirements (10 sem. hrs.)

A. Required Courses (4 sem. hrs.)

Choose two of:

HKIN 330	Aquatics
HKIN 332	Gymnastics
HKIN 342	Creative Movement

Note: Students planning to attend UBC for the final preparation year must have knowledge of and skill in Aquatics, Dance, and Gymnastics.

B. Required Courses (1 sem. hr.)

Choose one of:

HKIN 210	Principles and Analysis of Volleyball
HKIN 211	Principles and Analysis of Basketball
HKIN 212	Principles and Analysis of Soccer
HKIN 213	Principles and Analysis of Softball
HKIN 220	Principles and Analysis of Golf
HKIN 222	Principles and Analysis of Tennis

Choose one of:

HKIN 205	Outdoor Education I
HKIN 220	Principles and Analysis of Golf
HKIN 223	Principles and Analysis of Skiing/Snowboarding
HKIN 305	Outdoor Education II

Choose one of:

HKIN 203	Basic Principles of Strength Training
HKIN 204	Basic Principles of Physical Conditioning

C. Electives (3 sem. hrs.)

Any combination of psychomotor courses equal to 3 sem. hrs. Students planning to attend UBC for the final preparation year must have knowledge of and skill in Aquatics, Dance, and Gymnastics.

D. Ancillary Requirements

BIOL 241, 242 and current CPR

*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 Behaviour
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.)**

Choose any combination of 1 and 2 sem. hrs. courses.

iv.) **HKIN or Theory Elective (3 sem. hrs.)**

Must have BIOL 241, 242 and current CPR.

• **Stream 4: Recreation**

i.) **Specific Theory Requirements (18 sem. hrs.)**

RECR 201	Fundamentals of Recreation
RECR 220	Camping Administration
RECR 300	Leadership and Planning
RECR 320	Facility Management
RECR 453	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.)**

A. Required Courses

HKIN/RECR	205 Outdoor Education I (1 sem. hr.)
RECR 210	Social Recreation (2 sem. hrs.)
RECR 305	Outdoor Education II (1 sem. hr.)

B. Electives

Select any combination of psychomotor courses to equal 6 sem. hrs.

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

C. Ancillary Requirements

BIOL 241, 242 and current CPR.

• **Stream 5: Athletic Therapy**

The athletic therapy stream is offered in cooperation with Mount Royal College in Calgary, Alberta. Interested students must apply before December 1 to the School of Human Kinetics for enrolment in Mount Royal College the following August. Students may not apply earlier than their second year of full-time studies. Five spots are available annually.

i.) **Specific Theory Requirements (42 sem. hrs.) at Mount Royal College, Calgary, Alta.:**

PHED 1301	Musculoskeletal Assessment – Spinal
PHED 1303	Musculoskeletal Assessment – Peripheral
PHED 1305	Therapeutic Modalities in Athletic Therapy
PHED 1307	Rehabilitation Techniques in Athletic Therapy
PHED 1350	Field Practicum I
PHED 1311	Advanced Rehabilitation Techniques in Athletic Therapy
PHED 1313	Issues in Sports Medicine
PHED 1315	Clinical Management Administration
PHED 1354	Clinical Practicum I
PHED 1352	Field Practicum II

at Trinity Western University:

HKIN 303	Strength Training
HKIN 340	Sport Psychology
HKIN 420	Sport Nutrition
HKIN 472	Practicum in Athletic Therapy

ii.) **Leadership Experiences:**

This is covered by PHED 1350, 1352, and 1354 conducted at Mount Royal College.

Ancillary Requirements:

BIOL 241, 242

Students must hold current Standard First Aid and CPR certificates.

Once accepted into the stream, students may apply for membership with the Canadian Athletic Therapy Association (CATA) and begin accumulating hours toward certification.

• **Stream 6: Generalist**

i.) **Elective Theory Requirements (21-27 sem. hrs.)**

Students may choose any Human Kinetics theory course that is not a specific B.H.K. 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.)**

A. Choose any combination of the following

psychomotor courses that equal between 6 to 10 sem. hrs.:

- HKIN/RECR 205 Outdoor Education I
- HKIN 210 Principles and Analysis of Volleyball
- HKIN 211 Principles and Analysis of Basketball
- HKIN 212 Principles and Analysis of Soccer
- HKIN 213 Principles and Analysis of Softball
- HKIN 220 Principles and Analysis of Golf
- HKIN 221 Principles and Analysis of Badminton
- HKIN/RECR 305 Outdoor Education II
- HKIN 330 Aquatics
- HKIN 332 Gymnastics

B. Ancillary Requirements

- BIOL 241, 242 and current CPR.
- Theory Electives (3 sem. hrs. each)
- These courses may be used to fulfil theory elective choices in any of the six streams.
- HKIN 280 Foundations of Coaching
- HKIN 295 Health Education
- HKIN 303 Advanced Strength Training
- 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 Applied Mental Skills in Sport and Fitness
- 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)

iv. Psychomotor Electives (1 and 2 sem. hrs.)

- These courses may be used to fulfil psychomotor elective choices in any of the six streams.
- HKIN 203 Principles of Strength Training
- HKIN 204 Principles of Physical Conditioning
- HKIN/RECR 205 Outdoor Education I
- HKIN 210 Principles and Analysis of Volleyball
- HKIN 211 Principles and Analysis of Basketball
- HKIN 212 Principles and Analysis of Soccer
- HKIN 213 Principles and Analysis of Softball
- HKIN 220 Principles and Analysis of Golf
- HKIN 221 Principles and Analysis of Badminton
- HKIN/RECR 305 Outdoor Education II
- HKIN 330 Aquatics (2 sem. hrs.)
- HKIN 332 Gymnastics (2 sem. hrs.)
- HKIN 342 Creative Movement

Students should consult the Human Kinetics Planning Guide for additional information.

Note: One sem. hr. Sport Education or Recreation courses do not count toward the Human Kinetics requirements in the B.H.K. degree (except for the Recreation Stream).

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	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 & Inter-Cultural Studies)	12
Society & Culture	3
UNIV 101	1
Electives	39
Total	122

Specific Requirements

Theory Requirements (18 sem. hrs.)

- HKIN 191 Introduction to Exercise Physiology
- 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

Theory Electives

(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 303	Advanced Strength Training
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	Applied Mental Skills in Sport and Fitness
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)

Psychomotor (10 sem. hrs.)

Select any combination of psychomotor courses of 1 and 2 sem. hrs. each to equal 10 sem. hrs.

HKIN 203	Principles of Strength Training (1 sem. hr.)
HKIN 204	Principles of Physical Conditioning (1 sem. hr.)
HKIN/RECR 205	Outdoor Education I (2 sem. hrs.)
HKIN 210	Principles and Analysis of Volleyball (1 sem. hr.)
HKIN 211	Principles and Analysis of Basketball (1 sem. hr.)
HKIN 212	Principles and Analysis of Soccer (1 sem. hr.)
HKIN 213	Principles and Analysis of Softball (1 sem. hr.)
HKIN 220	Principles and Analysis of Golf (1 sem. hr.)
HKIN 221	Principles and Analysis of Badminton (1 sem. hr.)
HKIN/RECR 305	Outdoor Education II (2 sem. hrs.)
HKIN 330	Aquatics (2 sem. hrs.)
HKIN 332	Gymnastics (2 sem. hrs.)
HKIN 342	Creative Movement (2 sem. hrs.)

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

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.) Current CPR certification.

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 (incl. 3 sem. hrs. lab science)	6
Philosophy	3
Religious Studies (incl. RELS 101, 102; Bible content; Christianity & Inter-Cultural Studies)	12
Society & Culture	3
UNIV 101	1
Electives	14
Total	122

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
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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 Behaviour
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.)

HKIN 459	Sport and Leisure Management Experience
HKIN 460	Sport and Leisure Management Experience

Note: Students must take HKIN 190 plus two activity courses to meet the Human Kinetics requirement in the TWU core requirements.

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

	Sem. hrs.
HKIN 191	Intro to Exercise Physiology 3
HKIN 195	Foundation of Human Kinetics 3
HKIN 198	Scientific Basis of Movement 3
Psychomotor Courses	4
(Any combination of 1 and 2 sem. hr. courses = 4)	
Leadership Experiences	2
Theory Electives	<u>15</u>
Total: 30	

Note: Must also take BIOL 241. One sem. hr. HKIN Sport Education or Recreation courses at the 100 level 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

	Sem. hrs.
HKIN 191	Intro to Exercise Physiology 3
HKIN 195	Foundation of Human Kinetics 3
HKIN 198	Scientific Basis of Movement 3
Psychomotor Courses	4
(Any combination of 1 and 2 sem. hr. courses = 4)	
Leadership Experience	2
Theory Electives	<u>9</u>
Total: 24	

Note: Must also take BIOL 241. One sem. hr. HKIN Sport Education or Recreation courses at the 100 level do not count toward this minor. Prospective teachers should read introductory notes to this section.

Minor in Elementary School Physical Education

This minor is obtained by completing 24 sem. hrs. of Human Kinetics courses (12 sem. hrs. at the 300 or 400 level).

Required Courses

	Sem. hrs.
HKIN 191	Intro to Exercise Physiology 3
HKIN 195	Foundation of Human Kinetics 3
HKIN 198	Scientific Basis of Movement 3
HKIN 342	Creative Movement 2
HKIN 350	Elementary Physical Education 3
Leadership Experience (HKIN 457 or 458)	1
Theory Electives (upper level)	<u>9</u>
Total: 24	

Note: Students must take BIOL 241. One sem. hr. HKIN Sport Education or Recreation courses at the 100 level do not count toward this minor. Prospective teachers should read introductory notes to this section.