

# SCHOOL OF HUMAN KINETICS

*Dr. Blair Whitmarsh, Dean*

The School of Human Kinetics offers:

- Bachelor of Human Kinetics
- 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
- 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
- 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 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.) Physical Activity Requirements (3 sem. hrs.)

HKIN 103 plus 2 sem. hrs. of any physical activity courses to equal 3 sem. hrs.

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

A statistics course (e.g., MATH 102, 108 or 310; PSYC 207; BUSI 275; or BUSI 276)

It is strongly recommended that the statistic course be taken before HKIN 265

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, 345

Physics: PHYS 111, 112, 210

Must also take BIOL 241, 242, and current CPR or HCP (Health Care Provider) minimum.

Other upper level science courses may meet ancillary requirements *if* they directly relate to human structure and function - see advisor for additional information

### • 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.) Physical Activity Requirements (10 sem. hrs.)

##### A. Required Courses (2 sem. hrs.)

HKIN 342	Creative Movement
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##### B. Required Courses (2 sem. hrs.)

Choose one of:

HKIN 330	Aquatics—Swimming and Water Activities
HKIN 332	Gymnastics

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

##### C. Required Courses (3 sem. hrs.)

Choose one of:

HKIN 143	Badminton
HKIN 144	Tennis
HKIN 155	Curling
HKIN 161	Basketball
HKIN 162	Volleyball
HKIN 163	Soccer
HKIN 164	Ice Hockey
HKIN 165	Football
HKIN 168	Softball

Choose one of:

HKIN 111	Scuba Diving
HKIN 114	Sea Kayaking
HKIN 120	Rock Climbing
HKIN 121	Hiking
HKIN 124	Downhill Skiing
HKIN 125	Snowboarding
HKIN 126	Cross Country Skiing

HKIN 128	Introduction to Mountain Biking
HKIN 136	Outdoor Pursuits I
HKIN 137	Outdoor Pursuits II

Choose one of:

HKIN 101	Physical Conditioning
HKIN 103	Weight Training
HKIN 104	Fitness for Living
HKIN 107	Advanced Weight Training

### C. Electives (3 sem. hrs.)

Any combination of physical activity courses equal to 3 sem. hrs. Students planning to attend the University of British Columbia for the final preparation year must have knowledge of and skill in aquatics, dance, and gymnastics.

#### iv.) Ancillary Requirements

BIOL 241, 242, and current CPR or HCP (Health Care Provider) at time of graduation

\*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

HKIN 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

HKIN 459 Sport & Leisure Management Experience (3 hrs.)

#### iii.) Physical Activity Requirements (4 sem. hrs.)

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

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

Ancillary Requirements : BIOL 241, 242, and current CPR/HCP (Health Care Provider).

### • Stream 4: 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 101 Physical Conditioning

HKIN 303 Advanced Principles of 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 5: 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.) Physical Activity Requirements (6-10 sem. hrs.)

Choose between 6 to 10 sem. hrs. of physical activity courses.

#### iv) Ancillary Requirements

BIOL 241, 242, and current CPR or HCP (Health Care Provider).

## 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 12 - 18 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

### Physical Activity (2 - 10 sem. hrs.)

Choose between 2 to 10 sem. hrs. of physical activity courses.

### Leadership Experiences (3-5 sem. hrs.)

Select any combination of courses of 1 or 2 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

### Ancillary Requirements

BIOL 241 and 242

Current CPR certification or HCP (Health Care Provider)

## 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
MATH 101 or MATH 120	3
Natural Science (3 sem. hrs. lab science)	3
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 (24 sem. hrs.)

HKIN 195	Foundations of Human Kinetics
HKIN 320	Management and Facilities
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
HKIN	Theory Elective

#### 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
BUSI 352	Human Resources Management
BUSI 435	Marketing Management

*\* Note: A minimum grade of C is required in each Business course.*

#### 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 Introduction to Exercise Physiology	3
HKIN 195 Foundation of Human Kinetics	3
HKIN 198 Scientific Basis of Movement	3
Physical Activity Courses (Any combination of 1 and 2 sem. hr. courses = 4)	4
Leadership Experiences	2
Theory Electives	15
<b>Total:</b>	<b>30</b>

*Note: Must also take BIOL 241. 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 Introduction to Exercise Physiology	3
HKIN 195 Foundation of Human Kinetics	3
HKIN 198 Scientific Basis of Movement	3
Physical Activity Courses (Any combination of 1 and 2 sem. hr. courses = 4)	4
Leadership Experience	2
Theory Electives	9
<b>Total:</b>	<b>24</b>

*Note: Must also take BIOL 241. 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 Introduction 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. Prospective teachers should read introductory notes to this section.*

### More Information

Contact Admissions or the Dean of the School of Human Kinetics.