

SCHOOL OF HUMAN KINETICS

Dr. Blair Whitmarsh, Dean

The School of Human Kinetics offers:

1. Bachelor of Human Kinetics;
2. Major in Human Kinetics, leading to a B.A. degree;
3. Major in Sport and Leisure Management, leading to a B.A. degree;
4. Concentration in Human Kinetics;
5. Minor in Human Kinetics;
6. Minor in Elementary School Physical Education.

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. Athletic Therapy;
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 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, teaching, 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 both applied and theoretical content.

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 Human Kinetics courses in each category is available in the School of Human Kinetics Course Planning Guide. For teacher certification purposes students taking a Bachelor of Human Kinetics, a B.Ed., or a 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, it is recommended that prospective secondary physical education teachers present a second acceptable teachable subject area (besides Human Kinetics). 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.

HUMAN KINETICS

BACHELOR OF HUMAN KINETICS, B.H.K. DEGREE

GENERAL GRADUATION REQUIREMENTS

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

	Sem. hrs.
Human Kinetics	60
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	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 295	Contemporary Issues in Health and Wellness
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

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 495	Senior Seminar
	Theory Elective 1
	Theory Elective 2

- Strength and Conditioning Specialization**

Courses as above with the following exceptions:

HKIN 300	Directed Study: Special Topics in Strength and Conditioning (in place of Elective 1)
HKIN 440	Applied Mental Skills in Sport and Fitness
	or
HKIN 400	Research Project: Special Topics in Strength and Conditioning (in place of 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

Note: Students taking the Strength and Conditioning specialization must complete the following three leadership experiences:

- Teacher Assistant for HKIN 101
- Teacher Assistant for HKIN 103 or HKIN 107
- Teacher Assistant for Strength and Conditioning with Spartan Athletics

- iii.) **PHYSICAL ACTIVITY REQUIREMENTS (3 SEM. HRS.)**

HKIN 103 or 107 plus 2 sem. hrs. of any physical activity courses to equal 3 sem. hrs. Students in the Strength and Conditioning specialization must take HKIN 101 and 103. HKIN 107 is strongly recommended. HKIN 103, 107, or instructor permission is a prerequisite to HKIN 303.

- 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, 105, 113, 114; 343, 345, 350 (credit is not given for both BIOL 103 and 113 or BIOL 104 and 114)

Physics: PHYS 111, 112; 210

Must also take BIOL 241, 242, and have current CPR certification or HCP (Health Care Provider) at time of graduation.

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 340	Psychology of Sport and Exercise
HKIN 376	Motor Learning, Memory, and Control
HKIN 453	Adapted Physical Activity
	Select either:
HKIN 350	Elementary School Physical Education
	or
HKIN 360	Instructional Analysis and Design and choose one other HKIN theory elective

- 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

- B. Required Courses (2 sem. hrs.)**

Choose one of:

HKIN 330	Aquatics
HKIN 332	Gymnastics

Note: Students planning to attend UBC secondary school teacher training must have knowledge of and skill in aquatics, dance, and gymnastics.

C. Required Courses (3 sem. hrs.)

Choose one of:

HKIN 142	Raquetball
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 115	Swimming
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

D. 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.

• STREAM 3: SPORT AND LEISURE MANAGEMENT

i.) SPECIFIC THEORY REQUIREMENTS (21 SEM. HRS.)

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
HKIN 451	Sport Governance, Politics, and Law
or	
BUSI 345	Business Law I

and choose one of the following courses:

BUSI 345	Business Law I
BUSI 352	Human Resources Management
BUSI 435	Marketing Management
BUSI 437	Advertising and Promotional Strategy

Note: ECON 201 is a prerequisite to BUSI 331 and meets the Society and Culture core requirement

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

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 and Leisure Management Experience (3 sem. hrs.)

iii.) PHYSICAL ACTIVITY REQUIREMENTS (4 SEM. HRS.)

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

iv.) HKIN OR THEORY ELECTIVE (6 SEM. HRS.)

v.) ANCILLARY REQUIREMENTS

BIOL 241, 242, and current CPR or 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 seats are available annually.

i.) SPECIFIC THEORY REQUIREMENTS (42 SEM. HRS.)

at Mount Royal College, Calgary, Alberta:

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.

iii) **ANCILLARY REQUIREMENTS**

BIOL 241, 242

HKIN 103 or 107 or instructor's permission is a prerequisite to HKIN 303.

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 towards certification.

• **STREAM 5: GENERALIST**

i.) **SELECTIVE 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 295 Contemporary Issues in Health and Wellness
- HKIN 351 Leadership and Planning in Human Kinetics
- HKIN 372 Athletic Injuries

THEORY ELECTIVES:

Choose 12–18 sem. hrs. from:

- HKIN 260 Physical Growth and Development
- HKIN 265 Research and Measurement
- HKIN 280 Foundations of Coaching
- HKIN 303 Advanced Strength Training
- HKIN 325 Sociocultural Aspects of Sport and Leisure
- HKIN 340 Psychology of Sport and Exercise
- HKIN 350 Elementary School Physical Education
- 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 Adapted Physical Activity
- HKIN 470 Exercise Physiology
- 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)

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
Leadership Experiences	2
Theory Electives	<u>15</u>
Total:	30

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
Leadership Experience	2
Theory Electives	<u>9</u>
Total:	24

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

SPORT AND LEISURE MANAGEMENT

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	66
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	11
Total	122

SPECIFIC REQUIREMENTS

1. THEORY REQUIREMENTS (60 SEM. HRS.)

HUMAN KINETICS (24 SEM. HRS.)

- HKIN 195 Foundations of Human Kinetics
- HKIN 295 Contemporary Issues in Health and Wellness
- HKIN 320 Management and Facilities
- HKIN 325 Sociocultural Aspects of Sport and Leisure
- HKIN 351 Leadership and Planning in Human Kinetics
- HKIN 495 Senior Seminar
- HKIN 451 Sport Governance, Politics, and Law or BUSI 345 Business Law I and choice of one HKIN theory elective

BUSINESS (30 SEM. HRS.)

- BUSI 111 Introduction to Business and Management
- BUSI 221 Principles of Accounting I
- BUSI 222 Principles of Accounting II
- BUSI 275 Business Statistics
- BUSI 280 Organizational Behaviour
- BUSI 331 Basic Marketing
- BUSI 342 Business Finance
- BUSI 352 Human Resources Management
- BUSI 435 Marketing Management
- BUSI 345 Business Law

or one of :

- BUSI 346 Business Law II
- BUSI 437 Advertising and Promotional Strategy
- BUSI 484 Strategic Management

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

Note: ECON 201 is a prerequisite to BUSI 331 and meets the Society and Culture core requirement)

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 TWU core requirements.

Note: Students must have current CPR certification or HCP (Health Care Provider) prior to graduation.

HKIN 350	Elementary Physical Education	3
	Leadership Experience (HKIN 457 or 458)	1
	Theory Electives (upper level)	2
	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.

ELEMENTARY SCHOOL PHYSICAL EDUCATION

MINOR IN ELEMENTARY SCHOOL PHYSICAL EDUCATION

The 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