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 courses designed to promote physical health, fitness and wellness, psychomotor skill improvement, and positive attitudes towards the 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.)

<table>
<thead>
<tr>
<th>Course</th>
<th>Sem. hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human Kinetics</td>
<td>60</td>
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<tr>
<td>BIOL 241, 242</td>
<td>6</td>
</tr>
<tr>
<td>ENGL 103, 104</td>
<td>6</td>
</tr>
<tr>
<td>Fine Arts</td>
<td>3</td>
</tr>
<tr>
<td>History</td>
<td>3</td>
</tr>
<tr>
<td>IDIS 102 &amp; 400 or approved alternative</td>
<td>4</td>
</tr>
<tr>
<td>Philosophy</td>
<td>3</td>
</tr>
<tr>
<td>Religious Studies</td>
<td>12</td>
</tr>
<tr>
<td>(incl. RELS 101, 102; Bible content; Christianity &amp; Inter-Cultural Studies)</td>
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</tr>
<tr>
<td>Society &amp; Culture</td>
<td>3</td>
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<tr>
<td>UNIV 101</td>
<td>1</td>
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<tr>
<td>Electives</td>
<td>21</td>
</tr>
<tr>
<td>Total</td>
<td>122</td>
</tr>
</tbody>
</table>
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
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 enrollment 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.)

<table>
<thead>
<tr>
<th>Course</th>
<th>Sem. hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human Kinetics</td>
<td>42</td>
</tr>
<tr>
<td>BIOL 241, 242</td>
<td>6</td>
</tr>
<tr>
<td>ENGL 103, 104</td>
<td>6</td>
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</tbody>
</table>

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 4
(Any combination of 1 and 2 sem. hr. courses)
Leadership Experiences 2
Theory Electives 15
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 4
(Any combination of 1 and 2 sem. hr. courses)
Leadership Experience 2
Theory Electives 9
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.)

<table>
<thead>
<tr>
<th>Required Courses</th>
<th>Sem. hrs.</th>
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</thead>
<tbody>
<tr>
<td>Sport and Leisure Management</td>
<td>66</td>
</tr>
<tr>
<td>ENGL 103, 104</td>
<td>6</td>
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<tr>
<td>Fine Arts</td>
<td>3</td>
</tr>
<tr>
<td>History</td>
<td>3</td>
</tr>
<tr>
<td>Human Kinetics (incl. HKIN 190)</td>
<td>4</td>
</tr>
<tr>
<td>IDIS 102 &amp; 400 or approved alternative</td>
<td>4</td>
</tr>
<tr>
<td>MATH 101 or MATH 120</td>
<td>3</td>
</tr>
<tr>
<td>Natural Science (3 sem. hrs. lab science)</td>
<td>3</td>
</tr>
<tr>
<td>Philosophy</td>
<td>3</td>
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<tr>
<td>Religious Studies (incl. RELS 101, 102; Bible content; Christianity &amp; Inter-Cultural Studies)</td>
<td>12</td>
</tr>
<tr>
<td>Society &amp; Culture</td>
<td>3</td>
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<tr>
<td>UNIV 101</td>
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<tr>
<td>Electives</td>
<td>11</td>
</tr>
<tr>
<td>Total</td>
<td>122</td>
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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.

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

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