ACADEMIC COUNCIL REPORT

SESSION:

Public ☒

ACTION REQUESTED:

Decision ☒
Discussion/Direction ☐
Information ☐

DATE: **25 June 2019**

FROM: **Glenn Harvel, Chair, Curriculum and Program Review Committee**

SUBJECT: **Major Program Modification – Bachelor of Health Sciences in Kinesiology**

COMMITTEE/BOARD MANDATE:

The Curriculum and Program Review Committee (CPRC) reviewed the proposed Major Program Modification in accordance with its mandate under Section III, Part 1 of the CPRC Terms of Reference and recommends approval of the Major Program Modification, as presented.

MOTION FOR CONSIDERATION:

That, pursuant to the recommendation of CPRC, Academic Council approve the Major Program Modifications to the Bachelor of Health Sciences in Kinesiology, as presented.

BACKGROUND/CONTEXT & RATIONALE:

The Kinesiology program was born out of the Health Sciences program over a decade ago. Early iterations of the program were based on existing infrastructure and faculty expertise, which prepared students for a small number of career options, rather than the breadth that the field of Kinesiology has to offer. While minor changes have been made to ensure delivery of a high quality program, gaps identified through the Canadian Council of University Physical Education and Kinesiology Administrators (CCUPEKA) accreditation process, and to a small degree informed by the College of Kinesiology of Ontario, indicated a need for foundations and capstone courses. Introductory content for each of areas such as physiology, biomechanics, sociology, and psychology is required for CCUPEKA accreditation, but opportunities to develop depth in each of these domains is also needed to ensure that students are able to be successful within their chosen discipline/profession within the field of Kinesiology. The core group of Kinesiology faculty has grown to a critical mass where it can now offer advanced content in many of the CCUPEKA core domains.

This Major Program Modification is the result of a thorough internal and external review of the Kinesiology offerings and specializations. The changes will lead to one core Kinesiology program that will allow students to focus in their chosen discipline of interest. The specializations are

being removed from the program, resulting in one comprehensive Kinesiology program, and the prescribed program maps are being removed to help with planning and student retention. The specializations were created to ensure that students were able to develop expertise in defined areas. However, based on internal and external reviews, this approach has not been sufficient to meet the needs of students. Removing the specializations will allow students to develop breadth as well as depth in their chosen discipline within the broad field of Kinesiology, while eliminating redundancies and increasing efficiencies. Of note, these closures do not mean that any of the courses offered in these specializations are being removed; they will continue to be offered as electives. However, the program will be more flexible.

Core requirements are being adjusted to create more flexibility in the program to better reflect the diversity of subject matter across the various disciplines within Kinesiology, and current HLSC courses which are Kinesiology specific or have Kinesiology specific sections will be renamed with a KINE prefix; there will be two net new courses. Finally, the bulk of the core courses are being moved to first and second year to provide a foundation for students who will then have the freedom to explore personal interests in upper years. This change is anticipated to increase student success post-graduation. Students who fail courses or fall behind will be able to take the new equivalent course to meet the requirements of their degree.

RESOURCES REQUIRED:

The revised program can be offered with existing faculty, with reliance on several sessional instructors. There is an increased need for sessional instructors and TAs due to the new courses. While there is an associated increase in direct costs for this teaching, there is a similar decrease in direct costs due to reduced section offerings of courses formerly reserved for Kinesiology students. Therefore, the net direct cost for the changes will be approximately $8,000.

These changes are not intended to alter the number of students enrolled in the Kinesiology program, and thus the impact to indirect resources such as administrative and advising support, capital, and lab supplies will not change appreciably.

As there will be two cohorts of students during a transition period, those on the old maps and those on the new program, there will be some resource considerations 2021-22 and 2022-23. The only significant concern is with respect to three courses with heavy lab components, which will need to be offered to a double cohort of students in the same semester in 2021-2022. After reviewing the laboratory space available, it has been determined that the existing lab space should accommodate these additional laboratory sections. The Faculty has considered possible solutions should the need arise.

There is no anticipated impact expected to any resources internal to Ontario Tech University, nor any external stakeholders, save for a minor impact to a few Faculty of Science and/or Faculty of Social Sciences courses. By allowing first year Kinesiology students to choose between biology, chemistry, psychology, and/or a social sciences elective there are expected minor fluctuations from year to year in specific course enrollments. The faculty have met with stakeholders in both impacted Faculties and are confident that the fluctuations can be easily absorbed with no significant impact to resources or budget.

CONSULTATION AND APPROVAL:

- CPRC: May 17, 2019
- Faculty Council Approval: May 1, 2019
- Undergraduate Curriculum Committee: April 17, 2019
- Indigenous Education Advisory Circle: April 2019
- Faculty of Science
- Faculty of Social Science and Humanities

NEXT STEPS AND TIMELINES:

- Pending the approval of Academic Council these changes will be reflected in the 2020-2021 Undergraduate Academic Calendar
- The expected implementation is for all students entering the program in the fall of 2020. Students entering the program in the fall of 2019 will follow the current program map. There will be two distinct cohorts of Kinesiology students from 2020-21 through to 2022-23; those on the old curriculum, and those on the new one

    - 2020-21 – Yr 1 students follow new map, Yrs 2-4 follow current map
    - 2021-22 – Yrs 1-2 students follow new map, Yrs 3-4 follow current map
    - 2022-23 – Yr2 1-3 students follow new map, Yr 4 follow current map
    - 2023-24 – All students follow new map

- Courses that will no longer be used after receiving a KINE prefix will be phased out annually from 2020 to 2023.

SUPPORTING REFERENCE MATERIALS:

- Major Program Modification: Kinesiology, with Appendices
- New Course Proposals
- Major Program Modification: Closure of Exercise Science Specialization
- Major Program Modification: Closure of Health and Wellness Specialization
- Major Program Modification: Closure of Rehabilitation Specialization

Faculty of Health Sciences

Program: Kinesiology

Major Program Modification

April 2019

Prepared by: Shilpa Dogra

Proposal Brief

1. SUMMARY OF PROPOSED CHANGE

Provide a brief summary of the change

This Major Program Modification is the result of a thorough internal and external review of the Kinesiology offerings and specializations (Exercise Science, Health and Wellness, Rehabilitation Pathways). First, we are removing specializations (as per accompanying *Major Program Modification: Removal of Program or Program Component* documents); this will result in one Kinesiology program. Second, we are eliminating *prescribed* program maps to help with planning and student retention. Third, we are creating more flexibility in our program to better reflect the diversity of subject matter across the various disciplines within Kinesiology. Finally, we are moving the bulk of our core courses to first and second year to further allow students the freedom to explore personal interests and increase their success post-graduation.

2. BACKGROUND

Brief background of the existing program

The Kinesiology program at UOIT was born out of the Health Sciences program over a decade ago, with the first class graduating in 2010. Early iterations of the program were based on existing infrastructure and faculty expertise, thus creating a Kinesiology program with a strong focus on science, health, rehabilitation, and exercise therapy. This prepared students for a small number of career options, rather than the breadth that the field of Kinesiology has to offer. Furthermore, there were few elective options for students interested in other fields within Kinesiology, and little flexibility to take courses outside of faculty or in other program areas within Health Sciences.

As the number of faculty members in the program area has grown, and the intake of students has grown, the Kinesiology team has made several minor changes to ensure delivery of a high quality program. The program content is informed by our accrediting body, the Canadian Council of University Physical Education and Kinesiology Administrators (CCUPEKA), and to a small degree, the College of Kinesiology of Ontario. Gaps identified through the accreditation process and through this external review indicated a need for foundations and capstone courses.

Rationale for the new program component

Kinesiology is the study of human movement in all its forms. True understanding of the field requires an understanding of biophysical sciences such as physiology and biomechanics, as well as social sciences such as sociology and psychology. While introductory content for each of these fields is required for CCUPEKA accreditation, opportunities to develop depth in each of these domains is also needed to ensure that students are able to be successful within their chosen discipline/profession within the field of Kinesiology.

Over the past decade, the core group of Kinesiology faculty has grown to a critical mass where it can now offer advanced content in many of the CCUPEKA core domains. The current offerings can be expanded to include courses in new areas such as sport, workplace wellness, pedagogy, aging, and more, while retaining current offerings in the areas of rehabilitation, disability, and exercise prescription. The modification proposed in this document allows greater diversity of offerings, builds on the expertise of faculty, and better prepares our students for more career options.

Description of how the proposed fits into the broader array of program offerings, particularly those areas of teaching and research strengths and complementary areas of study

This change, as well as accompanying closure of specializations, will lead to one core Kinesiology program that will allow for students to specialize in their chosen discipline of interest. Students will no longer be tied to a program map or specific upper year courses. This will ensure that students interested in other FHSc offerings are free to take courses in those areas. For example, a student interested in developing expertise in physical activity and public health would now have the opportunity to take several courses from our Health Sciences program offerings. This type of cross-over would also better prepare our students for research in areas that span the Faculty of Health Sciences, not just Kinesiology.

3. DEGREE REQUIREMENTS

a) Program learning outcomes

Based on recent reviews of the program, we were not meeting some of our program level learning outcomes (PLOs) due to a lack of course offerings in specific areas. For example, it was clear that a foundations course and a capstone course were needed to better address our PLOs such as "integrate knowledge related to the field of kinesiology" and "Identify the diversity of human movement from a multi-disciplinary perspective". A lack of focus on leadership, communication, and competencies in the field of Kinesiology were also identified as areas needing greater emphasis in our program. These gaps have been addressed in our modified Kinesiology program.

b) Admission Requirements

No changes are being made to existing admissions requirements.

c) Program Structure

Please refer to the following appended documents

i) Appendix A: Calendar copy for revised program
ii) Appendix B: Internal mapping structure
iii) Appendix C: Transfer pathway mapping
iv) Appendix D: Summary of New Courses and Course Changes
v) Appendix E: Course Proposal Forms

d) Program Content

Please refer to the Appendices noted in c) above. All courses in the Kinesiology core have an appended "new course" form. This is not because the course content is new, but is required since we are changing the prefix and course code for Kinesiology courses.

Please note, there are only TWO new courses in our core. These are KINE 1000 and KINE 4100.

e) Process of consultation with other units if the modification(s)/new components involve(s) students, staff, and/or faculty from other programs or courses.

We have consulted with the Dean of Science and the Dean of Social Sciences and Humanities with regards to changes in first year requirements, that is, the new requirement of "any two of Biology, Chemistry, Psychology or Social Science". The planning and budgeting officers are committed to working together to ensure an appropriate number of spaces are available to accommodate all Kinesiology students. A limited number of seats will be available to Kinesiology students, and these will be available on a first come, first served basis.

Does this change include any indigenous content? ☒ Yes ☐ No

If yes, please ensure the consultation includes the Indigenous Education Advisory Circle

HLSC 3823 has already been approved by the IEAC. In our modified Kinesiology program, this will be a core course for Kinesiology students. The only change that is occurring is a **technical one**, that is, the course will also be offered using a KINE course code. The IEAC was consulted in April 2019 to ensure there were no concerns with this change.

4. RESOURCE REQUIREMENT

a) Faculty members

Faculty Member	Appointment Status	Home Unit	Areas of Expertise (CCUPEKA)	Supervisory Experience
Bernadette Murphy	Professor	Kinesiology	Neuroscience	MHSc, MSc, PhD
Paul Yielder	Associate	Kinesiology	Neuroscience	MHSc, MSc, PhD
Meghann Lloyd	Associate	Kinesiology	Motor Development	MHSc
Shilpa Dogra	Associate	Kinesiology	Exercise Physiology	MHSc, PhD
Nick Wattie	Assistant	Kinesiology	Sport Psychology	MHSc

Heather Sprenger	Assistant	Kinesiology	Environmental Physiology	MHSc, PhD
Nicholas LaDelfa	Assistant	Kinesiology	Biomechanics	MHSc
Serene Kerpan	Assistant	Kinesiology	Indigenous Health	MHSc

Although we can offer the modified program with existing faculty, we will be relying on several sessional instructors. Immediate needs exist in the area of Exercise Psychology, Athletic Therapy, and Sport Nutrition. These needs also exists in our current program model.

b) Additional academic and non-academic human resources
Please refer to the business plan below.

c) Physical resource requirements
No changes.

5. BUSINESS PLAN

a) Statement of funding requirements

Direct Program Costs	**Current through 19-20**	**Anticipated change for 20-21 and beyond**
TTT/TF labor	$1,013,348	No change
AT labor	$142,693	No change
Sessional labor	$128,041	~$22k (+ 17%) increase due to new KIN courses
TA labor	$229,240	~$6K (+2%) increase due to new KIN courses
Lab equipment	$35,000	No change
Lab supplies	$40,000	No change
	$1,628,322	**$1,656,322**

**Indirect costs such as Administration and OpEx unchanged*
*** Exclusive of normal cost of living/ merit increases for labor costs*

The direct costs associated with the Kinesiology program will increase approximately $28,000 under the proposed changes. This is offset by a direct cost reduction of approximately $20,000 due to reduced section offerings of courses formerly reserved for Kinesiology students.

Thus the net direct cost change is anticipated to be approximately **$8,000, or 0.5%.**

There may be some fluctuations in costs in the transitional years (20-21 to 23-24) given that some courses will be offered simultaneously to different cohorts. These costs can be mitigated by considering combined lecture or lab sections for different cohorts, offering fewer electives or moving retention sections for some core courses to Spring/Summer session during the transition period.

Based on our analysis, there are no significant budgetary implications.

All changes have also been discussed with the outgoing Dean of the Faculty of Health Sciences. They are in support of these changes and have approved these changes.

b) Statements of resource availability

Faculty of Health Science resource impacts

These changes are not intended to alter the number of students enrolled in the Kinesiology program, and thus the impact to indirect resources such as administrative support, capital, and lab supplies will not change appreciably.

Once the transition to the new program model is complete, we expect no net change in resource utilization compared to current activity.

The reorganization of course maps to focus on core courses in years 1 and 2 and electives in years 3 and 4 will create a few resource considerations during the transition period in 2021-22 and 2022-23. These considerations are discussed in part 6 below.

Non-FHS resource impacts

There is no anticipated impact expected to any resources internal to UOIT nor any external stakeholders, save for a minor impact to a few Faculty of Science and/or Faculty of Social Sciences courses. By allowing first year Kinesiology students to choose between biology, chemistry, psychology and/or a social sciences elective we expect minor fluctuations from year to year in specific course enrollments. We have met with stakeholders in both impacted Faculties and are confident that the fluctuations can be easily absorbed with no significant impact to resources or budget.

6. TIMELINE OF IMPLEMENTATION & TRANSITION PLAN (Include semester of implementation)

We intend to fully implement the new modified program for all students enrolling in the fall of 2020. Students enrolling in the fall of 2019 will be grandfathered along the current program map, and there are no plans to change the map for this cohort during their program. This will mean there are two distinct cohorts of Kinesiology students from 2020-21 through to 2022-23; those on the old curriculum, and those on the new one.

The only significant implementation concern is with respect to 3 courses with heavy lab components. The current program maps would have the following courses being offered to both cohorts in the same semester, effectively doubling the need for lab space for 2021-22.

- HLSC 3470 (KINE 1110) runs 6 sections in lab J115 in the Fall. J115 has room to accommodate at least 6 more sections in the Fall, and thus does not present a problem
- HLSC 4471 (KINE 2040) runs 7 lab sections in lab J101B in the Fall. J101B has room to accommodate at least 7 more sections in the Fall, and thus does not present a problem.
- HLSC 3410 (KINE 2110) runs 7 lab sections in lab J115 in the Winter. J115 has room to accommodate at least 7 more sections in the Winter, and thus does not present a problem.
- If needed, we can add additional lab space with one of the following options:
    - Opening labs on Saturdays
    - Reducing the idle time between lab sections typically reserved for prep or cleanup
    - Temporarily reducing the lab sections from weekly to biweekly schedules

  Given the above, ***the implementation timeline below presents no foreseeable challenges***:

  2019-20 – All students follow current program map
  2020-21 – Yr 1 students follow new map, Yrs 2-4 follow current map
  2021-22 – Yrs 1-2 students follow new map, Yrs 3-4 follow current map
  2022-23 – Yr2 1-3 students follow new map, Yr 4 follow current map
  2023-24 – All students follow new map

Courses that will no longer be used after receiving a KINE prefix will be phased out annually from 2020 to 2023. The phase out plan is described in detail in Appendix D. Students who fail courses or fall behind will be able to take the new equivalent course to meet the requirements of their degree.

APPROVAL DATES

Curriculum Committee Approval	April 17, 2019
Faculty Council Approval	May 1, 2019
CPRC or GSC Approval	
Academic Council Approval	
Report to Board of Governors	N/A

APPENDIX A: CALENDAR COPY

Health Sciences – Kinesiology

General information

The Kinesiology major is nationally accredited by the Canadian Council of Physical Education and Kinesiology Administrators. It provides a focused set of options directed toward understanding human movement for health and human performance. Students learn about human physiology, and how it is altered by exercise; about biomechanics and how to prevent workplace injuries; about the importance of physical activity for individuals with chronic conditions or disabilities; about motor control and pain; about sport psychology and the impact on sport performance; and much more. Through many of the courses in the program, students will gain hands-on experience through laboratory sessions. In fourth year, elective opportunities exist whereby students can pursue either a Kinesiology or Athletic Therapy internship to further develop competency in their chosen field. Kinesiology internships can range from placements in fitness facilities, schools, cardiac rehabilitation programs, programs for children with disabilities, rehabilitation clinics, sports teams, and more. The Athletic Therapy internship involves placement as a student therapist with a varsity athletic team and students become certified as Advanced Medical First Responders.

Kinesiology graduates will be prepared to embark on careers in healthcare, sport, or private practice. Graduates of the Kinesiology major will have covered the core competencies required by the College of Kinesiologists of Ontario as well as a number of additional certifications relevant to the various fields in Kinesiology. Those interested in pursuing these certifications will generally require additional practical experience before writing the registration exams. Students will also be eligible to apply for admission to several professional postgraduate programs such as physical therapy, medical school, law school, master's in business administration, research based masters in Kinesiology, and much more. Those interested in professional schools are advised to check the requirements of individual institutions to ensure that they have taken any required courses.

Admission requirements

Admission is competitive. The specific average or standing required for admission varies from year to year. Students are selected by taking into consideration a wide range of criteria including school marks, distribution of subjects taken, and performance in subjects relevant to the academic program. Possession of the minimum requirements does not guarantee acceptance. Preference will be given to applicants with the best qualifications.

Current Ontario secondary school students must complete the Ontario Secondary School Diploma (OSSD) with six 4U or 4M credits including English (ENG4U) with a minimum grade of 60 per cent, Biology (SBI4U), and one of Advanced Functions (MHF4U) or Calculus and Vectors (MCV4U) or Mathematics of Data Management (MDM4U). All other applicants should refer to admissions for the requirements for their specific category of admission.

Program details and degree requirements

To be eligible for a Bachelor of Health Sciences (Honours) degree, Kinesiology major, students must successfully complete 120 credit hours. Degree and program requirements are subject to change without notice. Students wishing to make changes to their program of study should consult their academic advisor.

Further information on courses and course sequencing can be found on the Faculty of Health Sciences website and in the Kinesiology handbook.

Required courses for all Kinesiology students:

KINE 1000	Foundations in Kinesiology
KINE 1010	Human Anatomy & Physiology I
KINE 1020	Information Literacy and Written Communications
KINE 1030	Quantitative Reasoning
KINE 1100	Human Anatomy & Physiology II
KINE 1110	Intro to Movement Neuroscience
KINE 1120	Human Growth and Motor Development
KINE 1130	Sociocultural Perspectives
KINE 2000	Anatomy of Human Movement
KINE 2010	Health and Indigenous People in Canada
KINE 2020	Exercise Biochemistry
KINE 2030	Psychology of Sport and Exercise
KINE 2040	Biomechanics
KINE 2100	Intro to Injury Management
KINE 2110	Motor Control and Learning
KINE 2120	Ethical Behaviour
KINE 2130	Exercise Physiology
KINE 2140	Research Methods
KINE 3000	Fitness Assessment & Exercise Prescription
KINE 3010	Critical Appraisal of Statistics
KINE 3100	Nutrition and Health
Kine 4100	Kinesiology Capstone

Any two Biology (BIOL), Chemistry (CHEM), Psychology (PSYC), OR Social Sciences (SSCI, SOCI, COMM) courses.
NOTE: For students interested in biophysical aspects of Kinesiology, we recommend taking either one or two Biology courses as well as one or two Chemistry courses (additional courses will go towards the elective requirement). For students interested in psychosocial aspects of Kinesiology, we recommend taking Psychology and Sociology courses.

A minimum of 8 KINE courses at the 3000 or 4000 level
NOTE: Upper year Kinesiology courses should be chosen based on recommended clusters in the Kinesiology handbook to ensure the student is best prepared for the field of interest upon graduation.

Up to 8 open electives at any level, in any faculty
NOTE: Electives can be used to follow 2 clusters from the Kinesiology handbook or to minor in another subject area.

Kinesiology – Advanced Entry (Generalist) for Fitness and Health Promotion graduates

General information

Applicants who possess an Ontario College Fitness and Health Promotion diploma may be eligible for admission to the university and will be granted a block transfer of credits.

Admission requirements

Admission is competitive. The specific average or standing required for admission varies from year to year. Students are selected by taking into consideration a wide range of criteria including school marks, distribution of subjects taken, and performance in subjects relevant to the academic program. Possession of the minimum requirements does not guarantee acceptance. Preference will be given to applicants with the highest academic standing.

Program details and degree requirements

Although reasonable efforts will be made to adhere to the following, course requirements and term offerings may change. For the most up-to-date list of course offerings, please visit the faculty website at healthsciences.uoit.ca.

Required courses for the Kinesiology program (87 credit hours):

KINE 1020	Information Literacy and Written Communications
KINE 1030	Quantitative Reasoning
KINE 1110	Intro to Movement Neuroscience
KINE 1120	Human Growth and Motor Development
KINE 1130	Sociocultural Perspectives
KINE 2000	Anatomy of Human Movement
KINE 2010	Health and Indigenous People in Canada
KINE 2020	Exercise Biochemistry
KINE 2030	Psychology of Sport and Exercise
KINE 2040	Biomechanics
KINE 2100	Intro to Injury Management
KINE 2110	Motor Control and Learning
KINE 2120	Ethical Behaviour
KINE 2130	Exercise Physiology
KINE 2140	Research Methods
KINE 3010	Critical Appraisal of Statistics
Kine 4100	Kinesiology Capstone

Any one Biology (BIOL), Chemistry (CHEM), or Social Sciences (SSCI, SOCI, COMM) course.
NOTE: For students interested in biophysical aspects of Kinesiology, we recommend taking Biology or Chemistry course. For students interested in psychosocial aspects of Kinesiology, we recommend taking a course from the Faculty of Social Sciences and Humanities.

A minimum of 8 KINE courses at the 3000 or 4000 level
NOTE: Upper year Kinesiology courses should be chosen based on recommended clusters in the Kinesiology handbook to ensure the student is best prepared for the field of interest upon graduation.

Up to 3 open electives at any level, in any faculty

NOTE: Electives can be used to follow two clusters from the Kinesiology handbook or to minor in another subject area.

Kinesiology – Advanced Entry for OTA/PTA graduates

General information

Applicants who meet the full requirements of an Ontario College Occupational Therapy Assistant (OTA) or Physiotherapy Assistant (PTA) diploma may be eligible for admission to the university and granted a block transfer of credits.

Admission requirements

Admission is competitive and will require a minimum 70 per cent average; however, the specific average or standing required for admission varies from year to year. Preference will be given to applicants with the highest academic standing.

Program details and degree requirements

Although reasonable efforts will be made to adhere to the following, course requirements and term offerings may change. For the most up-to-date list of course offerings, please visit the faculty website at healthsciences.uoit.ca.

Required courses for students in the Kinesiology program (90 credit hours):

KINE 1020	Information Literacy and Written Communications
KINE 1030	Quantitative Reasoning
KINE 1110	Intro to Movement Neuroscience
KINE 2010	Health and Indigenous People in Canada
KINE 2020	Exercise Biochemistry
KINE 2030	Psychology of Sport and Exercise
KINE 2040	Biomechanics
KINE 2100	Intro to Injury Management
KINE 2110	Motor Control and Learning
KINE 2120	Ethical Behaviour
KINE 2130	Exercise Physiology
KINE 2140	Research Methods
KINE 3000	Fitness Assessment & Exercise Prescription
KINE 3010	Critical Appraisal of Statistics
KINE 3100	Nutrition and Health
Kine 4100	Kinesiology Capstone

Any one Biology (BIOL), Chemistry (CHEM), or Social Sciences (SSCI, SOCI, COMM) course.
NOTE: For students interested in biophysical aspects of Kinesiology, we recommend taking Biology or Chemistry course. For students interested in psychosocial aspects of Kinesiology, we recommend taking a course from the Faculty of Social Sciences and Humanities.

A minimum of 8 KINE courses at the 3000 or 4000 level
NOTE: Upper level Kinesiology courses should be chosen based on recommended clusters in the Kinesiology handbook to ensure the student is best prepared for the field of interest upon graduation.

Up to 4 open electives at any level, in any faculty
NOTE: Electives can be used to follow two clusters from the Kinesiology handbook or to minor in another subject area.

APPENDIX B: INTERNAL MAPPING DOCUMENT

YEAR	FALL	WINTER
1st	KINE 1000U Foundations in Kinesiology	KINE 1100U Human Anatomy & Physiology II
	KINE 1010U Human Anatomy & Physiology I	KINE 1110U Intro to Movement Neuroscience
	KINE 1020U Information Literacy and Written Communications	KINE 1120U Human Growth and Motor Development
	KINE 1030U Quantitative Reasoning	KINE 1130U Sociocultural Perspectives
	Any two of Biology, Chemistry, Psychology, Social Science	
2nd	KINE 2000U Anatomy of Human Movement	KINE 2100U Intro to Injury Management
	KINE 2010U Health and Indigenous People in Canada	KINE 2110U Motor Control and Learning
	KINE 2020U Exercise Biochemistry	KINE 2120U Ethical Behaviour
	KINE 2030U Psychology of Sport and Exercise	KINE 2130U Exercise Physiology
	KINE 2040U Biomechanics	KINE 2140U Research Methods
3rd	KINE 3000U Fitness Assessment & Exercise Prescription	KINE 3100U Nutrition and Health
	KINE 3010U Critical Appraisal of Statistics	
4th		KINE 4100U Kinesiology Capstone

Minimum of 8 KINE courses at the 3000 or 4000 level

Up to 8 open electives at any level in any faculty (cluster and minor options)

APPENDIX C: TRANSFER PATHWAY MAPPING

1. Fitness and Health Promotion

New Kinesiology Requirements	**Credits Received**
KINE 1000U Foundations in Kinesiology	√
KINE 1010U Human Anatomy & Physiology I	√
KINE 1020U Information Literacy and Written Communications	
KINE 1030U Quantitative Reasoning	
KINE 1100U Human Anatomy & Physiology II	
KINE 1110U Intro to Movement Neuroscience	
KINE 1120U Human Growth and Motor Development	
KINE 1130U Sociocultural Perspectives	
Any two of Biology Chemistry Psychology or Social Sciences	√ (Psych)
KINE 2000U Anatomy of Human Movement	√
KINE 2010U Health and Indigenous People in Canada	
KINE 2020U Exercise Biochemistry	
KINE 2030U Psychology of Sport and Exercise	
KINE 2040U Biomechanics	
KINE 2100U Intro to Injury Management	
KINE 2110U Motor Control and Learning	
KINE 2120U Ethical Behaviour	
KINE 2130U Exercise Physiology	
KINE 2140U Research Methods	
KINE 3000U Fitness Assessment & Exercise Prescription	√
KINE 3010U Critical Appraisal of Statistics	
KINE 3100U Nutrition and Health	√
KINE 4100U Kinesiology Capstone	
8 Kinesiology Electives at the 3000 and 4000 Level	
8 electives (any level, any faculty)	√√√√

2. OTA/PTA Pathways

New Kinesiology Requirements	**Credit Offered**
KINE 1000U Foundations in Kinesiology	√
KINE 1010U Human Anatomy & Physiology I	√
KINE 1020U Information Literacy and Written Communications	
KINE 1030U Quantitative Reasoning	
KINE 1100U Human Anatomy & Physiology II	√
KINE 1110U Intro to Movement Neuroscience	
KINE 1120U Human Growth and Motor Development	√
KINE 1130U Sociocultural Perspectives	√
Any two of Biology Chemistry Psychology or Social Sciences	√ (Psych)
KINE 2000U Anatomy of Human Movement	√
KINE 2010U Health and Indigenous People in Canada	
KINE 2020U Exercise Biochemistry	
KINE 2030U Psychology of Sport and Exercise	
KINE 2040U Biomechanics	
KINE 2100U Intro to Injury Management	
KINE 2110U Motor Control and Learning	
KINE 2120U Ethical Behaviour	
KINE 2130U Exercise Physiology	
KINE 2140U Research Methods	
KINE 3000U Fitness Assessment & Exercise Prescription	
KINE 3010U Critical Appraisal of Statistics	
KINE 3100U Nutrition and Health	
KINE 4100U Kinesiology Capstone	
8 Kinesiology Electives at the 3000 and 4000 Level	
8 electives (any level, any faculty)	√√√

3. Trent Pathway

New Kinesiology Requirements	Credit Offered
KINE 1000U Foundations in Kinesiology	√
KINE 1010U Human Anatomy & Physiology I	√
KINE 1020U Information Literacy and Written Communications	√
KINE 1030U Quantitative Reasoning	√
KINE 1100U Human Anatomy & Physiology II	√
KINE 1110U Intro to Movement Neuroscience	√
KINE 1120U Human Growth and Motor Development	
KINE 1130U Sociocultural Perspectives	
Any two of Biology Chemistry Psychology or Social Sciences	√√ (1 Bio, 1 Chem)
KINE 2000U Anatomy of Human Movement	√
KINE 2010U Health and Indigenous People in Canada	
KINE 2020U Exercise Biochemistry	√
KINE 2030U Psychology of Sport and Exercise	
KINE 2040U Biomechanics	
KINE 2100U Intro to Injury Management	√
KINE 2110U Motor Control and Learning	
KINE 2120U Ethical Behaviour	
KINE 2130U Exercise Physiology	√
KINE 2140U Research Methods	√
KINE 3000U Fitness Assessment & Exercise Prescription	
KINE 3010U Critical Appraisal of Statistics	√
KINE 3100U Nutrition and Health	
KINE 4100U Kinesiology Capstone	
8 Kinesiology Electives at the 3000 and 4000 Level	
8 electives (any level, any faculty)	√√√√√√ (Biol, Psych, Chem)

4. **CMCC Pathway**
   Cluster will be available in handbook. Students interested in the CMCC pathway will be recommended to take courses to ensure they are appropriately prepared for the college program.

APPENDIX D

Core Kinesiology Courses – HLSC Courses to be removed from Calendar

Existing HLSC Course Code	Last Offered	KINE Course Code	First Offered
HLSC 2702	Fall 2020	KINE 1030	Fall 2020
HLSC 2400	Fall 2020	KINE 1110	Winter 2021
HLSC 2401	Fall 2020	KINE 1120	Winter 2021
HLSC 1812	Winter 2020	KINE 1130	Winter 2021
HLSC 3470	Fall 2020	KINE 2000	Fall 2021
HLSC 2480	Winter 2021	KINE 2020	Fall 2021
HLSC 3020	Fall 2021	KINE 2030	Fall 2021
HLSC 4471	Fall 2021	KINE 2040	Fall 2021
HLSC 3475	Winter 2021	KINE 2100	Winter 2022
HLSC 3410	Winter 2022	KINE 2110	Winter 2022
HLSC 3711	Winter 2022	KINE 2120	Winter 2022
HLSC 3481	Winter 2021	KINE 2130	Winter 2022
HLSC 3480	Fall 2021	KINE 3000	Fall 2022

HLSC Course will be removed from the Calendar after 'Last Offered'

Core Kinesiology Courses – HLSC Courses to be retained in Calendar

Existing HLSC Course Code	KINE Course Code	First Offered
HLSC 1200U	KINE 1010U	Fall 2020
HLSC 1701U	KINE 1020U	Fall 2020
HLSC 1201U	KINE 1100U	Winter 2021
HLSC 3823U	KINE 2010U	Fall 2021
HLSC 3910U	KINE 2140U	Winter 2022
HLSC 3800	KINE 3010U	Fall 2022
HLSC 2825	KINE 3100U	Winter 2023

HLSC Course and KINE Course will both exist in the Calendar

Kinesiology courses being removed from the Calendar

Current Code	Current Title	Effective
HLSC 4994U	Research Applications for Kinesiology	2022
HLSC 4995U	Kinesiology Research to Practice	2023

Kinesiology Electives undergoing only a Prefix Change to KINE

Current Code	Current Title	Change	Effective
HLSC 3476U	Advanced Sport Injury Management	Prefix	Immediately
HLSC 3482U	Physical Activity and Indigenous Peoples in Canada	Prefix	Immediately
HLSC 4401U	Motor Behaviour and Developmental Disabilities	Prefix	Immediately
HLSC 4404U	Injury Prevention for Sport and Physical Activity	Prefix	Immediately
HLSC 4405U	Policy Development for Sport and Physical Activity	Prefix	Immediately
HLSC 4410U	Practical Skills for Kinesiology Professionals	Prefix	Immediately
HLSC 4412U	Exercise Rehabilitation I: Cardiac, Respiratory and Metabolic Conditions	Prefix	Immediately
HLSC 4413U	Exercise Rehabilitation II: Integrated Case Studies	Prefix	Immediately
HLSC 4414U	Advanced Topics in Neuromuscular Physiology and Pathophysiology	Prefix	Immediately
HLSC 4460U	Selected Topics in Physical Activity and Health	Prefix	Immediately
HLSC 4461U	Applied Topics in Sport and Exercise Psychology	Prefix	Immediately
HLSC 4473U	Practical Human Anatomy I: Back and Lower Limbs	Prefix	Immediately
HLSC 4474U	Practical Human Anatomy II: Head, Neck and Upper Limbs	Prefix	Immediately
HLSC 4475U	Occupational Ergonomics	Prefix	Immediately
HLSC 4476U	Clinical Biomechanics	Prefix	Immediately
HLSC 4477U	Applied Techniques in Neuromechanics	Prefix	Immediately
HLSC 4478U	Advanced Ergonomics and Human Factors	Prefix	Immediately
HLSC 4482U	Advanced Exercise Assessment and Prescription	Prefix	Immediately
HLSC 4483U	Advanced Exercise Physiology	Prefix	Immediately
HLSC 4490U	Kinesiology Internship I	Prefix	Immediately
HLSC 4492U	Athletic Therapy Internship I	Prefix	Immediately
HLSC 4493U	Athletic Therapy Internship II	Prefix	Immediately
HLSC 4494U	Extended Athletic Therapy Internship I	Prefix	Immediately
HLSC 4495U	Extended Athletic Therapy Internship II	Prefix	Immediately

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: Foundations in Kinesiology		
Short Form Course Title (max 30 characters):		
Subject Code and Course number: KINE 1000U	☒ **Core** ☐ **Elective**	**Credit weight:** 3.0

Is the course:

☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)

Is the course associated with:

☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None

Contact hours (please indicate number of total hours for each component):

☒ Lecture 3 ☐ Lab _____ ☐ Tutorial _____ ☐ Other _____

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

This core course will not have an impact outside of the Kinesiology program. This course will replace the current section of HLSC 1810 that is restricted to Kinesiology students, and as such will have a net zero impact on resources.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

The purpose of this course is to provide students with an introduction to the diversity inherent to the field of kinesiology. This course serves as a foundational course, introducing students to the various disciplines of kinesiology, as well as to a range of special populations. Underlying all course content is an emphasis on the impact of healthy active living across the lifespan for people of all abilities, from the perspective of different kinesiology disciplines. Students will be introduced to professional expectations and standards of communication (academic and applied) within kinesiology.

Prerequisites for Calendar	☐ **With concurrency?**
Prerequisites for Banner	
Co-requisites	

Cross-Listings	
Recommended	
Credit restrictions	HLSC 1810 ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

1. Describe the major disciplines within the academic field of Kinesiology, and understand the synergies between them.
2. Differentiate between terminology and introductory concepts in physical activity, sport, and exercise research.
3. Explain the major definitions and concepts of health promotion as they apply to Kinesiology.
4. Understand the primary differences between health promotion and other modes of action in health care (e.g., preventive, protective, therapeutic, rehabilitative, etc.).
5. Understand the positive impact of engaging in regular physical activity on chronic conditions and quality of life in a diverse range of populations.
6. Identify and examine the individual determinants of health and their potential impact on health status and wellness in a variety of populations.
7. Examine the literature related to health promotion, individual determinants of health, and interdisciplinary collaboration relevant to the field of Kinesiology.
8. Demonstrate knowledge of the building blocks of effective oral and written communication for both academic and professional purposes.

COURSE INSTRUCTIONAL METHOD

(check all that may apply) ☒ **CLS (in-class)** ☐ **HYB (in-class and online)**
☐ **IND (individual studies)** ☐ **OFF (off-site)**
☐ **WB1 (synchronous online delivery)**
☐ **WEB (asynchronous online delivery)**
☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

This course will be taught by a Kinesiology faculty member. Assessments will be a combination of written assignments, midterm(s) and summative final exam.

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation.

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Fall 2020

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: Kinesiology Capstone		
Short Form Course Title (max 30 characters):		
Subject Code and Course number: KINE 4100U	☒ **Core** ☐ **Elective**	**Credit weight:** 3
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture ___3__ ☐ Lab _____ ☐ Tutorial _____ ☐ Other		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

This course will serve as a much needed Kinesiology Capstone course. Currently, we are using HLSC 4995 to serve our needs pertaining to leadership and evidence-based practice, however not all students take HLSC 4995 because those in research practicum are not required to. Based on curriculum reviews (internal and external), we have identified that this course needs to be modified to include an emphasis on leadership, communication, and program planning and evaluation.
This course will be taken by ALL Kinesiology students in their final year of study, and will involve a significant amount of group work.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

This capstone course provides students with the opportunity to integrate their knowledge in Kinesiology, and build competencies to begin working in the field of Kinesiology. This course will include content on program planning and evaluation, leadership and communication, evidence-informed practice, and knowledge translation. The purpose of the course is to help students develop professional competencies, preparing them for entry into the workplace, or higher education.

Prerequisites for Calendar	Must be in final year of Kinesiology ☐ **With concurrency?**
Prerequisites for Banner	Credit hours completed: 90
Co-requisites	NA
Cross-Listings	NA
Recommended	NA
Credit restrictions	NA ☐ Equivalency*
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

On the successful completion of the course, students will be able to:

1. Critically appraise studies with a variety of research designs.
2. Synthesize evidence and create recommendations using an appropriate process for decision making.
3. Plan, execute, and evaluate an event for a chosen stakeholder group.
4. Integrate their knowledge and lived experiences into their leadership development process.
5. Develop and practice team leadership through active group participation.
6. Communicate research findings to different user groups and understand how knowledge dissemination should differ between user groups.
7. To assess and interpret current workplace demographics and trends related to the field of Kinesiology that are likely to have an impact on the careers of kinesiology graduates.

COURSE INSTRUCTIONAL METHOD

(check all that may apply) ☒ **CLS (in-class)** ☒ **HYB (in-class and online)**
☐ **IND (individual studies)** ☐ **OFF (off-site)**
☐ **WB1 (synchronous online delivery)**
☐ **WEB (asynchronous online delivery)**
☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

This course will be taught by a Kinesiology faculty member. The following methods of evaluation may be used:

1. Major Project: event plan, execution, and evaluation.
2. Evidence Based Practice Assignment
3. Participation
4. Leadership Development Reflection
5. Knowledge Translation Assignment (infographic or short video)

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Please refer to the major program change documentation.

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Academic Calendar Fall 2020, Registration Winter 2024

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: HUMAN ANATOMY & PHYSIOLOGY 1		
Short Form Course Title (max 30 characters): N/A		
Subject Code and Course number: KINE 1010U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☐ Lab _____ ☒ Tutorial 1 ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program
This reflects a change from HLSC 1200 to a program specific course code of KINE 1010. The content from the previous course code remains the same, and thus is a cross-listed course with HLSC 1200.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

This course introduces normal anatomy and physiology as scientific disciplines. Focusing on homeostasis and the interrelationships of structure and function as the underpinnings for the maintenance of life, the human organization from the molecular to the system levels will be studied, with specific attention to the organization of the human body, principles of support and movement, and the nervous system. Students will also develop a working scientific vocabulary to communicate effectively within the scientific community. This is the introductory component of a two-semester investigation of human biology.

Prerequisites for Calendar	☐ **With concurrency?**
Prerequisites for Banner	

Co-requisites	
Cross-Listings	
Recommended	
Credit restrictions	**HLSC 1200U** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

On the successful completion of the course, students will be able to:
1. Understand the structural and functional organization of the human body, understand the significance of homeostasis and be comfortable with commonly used terminology in anatomy and physiology.
2. Understand general concepts explaining the biochemical basis of life, specifically how biomolecules interplay in cells, tissues, organs and systems in the human body.
3. Describe major structural and functional features of mammalian cells.
4. Define features, similarities and differences between epithelial and connective tissues and the histology of important examples of these such as skin, bones, joints and muscles.
5. Describe major structural and functional characteristics of the human skeleton and skeletal musculature.
6. Describe in detail important concepts in anatomy and physiology of the nervous system, specifically those regarding the central, peripheral and autonomic systems, as well as the special senses.
7. Demonstrate the ability to creatively apply and bring relevance of anatomical and physiological concepts into health issues.

COURSE INSTRUCTIONAL METHOD

(check all that <u>may</u> apply)
☒ **CLS (in-class)** ☒ **HYB (in-class and online)**
☐ **IND (individual studies)** ☐ **OFF (off-site)**
☐ **WB1 (synchronous online delivery)**
☐ **WEB (asynchronous online delivery)**
☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation.

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Fall 2020

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: INFORMATION LITERACY & WRITTEN COMMUNICATIONS		
Short Form Course Title (max 30 characters):		
Subject Code and Course number: KINE 1020U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☐ Lab _____ ☐ Tutorial _____ ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program

This reflects a change from HLSC 1701 to a program specific course code of KINE 1020. The content from the previous course code remains the same, and thus is a cross-listed course with HLSC 1701.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

This course is an introduction and opportunity for first year Health Sciences students to develop their writing, information technology, and literacy skills. The emphasis in the course is on cultivating the students' writing skills to the level of scholarly writing and referencing material within prescribed formats. Students participate in activities that foster critical thinking as they research and evaluate online materials as well as participate in self and peer evaluation activities. Students are introduced to various authoritative sources of health information, and how to evaluate health information sources for their authoritativeness. Through the course, the students will participate in the writing process, from conduct of a literature review, evaluation of information sources, to the final output of an academic paper in the prescribed format. Academic integrity and technical writing skills are also emphasized.

Prerequisites for Calendar		☐ **With concurrency?**

Prerequisites for Banner	
Co-requisites	
Cross-Listings	
Recommended	
Credit restrictions	**HLSC 1300, HLSC 1700, HLSC 1701 , HLSC 1702** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

Upon successful completion of the course, the student will demonstrate the ability to perform the following. Information in parenthesis following the learning outcomes indicates specific professional competencies as identified by individual health disciplines.

1. Use current writing composition technology and strategies (i.e. Microsoft Word, Excel, PowerPoint) to communicate in written format clearly, concisely, comprehensively, and accurately, using correct grammar and spelling. (cf. COKO 4.1.8; CMSLS 7.01; PHAC 6.1, 6.4)
2. Demonstrate a body of knowledge in health and related social sciences research (e.g. communication and learning) (cf. CNO 27)
3. Identify relevant and appropriate sources of information, including community assets and resources. (cf. PHAC 2.2)
4. Collect, store, retrieve, and use accurate and appropriate information on health issues. (cf. PHAC 2.3)
5. Demonstrate a foundational use of evidence and research to inform practice, health policies and programs. (cf. COKO 5.2.4; PHAC 1.4)
6. Analyze information to determine appropriate implications, uses, gaps, and limitations. (cf. PHAC 2.4)
7. Share new knowledge and experience with others through written communications. (cf. COKO 5.2.7)
8. Obtain feedback and demonstrates a willingness to consider opinions of others through a peer review process. (cf. CMSLS 6.03, 7.03; COKO 5.1.4)
9. Consider, calibrate, and incorporate own experiences and learning in practice through self-assessment and reflections. (cf. CMSLS 6.03; COKO 5.1.5, 5.1.6)
10. Provide constructive feedback to others through a peer review process (cf. CMSLS 6.03; COKO 5.1.7)
11. Articulate and practice the principles of academic integrity. (cf. CMSLS Code of Ethics; CNO 75; COKO 2.15.3, 3.1.4)

COURSE INSTRUCTIONAL METHOD

(check all that <u>may</u> apply) ☒ **CLS (in-class)** ☒ **HYB (in-class and online)** ☐ **IND (individual studies)** ☐ **OFF (off-site)** ☐ **WB1 (synchronous online delivery)**

☐ **WEB (asynchronous online delivery)** ☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation.

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Fall 2020

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: QUANTITATIVE REASONING		
Short Form Course Title (max 30 characters): N/A		
Subject Code and Course number: KINE 1030U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☐ Lab _____ ☒ Tutorial 1 ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program
This change reflects a replacement of HLSC 2702 to a program specific course code of KINE 1030**,** to accurately represent the course content and the sequential progression of course offerings.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

This course will focus on quantitative reasoning skills that are prerequisite for Biomechanics. Students will explore the use of technology to analyze data, as well as various mathematical techniques to solve equations and manipulate vectors. The fundamental principles of mechanics will be explored through problem solving exercises. Topics include kinematics, forces and free-body analysis, momentum and energy conservation, and torque. This is a hybrid course and uses a combination of face-to-face classroom time, as well as interactive online instructional learning tools.

Prerequisites for Calendar	☐ **With concurrency?**
Prerequisites for Banner	
Co-requisites	

Cross-Listings	
Recommended	
Credit restrictions	**HLSC 2702, PHYS 1810** ☐ **Equivalency*** Students enrolled in PHY 1010U can apply for exemption.
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

On the successful completion of the course, students will be able to:

- Convert units of measurement using dimensional analysis
- Analyze and graph statistical data in Microsoft Excel
- Solve linear and quadratic equations
- Use vector decomposition to add vectors
- Solve one- and two- dimensional kinematics problems
- Use Newton's laws of motion to calculate and analyze the effect of forces on an object
- Use the principle of conservation of momentum to analyze a collision
- Use the principle of conservation of energy to carry out calculations on energy transformations
- Classify types of levers and calculate mechanical advantage

COURSE INSTRUCTIONAL METHOD

(check all that may apply) ☒ **CLS (in-class)** ☒ **HYB (in-class and online)**
☐ **IND (individual studies)** ☐ **OFF (off-site)**
☐ **WB1 (synchronous online delivery)**
☐ **WEB (asynchronous online delivery)**
☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation.

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Fall 2020

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: HUMAN ANATOMY & PHYSIOLOGY II		
Short Form Course Title (max 30 characters): N/A		
Subject Code and Course number: KINE 1100U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☐ Lab _____ ☒ Tutorial _____ ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program

This reflects a change from HLSC 1201 to a program specific course code of KINE 1100. The content from the previous course code remains the same, and thus is a cross-listed course with HLSC 1201.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

This course is an extension of HLSC 1200 Anatomy & Physiology I as an introduction to the aspects of normal anatomy and physiology. This course will examine in more detail systems in the human body that are essential for survival and homeostasis. Understanding these systems will be very important not only to pass the course, but also for second year Pathophysiology as well as future clinical practice, since malfunctions in many of these systems result in diseases and conditions commonly affecting Canadians.
The emphasis will be not only to assimilate information but most importantly to understand it. Students will be expected to become active learners and will use tutorial sessions

Prerequisites for Calendar	**KINE 1010U**	☐ **With concurrency?**
Prerequisites for Banner		
Co-requisites		

Cross-Listings	
Recommended	
Credit restrictions	**HLSC 1201** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

On the successful completion of the course, students will be able to:

a. Describe the cellular and biochemical composition of blood and understand the functions of each one of its components.

b. Describe the endocrine glands and physiologic relevance of their hormones.

c. Understand the structure and function of organs of the cardiovascular, respiratory, digestive, urinary and reproductive systems.

d. Understand the homeostatic mechanisms responsible for fluid, electrolyte and acid-base balance.

e. Demonstrate the ability to bring relevance of these anatomical and physiological concepts into health issues.

COURSE INSTRUCTIONAL METHOD

(check all that may apply)

- ☒ **CLS (in-class)**
- ☒ **HYB (in-class and online)**
- ☐ **IND (individual studies)**
- ☐ **OFF (off-site)**
- ☐ **WB1 (synchronous online delivery)**
- ☐ **WEB (asynchronous online delivery)**
- ☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation.

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Winter 2021

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019

Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: INTRO TO MOVEMENT NEUROSCIENCE		
Short Form Course Title (max 30 characters): N/A		
Subject Code and Course number: KINE 1110U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☐ Lab _____ ☒ Tutorial 1 ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program
This change reflects a replacement of HLSC 2400 to a program specific course code of KINE 1110, to accurately represent the course content and the sequential progression of course offerings.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

This course is designed to develop and extend basic concepts of the functional anatomy of the human nervous system into a broader comprehension of the neuroanatomical, neurophysiological, and cognitive-behavioral approaches prevalent within human movement and neuroscience. This is a foundation course that sets out to establish the core principles for Stage 3 comprehension and eventual graduate level study of the Human Motor System.

Prerequisites for Calendar	☐ **With concurrency?**
Prerequisites for Banner	
Co-requisites	
Cross-Listings	
Recommended	

Credit restrictions	**HLSC 2400**	☐ **Equivalency***
Grading scheme	☒ **letter grade**	☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

Students who have successfully completed this course will have reliably demonstrated the ability to:

1. Describe the essential functional anatomy of the Brain, CNS, and Peripheral divisions of the nervous system.
2. Discuss the structural and functional principles of the reflex loop as a homeostatic mechanism.
3. Describe information transmission within the reflex loop
4. Discuss and summarize the essential mechanisms in the generation of action potentials.
5. Describe the different types of receptors and their specific functions.
6. Review the structure and physiology of central synapses.
7. Describe in detail the events that occur at the neuromuscular junction.
8. Discuss in detail the principles governing the spinal reflex control of skeletal muscle.
9. Discuss the functional anatomy of the Somatosensory System.

COURSE INSTRUCTIONAL METHOD

(check all that may apply)

- ☒ **CLS (in-class)**
- ☒ **HYB (in-class and online)**
- ☐ **IND (individual studies)**
- ☐ **OFF (off-site)**
- ☐ **WB1 (synchronous online delivery)**
- ☐ **WEB (asynchronous online delivery)**
- ☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Winter 2021

APPROVAL DATES

Curriculum Committee approval	April 17, 2019

Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: HUMAN GROWTH AND MOTOR DEVELOPMENT		
Short Form Course Title (max 30 characters):		
Subject Code and Course number: KINE 1120U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☐ Lab _____ ☒ Tutorial 1 ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program
This change reflects a replacement of HLSC 2401 to a program specific course code of KINE 1120, to accurately represent the course content and the sequential progression of course offerings.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

The purpose of this course is to provide the student with an understanding human growth and development across the lifespan and understand the factors that influence changes in behavior from a developmental perspective. Students will gain an understanding of the major theoretical perspectives of motor development and will be able to consider the acquisition of motor skills within the framework of these theories.

Prerequisites for Calendar	☐ **With concurrency?**
Prerequisites for Banner	
Co-requisites	
Cross-Listings	
Recommended	

Credit restrictions	**HLSC 2401**	☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**	

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

On the successful completion of the course, students will be able to:

1. define concepts of motor development, motor learning, growth and maturation
2. describe the developmental sequence of motor milestones
3. be familiar with the theoretical perspectives that guide the study of motor development
4. discuss the impact of environment and task constraints on behaviour
5. describe the role of reflexes and responses in motor development
6. describe motor development from a dynamic systems perspective
7. understand the concept of critical periods
8. understand how biological changes (growth) influences motor development
9. describe how social and cultural influences impact on motor development

COURSE INSTRUCTIONAL METHOD

(check all that <u>may</u> apply)

☒ **CLS (in-class)**
☒ **HYB (in-class and online)**
☐ **IND (individual studies)**
☐ **OFF (off-site)**
☐ **WB1 (synchronous online delivery)**
☐ **WEB (asynchronous online delivery)**
☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Winter 2021

APPROVAL DATES

Curriculum Committee approval	April 17, 2019

Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: SOCIOCULTURAL PERSPECTIVES		
Short Form Course Title (max 30 characters): N/A		
Subject Code and Course number: KINE 1130U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☐ Lab _____ ☐ Tutorial _____ ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program
This change reflects a replacement of HLSC 1812 to a program specific course code of KINE 1130**,** to accurately represent the course content and the sequential progression of course offerings.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

Examining the socio-cultural influences on physical activity and health is essential because inequalities in these areas cannot be explained by lifestyle choices alone. In addition, physical activity and health trends also have important impacts on society and culture. In this course, historical, social, political, psychosocial and economic forces that influence physical activity behaviour and health will be discussed. Demographic factors such as education, employment, income levels, ethnicity, and gender will be examined in light of their contributions to health inequalities, and access to health and physical activity resources. The bidirectional relationship between socio-cultural factors and physical activity and health will be utilized to discuss issues such as mass sporting events, racism, sexism, and individual and community wellbeing.

Prerequisites for Calendar	☐ **With concurrency?**
Prerequisites for Banner	
Co-requisites	
Cross-Listings	
Recommended	
Credit restrictions	**HLSC 1812** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

Upon completion of this course, students will be able to:

- Examine and compare the definitions of health, wellness, physical activity and sport.
- Explain the relevance of socio-cultural influences on physical activity and health in different contexts such as, gender-related differences in physical activity trends and the higher incidence of negative health outcomes among low income groups.
- Examine physical activity and health inequities in vulnerable groups.
- Understand how social, political, historical, psychosocial and economic factors influence physical activity and health, and vice versa.
- Explain the importance of contextualizing health and physical activity behaviour as the intersection of diverse influences.

COURSE INSTRUCTIONAL METHOD

(check all that may apply) ☒ **CLS (in-class)** ☒ **HYB (in-class and online)**
☐ **IND (individual studies)** ☐ **OFF (off-site)**
☐ **WB1 (synchronous online delivery)**
☐ **WEB (asynchronous online delivery)**
☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation.

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Winter 2021

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: ANATOMY OF HUMAN MOVEMENT		
Short Form Course Title (max 30 characters): N/A		
Subject Code and Course number: KINE 2000U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☒ Lab 2 ☐ Tutorial _____ ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program
This change reflects a replacement of HLSC 3470 to a program specific course code of KINE 2000, to accurately represent the course content and the sequential progression of course offerings.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

Anatomy of Human Movement covers the applied anatomy of the musculoskeletal system. It uses a regional approach to develop a sound understanding of regional structures, and their role in producing movement, both individually and synergistically as part of movement patterns and composite movements. ~~It is a fundamental foundation course for Kinesiology II: Biomechanics of the Musculoskeletal System, Motor Control and Learning, Exercise Prescription and Exercise Rehabilitation.~~ The course is a hybrid course which uses a combination of on-line lecture material and quizzes, face to face classroom time for case studies and concept reinforcement and "hands on" laboratories in addition to models and specialized 3-D computer software to aid students in their learning.

Prerequisites for Calendar	**KINE 1100**	☐ **With concurrency?**
Prerequisites for Banner		

Co-requisites	
Cross-Listings	
Recommended	
Credit restrictions	**HLSC 3470** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

Students who have successfully completed this course will have reliably demonstrated an ability to:

- Evaluate muscle structure and types of muscle contractions.
- Identify on 3-D models and live models the muscle groups of the limbs, trunk and neck.
- Recognize features and prominences of bones.
- Evaluate and discuss the role of the supporting ligaments of the vertebral column, hip, knee, ankle, shoulder and elbow.
- Describe the origins and insertions of the muscles of the vertebral column, limbs and trunk, and be able to identify these structures on the bony skeleton.
- Discuss and practically demonstrate the actions of vertebral column, trunk and limb muscles.
- Comprehend the components of the peripheral nervous system and discuss the muscles innervated by the main branches of the cervical, brachial, lumbar and lumbosacral plexii.

COURSE INSTRUCTIONAL METHOD

(check all that may apply) ☒ **CLS (in-class)** ☒ **HYB (in-class and online)**
☐ **IND (individual studies)** ☐ **OFF (off-site)**
☐ **WB1 (synchronous online delivery)**
☐ **WEB (asynchronous online delivery)**
☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Fall 2021

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 17, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: HEALTH AND INDIGENOUS PEOPLE IN CANADA		
Short Form Course Title (max 30 characters):		
Subject Code and Course number: KINE 2010U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☐ Lab _____ ☐ Tutorial _____ ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program

This reflects a change from HLSC 3823 to a program specific course code of KINE 2010. The content from the previous course code remains the same, and thus is a credit-restricted to HLSC 3823.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

This course offers an introduction to Indigenous Health in Canada. Topics include historic practices of health and epidemiological status across, pre-European contact, early European contact, and postmodern contact. The health status of Indigenous peoples in Canada will be discussed through the lens of social and political determinants of health. The course will also focus on promising health promotion and research practices with Indigenous communities. The intersection of Indigenous knowledge and Western knowledge will be explored through learning about worldview and cultural practices. This course will also encourage learners to critically appraise colonial practices along with power, privilege, and racism. The course will culminate with an examination of the findings from the Truth and Reconciliation Commission of Canada.

Prerequisites for Calendar	**KINE 1130**	☐ **With concurrency?**
Prerequisites for Banner		

Co-requisites	
Cross-Listings	
Recommended	
Credit restrictions	**HLSC 3823** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

1. Describe the terminology used to describe Indigenous Peoples in Canada.
2. Describe the health experiences of Indigenous Peoples from pre-contact to the 21st century.
3. Identify the cultural, ethical and political issues of Indigenous health in Canada.
4. Describe the purpose of colonial practices (such as residential schools) in Canada and their impact on the health of Indigenous Peoples.
5. Identify the determinants of health for Indigenous Peoples.
6. Describe how cultural continuity can enhance the health of Indigenous communities.
7. Identify health governance differences for Indigenous and non-Indigenous communities.
8. Discuss traditional health and healing practices of Indigenous Peoples.
9. Critically analyze how power, privilege, and racism cause health inequity.
10. Describe best practices when collaborating with Indigenous communities on health promotion and health research.
11. Reflect upon worldview, culture, and personal experience and the effects of these on your learning experiences in this course
12. Demonstrate authentic, supportive, inclusive, and respectful behavior in all exchanges within this class.
13. Demonstrate appropriate professional skills including, honesty, integrity, respect, responsibility, and timeliness in this course.

COURSE INSTRUCTIONAL METHOD

(check all that may apply)

- ☒ **CLS (in-class)**
- ☒ **HYB (in-class and online)**
- ☐ **IND (individual studies)**
- ☐ **OFF (off-site)**
- ☐ **WB1 (synchronous online delivery)**
- ☐ **WEB (asynchronous online delivery)**
- ☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☒ **Yes** ☐ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Course Approved by the IEAC.

Course will contain the same content as HLSC 3823, just has a new program specific course code

Consultation plan as noted in the accompanying MPM documentation.

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Fall 2021

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: EXERCISE BIOCHEMISTRY		
Short Form Course Title (max 30 characters): N/A		
Subject Code and Course number: KINE 2020U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☐ Lab _____ ☐ Tutorial _____ ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program

This change reflects a replacement of HLSC 2480 to a program specific course code of KINE 2020, to accurately represent the course content and the sequential progression of course offerings.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

This course will provide a comprehensive study of human biochemistry which will introduce major biopolymers and biomolecules, metabolic pathways, mechanisms of control, and gene function. This course will present how the basic principles of biochemistry underlie the normal physiological functions in humans and the perturbations of exercise. Topics will include nucleic acids, protein structure and function, enzymes, membranes, and metabolism (lipid, nitrogen, and carbohydrate). This course will better prepare Kinesiology student with an understanding of foundational biochemistry underlying rest and exercise. The lecture component will be structured towards introductory exercise biochemistry. This foundational knowledge will serve as the intellectual basis for advanced courses in exercise physiology and prescription.

Prerequisites for Calendar	**KINE 1100**	☐ **With concurrency?**
Prerequisites for Banner		

Co-requisites	
Cross-Listings	
Recommended	
Credit restrictions	**HLSC 2480 and HLSC 2110** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

On successful completion of this course, students will be able to:

1.Identify the major functional groups present in biomolecules

2. Illustrate the connection between bio-molecular functional groups to the molecular processes underlying health and exercise physiology.

3. Discuss the metabolism of carbohydrates, lipids, and proteins, and nitrogen containing compounds to body homeostasis essential to human health.

4. Describe how the metabolic pathways used in the generation and storage of cellular energy can be altered in various exercise states.

5. Differentiate between enzymatic function as biological catalysts for the maintenance of health and the perturbation of exercise.

6. Describe the composition and function of the cellular lipid bilayer, the roles of carrier proteins, protein transport channels, and the Na/K pump, and the alterations that occur with acute exercise and chronic exercise training.

7. Describe the nitrogen bases and ribose sugars and the primary and secondary structures that compose nucleic acids DNA and RNA.

8. Understand and describe the major cellular metabolic changes that occur with acute exposure to exercise and chronic exercise training, and the biochemical impact of changes to volume and intensity

COURSE INSTRUCTIONAL METHOD

(check all that <u>may</u> apply) ☒ **CLS (in-class)** ☒ **HYB (in-class and online)**
☐ **IND (individual studies)** ☐ **OFF (off-site)**
☐ **WB1 (synchronous online delivery)**
☐ **WEB (asynchronous online delivery)**
☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Fall 2021

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: PSYCHOLOGY OF SPORT AND EXERCISE		
Short Form Course Title (max 30 characters):		
Subject Code and Course number: KINE 2030U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☐ Lab _____ ☐ Tutorial _____ ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program

This change reflects a replacement of HLSC 3020 to a program specific course code of KINE 2030, to accurately represent the course content and the sequential progression of course offerings.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

Students are introduced to concepts, theories and research in sport and exercise psychology. This course emphasizes the psychological influences on sport and exercise participation, as well as the biopsychosocial consequences of sport and exercise participation. Topics include motivation, self-efficacy, group dynamics, leadership, behaviour change, and enhancing performance in fitness, recreation, health, and sport settings. This course also aims to develop an appreciation for how each topic interacts with diverse populations and activity settings. This course provides the foundation for applied content in KINE 4461.

Prerequisites for Calendar	**KINE 1130**	☐ **With concurrency?**
Prerequisites for Banner		
Co-requisites		

Cross-Listings	
Recommended	
Credit restrictions	**HLSC 3020** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

Students who have successfully completed this course will:

-Have experienced an introduction to the field of sport and exercise psychology and have been offered an overview of the range of professional issues and potentials within this emergent area.

-Have explored and formalized a personal understanding of the field of sport and exercise psychology and its relationship to human performance, development, psychology in health care.

-Be able to critically examine and discuss the link between physical activity, sport, and exercise and psychological outcomes.

-Be able to critically evaluate and discuss research on individual, interpersonal and environmental factors that influence individual behaviour change and participation of different populations.

-Apply practical knowledge to the promotion of physical activity based upon the principles and practice of the psychology of exercise and sport.

COURSE INSTRUCTIONAL METHOD

(check all that may apply)

- ☒ **CLS (in-class)**
- ☒ **HYB (in-class and online)**
- ☐ **IND (individual studies)**
- ☐ **OFF (off-site)**
- ☐ **WB1 (synchronous online delivery)**
- ☐ **WEB (asynchronous online delivery)**
- ☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation.

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Fall 2021

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: BIOMECHANICS		
Short Form Course Title (max 30 characters): N/A		
Subject Code and Course number: KINE 2040U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**

Is the course:

☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)

Is the course associated with:

☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None

Contact hours (please indicate number of total hours for each component):

☒ Lecture 3 ☒ Lab 2 ☐ Tutorial _____ ☐ Other _____

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program

This change reflects a replacement of HLSC 4471 to a program specific course code of KINE 2040, to accurately represent the course content and the sequential progression of course offerings.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ Yes ☐ No

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

Biomechanics covers the core principles related to biomechanics of the musculoskeletal system. This course will introduce you to the field of Biomechanics. Human movement will be investigated using the laws of physics and mechanics to understand how the body generates forces and moments to act on the external environment, causing motion.

This course will discuss Biomechanics via its applications to enhancing sports performance, ergonomics, athletic equipment design, prosthetics development, protective equipment and rehabilitation. In addition to lectures, there will be practical laboratory experiences that use video and computerized biomechanical analysis techniques to study and understand human motion.

Prerequisites for Calendar	**KINE 1030, KINE 1100**	☐ **With concurrency?**

Prerequisites for Banner	
Co-requisites	**KINE 2000**
Cross-Listings	
Recommended	
Credit restrictions	**HLSC 4471** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

On the successful completion of the course, students will be able to:

1. Understand that all human movement (normal gait, pathological gait, sport, dance, occupational tasks etc.) takes place in a framework of known mechanical principles that interact with human anatomy and muscle physiology.
2. Understand the relevance and usefulness of these principles as applied to different aspects of human movement (health, sport, work etc.).
3. Comprehend the basic principles of biomechanics. State Newton's Laws of Motion and show the relationship between the behavior of a body experiencing linear/angular motion and the forces responsible for that motion.
4. Observe, analyze and describe human movement in anatomical and mechanical terms.
5. Describe the concepts of force, torque, work, power, energy, velocity, acceleration, inertia, impulse, and momentum

COURSE INSTRUCTIONAL METHOD

(check all that <u>may</u> apply) ☒ **CLS (in-class)** ☒ **HYB (in-class and online)**
☐ **IND (individual studies)** ☐ **OFF (off-site)**
☐ **WB1 (synchronous online delivery)**
☐ **WEB (asynchronous online delivery)**
☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation.

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Fall 2021

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: INTRO TO INJURY MANAGEMENT		
Short Form Course Title (max 30 characters): N/A		
Subject Code and Course number: KINE 2100 *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☒ Lab 2 ☐ Tutorial _____ ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program

This change reflects a replacement of HLSC 3475 to a program specific course code of KINE 2100, to accurately represent the course content and the sequential progression of course offerings.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

The purpose of this course is to provide students with an introduction to the management of musculoskeletal injuries of the extremities. They will be introduced to assessment of limb injuries, emergency assessment and treatment as well as basic taping and support techniques. Through functional anatomy review, a knowledge base is developed to provide a means for the analysis of injury mechanisms. Materials covered include mechanisms of injury, tissue biomechanics, pathology, assessment and prevention of acute and chronic trauma. The lab component provides exposure to hands-on assessment of joint movement, stretching, taping and splinting techniques.

Prerequisites for Calendar	**KINE 2000**	☐ **With concurrency?**
Prerequisites for Banner		
Co-requisites		

Cross-Listings	
Recommended	
Credit restrictions	**HLSC 3475** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

On the successful completion of the course, students will be able to:

1. Perform basic musculoskeletal assessment of the lower and upper limbs
2. Perform on-field immediate assessment and care techniques for the extremities
3. Be familiar with common injury mechanisms, tissue response to injury, and the biomechanics of injuries and assessment
4. Manage acute musculoskeletal injuries
5. Become familiar with the prevention of athletic injuries
6. Become familiar with basic taping and support techniques for the extremities
7. Be able to practice emergency response skills (First Aid, CPR) in a sports setting
8. Practice injury management in a practical, hands-on environment

COURSE INSTRUCTIONAL METHOD

(check all that may apply) ☒ **CLS (in-class)** ☒ **HYB (in-class and online)**
☐ **IND (individual studies)** ☐ **OFF (off-site)**
☐ **WB1 (synchronous online delivery)**
☐ **WEB (asynchronous online delivery)**
☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Winter 2021

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: MOTOR CONTROL AND LEARNING		
Short Form Course Title (max 30 characters): N/A		
Subject Code and Course number: KINE 2110U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☒ Lab 2 ☐ Tutorial _____ ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program

This change reflects a replacement of HLSC 3410 to a program specific course code of KINE 2110, to accurately represent the course content and the sequential progression of course offerings.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

This course develops a critical approach to the understanding of human movement. It will expand on the principles of applied neuroscience that were established in KINE 1110. The course will examine the neurological, physiological, psychological and behavioural principles underlying human motor control and motor learning. Specific topics covered will include classification and measurement of motor performance, the role of sensory processes, memory and attention. Applications for clinical and coaching professions will be covered, by examining proper delivery of feedback and the structure of practice. It is intended that this course will establish a sound foundation for post-graduate study in clinical disciplines and care interventions used in movement rehabilitation.

Prerequisites for Calendar	**KINE 1110**	☐ **With concurrency?**
Prerequisites for Banner		

Co-requisites	
Cross-Listings	
Recommended	
Credit restrictions	**HLSC 3410** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

On the successful completion of the course, students will be able to:

1. The principles and established rules that govern interactions between components of the neural and musculoskeletal systems as they interact to produce movement.
2. The many theoretical approaches that drive motor control and learning research.
3. The relevant properties of the neural, muscular and skeletal systems and how they contribute to control of movement.
4. The contemporary issues and concepts involved in producing coordinated movement.
5. The way in which the motor system delivers the acquisition and retention of movements.
6. The neurophysiologic and behavioural basis of motor skill acquisition.
7. The methods for achieving maximum performance and retention of skills (athletic applications).

COURSE INSTRUCTIONAL METHOD

(check all that may apply)

- ☒ **CLS (in-class)**
- ☒ **HYB (in-class and online)**
- ☐ **IND (individual studies)**
- ☐ **OFF (off-site)**
- ☐ **WB1 (synchronous online delivery)**
- ☐ **WEB (asynchronous online delivery)**
- ☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Winter 2021

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: ETHICAL BEHAVIOUR		
Short Form Course Title (max 30 characters):		
Subject Code and Course number: KINE 2120U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☐ Lab _____ ☒ Tutorial 1.5 ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program

This change reflects a replacement of HLSC 3711 to a program specific course code of KINE 2120, to accurately represent the course content and sequential progression of course offerings.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

In this course, students will explore the history of ethics with particular emphasis on the theories that apply to ethics in health care. Ethical decision-making will be discussed, and students will gain practical knowledge in the application of ethics to health care by examining special topics in biomedical ethics.

Prerequisites for Calendar	**KINE 1130**	☐ **With concurrency?**
Prerequisites for Banner		
Co-requisites		
Cross-Listings		
Recommended		

Credit restrictions	**HLSC 3710, HLSC 3711, HLSC 3712**	☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**	

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

On the successful completion of the course, students will be able to:

- Describe and create content about the key philosophers who contributed to ethics.
- Illustrate ways in which religion, politics/policy, culture, science/technology, and economics influences ethical decisions.
- Describe the development of ethical theories.
- Explain the roles of health care professionals in ethical decisions affecting individuals, families, communities.
- Discuss the importance of narrative ethics in health care.
- Apply the principles of ethical decision-making to case studies
- Appraise professional codes of ethics regarding their practical implications and applications.
- Compare ways of including the principles of self-determination, well-being, and equity into shared decision-making about health care delivery.
- Critically examine the ethical issues which arise in human research, health promotion, disease prevention, and biomedical advancements.

COURSE INSTRUCTIONAL METHOD

(check all that <u>may</u> apply)

☒ **CLS (in-class)**
☒ **HYB (in-class and online)**
☐ **IND (individual studies)**
☐ **OFF (off-site)**
☐ **WB1 (synchronous online delivery)**
☐ **WEB (asynchronous online delivery)**
☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation.

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Winter 2021

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: EXERCISE PHYSIOLOGY		
Short Form Course Title (max 30 characters): N/A		
Subject Code and Course number: KINE 2130U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☒ Lab 2 ☐ Tutorial _____ ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program

This change reflects a replacement of HLSC 3481 to a program specific course code of KINE 2130, to accurately represent the course content and the sequential progression of course offerings.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

This course will be an introduction to the basic components of physiology as they apply to health, fitness and exercise. Short and long-term adaptations to acute and chronic bouts of exercise will be examined relative to health and human movement. An emphasis will be placed on the musculoskeletal, cardiovascular and respiratory systems with special attention to the application of physiological principles of training. The course uses a combination of didactic classroom lecturing and hands-on laboratories where students collect and analyze physiological data during and post-exercise to provide problem-based learning opportunities.

Prerequisites for Calendar	**KINE 2020**	☐ **With concurrency?**
Prerequisites for Banner		
Co-requisites		
Cross-Listings		

Recommended	
Credit restrictions	**HLSC 3481** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

Students who have successfully completed this course will have reliably demonstrated an ability to:
1. Explain the pathways involved in metabolism and energy provision.
2. Discuss non-oxidative metabolism and measurement during high-intensity exercise.
3. Discuss oxidative metabolism including measurement of aerobic metabolism and the concept of maximal oxygen uptake.
4. Describe cardiovascular regulation and discuss the cardiovascular response to exercise.
5. Describe respiratory regulation and discuss the respiratory response to exercise.
6. Describe thermoregulation and its importance during exercise.
7. Demonstrate competence in measurement of cardiorespiratory function during exercise.

COURSE INSTRUCTIONAL METHOD

(check all that may apply)
- ☒ **CLS (in-class)**
- ☒ **HYB (in-class and online)**
- ☐ **IND (individual studies)**
- ☐ **OFF (off-site)**
- ☐ **WB1 (synchronous online delivery)**
- ☐ **WEB (asynchronous online delivery)**
- ☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Winter 2021

APPROVAL DATES

Curriculum Committee approval	April 27, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: RESEARCH METHODS		
Short Form Course Title (max 30 characters): N/A		
Subject Code and Course number: KINE 2140U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**

Is the course:

☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)

Is the course associated with:

☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None

Contact hours (please indicate number of total hours for each component):

☒ Lecture 3 ☐ Lab _____ ☐ Tutorial _____ ☐ Other _____

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program

This reflects a change from HLSC 3910 to a program specific course code of KINE 2140. The content from the previous course code remains the same, and thus is a cross-listed course with HLSC 3910.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

This course will critically examine a variety of research theories and methodologies employed by both quantitative and qualitative allied health care researchers. The student will be able to critically examine, interpret, analyze and apply findings from published research reports from both human and nonhuman investigations conducted in a variety of laboratory, clinical and community-based research settings. The course will examine how published research reports are utilized as the basis for evidence-based practice by health care professionals. Students will have an opportunity to explore innovative studies and critical health concerns to demonstrate the application of a variety of research methods employed by health care professionals and scientists in Canada and globally.

Prerequisites for Calendar	**KINE 1030**	☐ **With concurrency?**
Prerequisites for Banner		

Co-requisites	
Cross-Listings	
Recommended	
Credit restrictions	**HLSC 3910** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

On the successful completion of the course, students will be able to:

1. Critically examine and describe how allied health science research has been employed by health care professionals to advance education, theory development and clinical practice both historically and currently.
2. Critically examine and articulate why evidence-informed research is needed for the advancement of the clinical and non-clinical allied health sciences in Canada and abroad.
3. Critically examine and describe how theory, research and practice are integrated in current quantitative, qualitative and mix-design studies and their implications for health care professionals and workers in the allied and public health sciences
4. Apply the formal principals and concepts of the research process in actual "hands-on" class-based learning experiences, assignments and/or projects involving both qualitative and quantitative research methodologies, approaches and principles.
5. Be knowledgeable about the strengths and limitations of a variety of quantitative, qualitative and mixed-design studies and how they can be utilized by clinical and non-clinical scientists in the health sciences.

COURSE INSTRUCTIONAL METHOD

(check all that <u>may</u> apply)

☒ **CLS (in-class)**
☒ **HYB (in-class and online)**
☐ **IND (individual studies)**
☐ **OFF (off-site)**
☐ **WB1 (synchronous online delivery)**
☐ **WEB (asynchronous online delivery)**
☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation.

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

Consultation plan as noted in the accompanying MPM documentation

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Winter 2021

APPROVAL DATES

Curriculum Committee approval	April 17, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: FITNESS ASSESSMENT & EXERCISE PRESCRIPTION		
Short Form Course Title (max 30 characters):		
Subject Code and Course number: KINE 3000U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☒ Lab 2 ☐ Tutorial _____ ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program

This change reflects a replacement of HLSC 3480 to a program specific course code of KINE 3000, to accurately represent the course content and the sequential progression of course offerings.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

This course is designed to provide students with a foundation in fitness assessment and exercise prescription. It prepares students to work in the fitness industry with healthy clients and introduces the topic of exercise modification for special populations. Lectures focus on principles of training related to endurance, strength, flexibility and balance. Laboratory sessions emphasize development of competency in submaximal fitness assessment and individualized exercise prescription. This course is heavily based on the Physical Activity Training for Health (PATH) manual produced by the Canadian Society for Exercise Physiology. Upon completion of this course (and KINE 2130), students are eligible to complete an examination that will lead to the designation of Certified Personal Trainer with the Canadian Society for Exercise Physiology.

Prerequisites for Calendar	**KINE 2130**	☐ **With concurrency?**

Prerequisites for Banner	
Co-requisites	
Cross-Listings	
Recommended	
Credit restrictions	**HLSC 3480** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

Upon successful completion of this course, students will be able to:
- Screen apparently healthy individuals of all ages to ensure they are safe to exercise at submaximal and maximal intensities
- Assess body composition, aerobic fitness, and musculoskeletal fitness using standardized protocols
- Interpret data obtained from standardized laboratory protocols
- Design exercise programs for apparently healthy individuals
- Apply knowledge of behaviour change models and motivational interviewing techniques to provide basic physical activity and lifestyle counseling
- Critically assess pseudoscientific claims as they pertain to exercise and fitness

COURSE INSTRUCTIONAL METHOD

(check all that may apply)
- ☒ **CLS (in-class)**
- ☒ **HYB (in-class and online)**
- ☐ **IND (individual studies)**
- ☐ **OFF (off-site)**
- ☐ **WB1 (synchronous online delivery)**
- ☐ **WEB (asynchronous online delivery)**
- ☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Fall 2022

APPROVAL DATES

Curriculum Committee approval	April 27, 2019

Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: CRITICAL APPRAISAL OF STATISTICS		
Short Form Course Title (max 30 characters): N/A		
Subject Code and Course number: KINE 3010U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**
Is the course: ☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)		
Is the course associated with: ☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None		
Contact hours (please indicate number of total hours for each component): ☒ Lecture 3 ☐ Lab _____ ☒ Tutorial 1 ☐ Other _____		

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program

This reflects a change from HLSC 3800 to a program specific course code of KINE 3010. The content from the previous course code remains the same, and thus is a cross-listed course with HLSC 3800.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

Statistics is the science of numbers. This course offers a concepts-base introduction to statistical procedures that prepares public health, medical and life science students to conduct and critical evaluate research in the health science field. The statistical procedures, numerical techniques, and assessment tools will be explored both qualitatively and quantitatively through descriptive and inferential statistics. Students will study a selection of topics covering data summary and presentation; sampling theory; probability theory; hypotheses testing; correlation and regression analyses; life tables and survival analysis.

Prerequisites for Calendar	**KINE 2140**	☐ **With concurrency?**
Prerequisites for Banner		
Co-requisites		
Cross-Listings		

Recommended	
Credit restrictions	**HLSC 3800** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

On the successful completion of the course, students will be able to:

- Understand the application of a variety of statistical methods to analyze real-world problems in the Health Sciences based on the principles of study design and data reporting.
- Develop a fundamental understanding of parametric and nonparametric statistics
  - how the various standard statistical techniques / procedures / programmes are applied,
  - conditions under which they apply, and the
  - decisions and interpretations of each
- To organize and present data in meaningful formats that are easily understood or consumed by various audiences.
- To use statistical reasoning and probability theory to validate, analyze and interpret data obtained in the Health Sciences.
- To understand the differences between "statistical significance"; "decision" and "interpretation" based on the statistical evaluation and context of the acquired data.

COURSE INSTRUCTIONAL METHOD

(check all that <u>may</u> apply) ☒ **CLS (in-class)** ☒ **HYB (in-class and online)**
☐ **IND (individual studies)** ☐ **OFF (off-site)**
☐ **WB1 (synchronous online delivery)**
☐ **WEB (asynchronous online delivery)**
☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation.

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

Consultation plan as noted in the accompanying MPM documentation

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Fall 2022

APPROVAL DATES

Curriculum Committee approval	April 27, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

TEMPLATE 8-A

NEW COURSE TEMPLATE

For changes to existing courses see Course Change Template

Faculty: FHSc		
Full Course Title: NUTRITION AND HEALTH		
Short Form Course Title (max 30 characters): N/A		
Subject Code and Course number: KINE 3100U *ensure the course code has not been previously used	☒ **Core** ☐ **Elective**	**Credit weight: 3**

Is the course:

☒ Undergraduate ☐ Graduate ☐ Professional (e.g. some Education courses are classified as professional)

Is the course associated with:

☐ Minor Program Adjustment ☒ Major Program Modification ☐ New Program ☐ None

Contact hours (please indicate number of total hours for each component):

☒ Lecture 3 ☐ Lab _____ ☐ Tutorial _____ ☐ Other _____

PROGRAM(S) IMPACTED [For a core course, please list all impacted programs including any applicable fields or specializations here and include this form with a program adjustment/proposal; for an elective course being inserted anywhere other than the Course Description section of the Academic Calendar, please list all impacted programs including any applicable fields or specializations and complete the Course Placement proposal in Curriculog (e.g. if the course will appear in a list of electives tied to a specific program).]

Kinesiology is the impacted program

This reflects a change from HLSC 2825 to a program specific course code of KINE 3100. The content from the previous course code remains the same, and thus is a cross-listed course with HLSC 2825.

WILL THIS NEW COURSE APPEAR ANYWHERE OTHER THAN THE COURSE DESCRIPTION SECTION OF THE CALENDAR? ☒ **Yes** ☐ **No**

If you answer yes, please complete the appropriate program proposal.

CALENDAR DESCRIPTION

This course introduces the principles of human nutrition as they relate to health and health promotion. Topics covered include dietary standards and guidelines, macronutrients, micronutrients, energy balance and healthy body weight, sports nutrition, diet and chronic diseases, food safety and technology, and nutrition recommendations for different life stages. Current issues such as nutrition quackery, fad diets, vegetarian diets, supplements, organic food and functional foods will be explored.

Prerequisites for Calendar	**KINE 1100**	☐ **With concurrency?**
Prerequisites for Banner		
Co-requisites		
Cross-Listings		

Recommended	
Credit restrictions	**HLSC 2825, HLSC 2820** ☐ **Equivalency***
Grading scheme	☒ **letter grade** ☐ **pass/fail**

***Equivalency:** If it is equivalent, students can retake either course. If it is not equivalent, students are not allowed to register in the restricted course.

LEARNING OUTCOMES (this section is required)

On the successful completion of the course, students will be able to:
1. Explain the relationship between food and nutrition and health.
2. Demonstrate an understanding of interventions that promote nutritional health across the continuum of health and within each stage of the lifecycle.
3. Understand the relationship between energy and nutrient intakes and malnutrition, specifically undernutrition and overnutrition
4. Describe the major chronic diseases and the approaches to the prevention and treatment of these diseases.
5. Identify and utilize sources of credible, evidence-based nutrition information.

COURSE INSTRUCTIONAL METHOD

(check all that may apply)
- ☒ **CLS (in-class)**
- ☒ **HYB (in-class and online)**
- ☐ **IND (individual studies)**
- ☐ **OFF (off-site)**
- ☐ **WB1 (synchronous online delivery)**
- ☐ **WEB (asynchronous online delivery)**
- ☐ **Not Applicable**

TEACHING AND ASSESSMENT METHODS

DOES THIS COURSE CONTAIN ANY INDIGENOUS CONTENT? ☐ **Yes** ☒ **No**

If yes, please ensure the consultation below includes the Indigenous Education Advisory Circle

CONSULTATION AND FINANCIAL IMPLICATIONS, WHERE APPROPRIATE

Consultation plan as noted in the accompanying MPM documentation.

WE HAVE CONSULTED WITH ALL APPLICABLE AREAS? ☒ **Yes** ☐ **NA**

EFFECTIVE SEMESTER (Specify First Active Term e.g. Fall 2017); NOTE PLEASE INDICATE CALENDAR ENTRY DATE AS WELL AS THE FIRST DATE OF REGISTRATION FOR THIS COURSE

Calendar Fall 2020, Reg Winter 2023

APPROVAL DATES

Curriculum Committee approval	April 27, 2019
Faculty Council approval	May 1, 2019
Submission to CPRC/GSC	May 7, 2019

Faculty of Health Sciences

Program: Exercise Science Specialization

Major Program Modification – Removal of Program or Program Component

March 2019

Prepared by: Shilpa Dogra

Proposal Brief

1. INTRODUCTION

Currently, the Kinesiology program has three specializations: Exercise Science, Health and Wellness, and Rehabilitation. These specializations were created to ensure that students were able to develop expertise in each of these areas. However, based on internal and external reviews, as well as comments from our recent accreditation process, this approach has not been sufficient to meet the needs of our students. As such, the Kinesiology group has done an extensive amount of work to update our general Kinesiology program so that it better meets the needs of our students (please see associated *Major Program Modification -Kinesiology* documents). These changes allow for students to develop breadth as well as depth in their chosen discipline within the broad field of Kinesiology, while eliminating redundancies and increasing efficiencies.

Of note, these closures do not mean that any of the courses offered in these specializations are being removed; they will continue to be offered as electives. However, the program will be more flexible.

2. IMPLICATIONS

Given the accompanying Major Program Modifications, there are no implications to any of the following.

a. Faculty members: None
b. Non-academic human resources: None
c. Courses: None
d. Students (*current and prospective)*: Improvements in quality as stated in additional sections and documents.
e. Enrolments *(anticipated impacts on other programs, if applicable):* None
f. External agencies *(if applicable):* We have consulted with the Faculty of Science and the Faculty of Social Sciences and Humanities regarding changes in the major program modification to the general Kinesiology program and closure of each of the specializations. These changes go hand in hand; while the specializations are closing, the general program will continue to offer the same courses and opportunities as before.

3. TIMELINES

a. Proposed Date of Program or Program Component Removal/Close
Detailed timeline (state term e.g. Fall 2017) of when students will stop being admitted into the program and when the program will officially be closed.
These specializations will be offered for students entering the program in the Fall of 2019; as such, they will continue until Winter of 2023. All of the courses in these specializations will be offered in the modified Kinesiology major as electives, therefore, there are no implications with regards to course removal/changes.
b. Proposed Plan of Action
Detailed outline of the administrative steps and requirements surrounding the removal of the program or component. Detailed communication plans for all affected stakeholders (e.g. current students, staff, faculty, etc.)
We will be contacting all institutions with whom we have existing articulation agreements to work through the changes to our Kinesiology program, as well as the closure of specializations. Importantly, the new Kinesiology handbook (online resource) that will be developed once these changes are approved, will contain suggestion on courses students can take to “specialize” in a particular discipline within Kinesiology. The difference now is that there will be more

opportunities to "specialize" because of the increase in elective pool and flexibility to offer certain electives every other year instead of annually.

Detailed transition plan for all current students, by year level

Courses that will no longer be used after receiving a KINE prefix will be phased out annually from 2020 to 2023. The phase out plan is described in detail in Appendix D. Students who fail courses or fall behind will be able to take the new equivalent course to meet the requirements of their degree.

APPROVAL DATES

Curriculum Committee Approval	April 17, 2019
Faculty Council Approval	May 1, 2019
CPRC or GSC Approval	
Academic Council Approval	

Faculty of Health Sciences

Program: Health and Wellness Specialization

Major Program Modification – Removal of Program or Program Component

March 2019

Prepared by: Shilpa Dogra

Proposal Brief

1. INTRODUCTION

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APPROVAL DATES

Curriculum Committee Approval	April 17, 2019
Faculty Council Approval	May 1, 2019
CPRC or GSC Approval	
Academic Council Approval	

Faculty of Health Sciences

Program: Rehabilitation Specialization

Major Program Modification – Removal of Program or Program Component

March 2019

Prepared by: Shilpa Dogra

Proposal Brief

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APPROVAL DATES

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CPRC or GSC Approval	
Academic Council Approval	