INTRODUCTION

This proposal is to change the three options currently offered within the Kinesiology Major in the Bachelor of Health Science program to Specializations. The nomenclature policy at UOIT does not include options. Therefore this change will put the program in line with the nomenclature policy following the change approved last month at CPRC to make Kinesiology a Major. It is purely a nomenclature change, with no changes to the courses offered in the options.

According to the UOIT nomenclature policy a Specialization is defined as: "A focus in a particular area within a major undergraduate program. A Specialization appears on the academic transcript but not on the degree parchment." The three options currently offered in the Kinesiology Major are: Health and Wellness, Exercise Science, and Rehabilitation.

There are 39 credits of core kinesiology courses for each of the current options plus at least one unique kinesiology 3 credit course for each option, as well as different combinations of courses from science and health sciences within each option, for a total of between 51 to 60 specified credits (between 12 and 21 additional specified credits for each option). This means that each of the options can properly be classified as a Specialization in keeping with UOIT's nomenclature policy.

As a result of this change, the Major will be:

Bachelor of Health Science

- Kinesiology Major
  - Exercise Science Specialization
  - Rehabilitation Specialization
  - Health and Wellness Specialization

The following is a brief summary of the current structure.

EXERCISE SCIENCE OPTION (ES)

This option includes 39 core kinesiology core credits as specified on the program maps as well as BIOL 1020U - Biology II, CHEM 1010U - Chemistry I, and CHEM 1020U - Chemistry II in first year and HLSC 4414U - Advanced Topics in Neuromuscular Physiology and Pathophysiology and HLSC 4472U Clinical Biomechanics and Ergonomics in the fourth year of the kinesiology programme, for a total of 15 additional credits for this option.

REHABILITATION OPTION (RH)

This option includes the same courses as the Exercise Science Option, plus two practical anatomy courses, HLSC 4473U – Practical Human Anatomy I and HLSC 4474U- Practical Human Anatomy II, for a total of 21 additional credits for this option.

HEALTH AND WELLNESS OPTION (HW)

This option includes 39 core kinesiology credits as specified on the program maps plus 12 option-specific credits, HLSC 4460U – Selective Topics in Physical Activity and Health, HLSC 3805U – Introduction to Epidemiology, HLSC 4807U – Perspectives in Aging, and HLSC 4808U – Exploring Mental Health & Developmental Disabilities.

PROGRAM STRUCTURE

SUMMARY OF PROPOSED CHANGES

The only change requested is to change the name of the Kinesiology options to Specializations in keeping with UOIT's nomenclature policy.

PROGRAM MAPS

The following are the program maps proposed for each degree Specialization; they are identical to the existing option maps.

Kinesiology core courses common to all Specializations are highlighted in light green, Specialization-specific kinesiology courses are in dark green and other Specialization-specific courses are in blue.

Kinesiology Major – Health & Wellness Specialization	
Year 1 (2013 - 2014)	
Semester 1	**Semester 2**
BIOL 1010U - Biology I	HLSC 1201U - Anatomy & Physiology II
HLSC 1200U - Anatomy & Physiology I	HLSC 1811U – Social Determinants of Health
HLSC 1702U - Academic Writing & Presentation Skills	PSYC 1000U - Introductory Psychology
HLSC 1810U – Health Promotion & Healthy Active Living	Open Elective
Open Elective	Open Elective
Year 2 (2014 - 2015)	
Semester 1	**Semester 2**
HLSC 2400U - Intro to Movement Neuroscience	HLSC 2110U - Foundations in Clinical and Exercise Biochemistry
HLSC 2462U - Altered Physiology: Mechanisms of Disease I	HLSC 2401U - Human Growth and Motor Development
HLSC 3470U - Kinesiology I: Anatomy of Human Movement	HLSC 2463U - Altered Physiology: Mechanisms of Disease II
HLSC 3800U – Critical Appraisal of Statistics in Health Science	HLSC 3480U - Principles of Fitness & Exercise Prescription
PHY 1810U - Physics for Health Science	Open Elective
Year 3 (2015 – 2016)	
Semester 1	**Semester 2**
HLSC 2825U – Nutrition and Health	HLSC 3020U - Health and Exercise Psychology
HLSC 3481U - Exercise Physiology	HLSC 3711U – Ethics in Kinesiology
HLSC 3410U - Human Motor Control & Learning	HLSC 4412U - Exercise Rehabilitation I: Cardiac, Respiratory and Metabolic Conditions
HLSC 3910U - Research Methods for Health Care Professionals: Theory and Application	HLSC 4482U - Advanced Exercise Prescription
HLSC 4471U - Kinesiology II: Musculoskeletal Biomechanics	Open Elective
Year 4 (2016 – 2017)	
Semester 1	**Semester 2**
HLSC 3805U – Introduction to Epidemiology	HLSC 4460U – Selective Topics in Physical Activity and Health
HLSC 4807U – Perspectives in Aging	HLSC 4808U – Exploring Mental Health & Developmental Disabilities
HLSC 4413U - Exercise Rehabilitation II: Integrated Case Studies	HLSC 4997U - Research Applications II **OR** HLSC 4999U - Research Practicum II
HLSC 4996U - Research Applications I **OR** HLSC 4998U - Research Practicum I	Open Elective (2000-level or higher)
Kinesiology Elective (3000- or 4000-level)	Kinesiology Elective (3000- or 4000-level)

Kinesiology core courses common to all Specializations are highlighted in light green, Specialization specific kinesiology courses are in dark green and other Specialization-specific courses are in blue. The additional two courses in the Rehabilitation Specialization are highlighted in yellow.

Kinesiology Major – Exercise Science and Rehabilitation Specializations	
Year 1 (2013 – 2014)	
Semester 1	**Semester 2**
BIOL 1010U - Biology I	BIOL 1020U - Biology II
CHEM 1010U - Chemistry I	CHEM 1020U - Chemistry II
HLSC 1200U - Anatomy & Physiology I	HLSC 1201U - Anatomy & Physiology II
HLSC 1702U - Academic Writing & Presentation Skills	HLSC 1811U – Social Determinants of Health
HLSC 1810U – Health Promotion & Healthy Active Living	PSYC 1000U - Introductory Psychology
Year 2 (2014 - 2015)	
Semester 1	**Semester 2**
HLSC 2400U - Intro to Movement Neuroscience	HLSC 2110U - Foundations in Clinical and Exercise Biochemistry
HLSC 2462U - Altered Physiology: Mechanisms of Disease I	HLSC 2401U - Human Growth and Motor Development
HLSC 3470U - Kinesiology I: Anatomy of Human Movement	HLSC 2463U - Altered Physiology: Mechanisms of Disease II
HLSC 3800U – Critical Appraisal of Statistics in Health Science	HLSC 3480U - Principles of Fitness & Exercise Prescription
PHY 1810U - Physics for Health Science	Open Elective
Year 3 (2015 – 2016)	
Semester 1	**Semester 2**
HLSC 3481U - Exercise Physiology	HLSC 3020U - Health and Exercise Psychology
HLSC 3410U - Human Motor Control & Learning	HLSC 4412U - Exercise Rehabilitation I: Cardiac, Respiratory and Metabolic Conditions
HLSC 3910U - Research Methods for Health Care Professionals: Theory and Application	HLSC 4482U - Advanced Exercise Prescription
HLSC 4471U - Kinesiology II: Musculoskeletal Biomechanics	HLSC 3711U – Ethics in Kinesiology
Standard: HLSC 2825U – Nutrition and Health	**Standard:** Open Elective
CMCC: HLSC 4473U – Practical Human Anatomy I	**CMCC:** HLSC 4474U – Practical Human Anatomy II
Year 4 (2016 – 2017) *(Note: CMCC-Rehab options noted below are for students not beginning their studies at CMCC)*	
Semester 1	**Semester 2**
HLSC 4414U - Advanced Topics in Neuromuscular Physiology and Pathophysiology	**Standard**: Open Elective **CMCC:** HLSC 2825U - Nutrition and Health
HLSC 4413U - Exercise Rehabilitation II: Integrated Case Studies	HLSC 4472U - Clinical Biomechanics and Ergonomics
HLSC 4996U - Research Applications I **OR** HLSC 4998U - Research Practicum I	HLSC 4997U - Research Applications II **OR** HLSC 4999U - Research Practicum II
Health or Science Elective (2000-level or higher)	Open Elective (2000-level or higher)
Kinesiology Elective (3000- or 4000-level)	Kinesiology Elective (3000- or 4000-level)