



Bachelor of Health Sciences (Honours)

Kinesiology Major

Student Handbook



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SECTION 1: PROGRAM BACKGROUND

THE STUDY OF KINESIOLOGY

Kinesiology is the study of human movement in all of its forms. The Kinesiology major at Ontario Tech University is nationally accredited by the Canadian Council of Physical Education and Kinesiology Administrators (CCUPEKA). This accreditation ensures that course content meets strict guidelines to provide students with the knowledge and skills required to work in the field of kinesiology. Our program provides a focused set of options directed toward understanding human movement for health and 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 the wide range of required and elective kinesiology courses, students will gain hands-on experience in laboratory sessions as well as placements. Students can pursue either a Kinesiology or Athletic Therapy internship, and may also complete a research Practicum, to further develop competency in their chosen field. Kinesiology internships can range from placements in fitness facilities, cardiac rehabilitation programs, special needs, rehabilitation clinics, national sports organizations, 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. The Research Practicum is completed under the supervision of one of our many internationally recognized scientists in a laboratory or community setting. All of these opportunities are for credit.



Kinesiology graduates will be prepared to embark on a wide variety of careers in health, sport, research, 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 including, but not limited to, physical therapy, occupational 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 early on to ensure that they have completed any required courses.***

PROGRAM MISSION, VISION & OBJECTIVES

MISSION

The purpose of the Kinesiology major at Ontario Tech University is to create an academic environment of scholarship, learning, and student success:

- o To support a culture of academic scholarship that generates new knowledge through innovative, creative, and collaborative interdisciplinary research;
- o To provide high quality Undergraduate and Post Graduate programs which incorporate experiential learning and promote critical thinking and lifelong learning; and
- o To improve the health of our students and our community through the creation and application of knowledge to support evidence-informed practice.

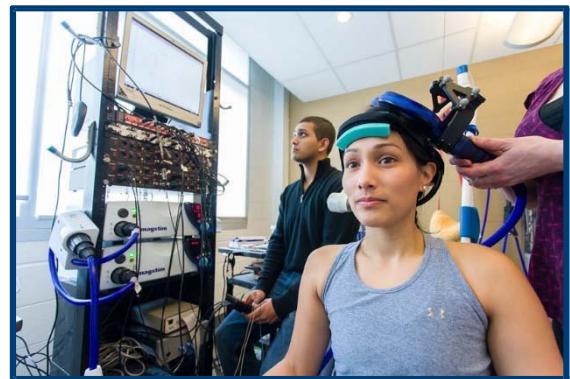
VALUES

As a major within Canada's leading technology enriched institution, Kinesiology strives to inspire a culture of discovery, innovation, and leadership in the interdisciplinary study of human movement and health promotion.

PROGRAM OBJECTIVES

The specific program objectives of Kinesiology at Ontario Tech are:

1. Core Knowledge
 - a. Understand human physiological processes
 - b. Recognize and evaluate human performance from multiple perspectives
 - c. Assess and evaluate human movement
 - d. Interpret, synthesize and integrate knowledge related to the field of Kinesiology in a variety of contexts
 - e. Identify the diversity of human movement from a multi-disciplinary perspective
2. Applied Knowledge
 - a. Apply theoretical knowledge into practical settings
 - b. Recognize the diversity of populations and adapt the practice of Kinesiology accordingly
 - c. Use appropriate tools in the practice of Kinesiology

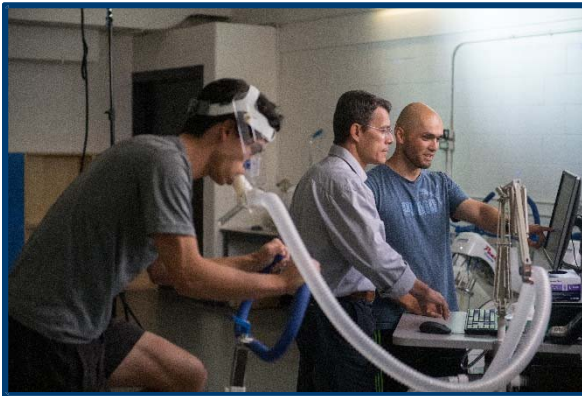


3. Communication

- a. Demonstrate the use of effective communication strategies with public and professionals from within the field of Kinesiology
- b. Communicate and understand the scope of Kinesiology

4. Professionalism

- a. Explain professional identity and advocate on its behalf
- b. Demonstrate professionalism, critical thinking and communication skills in a variety of settings
- c. Critically analyze new knowledge and integrate it into practice to ensure life-long learning
- d. Integrate knowledge in a variety of Kinesiology disciplines
- e. Demonstrate ethical practices



SECTION 2: FACULTY & STAFF

FULL-TIME KINESIOLOGY FACULTY

Dr. Shilpa Dogra <i>Exercise and Movement Behaviour Science</i> Office: UAB 345 Email: Shilpa.dogra@ontariotechu.ca Phone: 905.721.8668 ext. 6240	Dr. Joseph Gurgis Coaching/safeguarding in Sport Office: U5 20 Email: Joseph.Gurgis@ontariotechu.ca Phone: 905.721.8668 ext. 2961
Dr. Nicholas La Delfa <i>Biomechanics & Ergonomics</i> Office: UAB 347 Email: Nicholas.ladelfa@ontariotechu.ca Phone: 905.721.8668 ext. 2139	Dr. Meghann Lloyd <i>Motor Behaviour / Adapted Physical Activity</i> Office: U5 21 Email: Meghann.lloyd@ontariotechu.ca Phone: 905.721.8668 ext. 5308
Dr. Bernadette Murphy, Program Director <i>Movement Neuroscience</i> Office: UAB 348 Email: Bernadette.murphy@ontariotechu.ca Phone: 905.721.8668 ext. 2778	Dr. Heather Sprenger <i>Exercise Physiology</i> Office: U5 22 Email: heather.sprenger@ontariotechu.ca Phone: 905.721.8668 ext. 3605
Dr. Nick Wattie <i>Sport Psychology & Skill Acquisition</i> Office: U5 22 Email: Nick.wattie@ontariotechu.ca Phone: 905.721.8668 ext. 2248	Dr. Paul Yelder <i>Neuroscience</i> Office: UAB 350 Email: paul.yelder@ontariotechu.ca Phone: 905.721.8668 ext. 2768

PROGRAM ADMINISTRATION

Ian Barker <i>Laboratory Specialist</i> Office: ERC 1085 Email: ian.barker@ontariotechu.ca Phone: 905.721.8668 ext. 5352	Ryan Foley <i>Laboratory Technician</i> Office: ERC 1085 Email: ryan.foley@ontariotechu.ca Phone: 905.721.8668 ext. 3567
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Alyssa Jeffrey Alyssa.Jeffrey@ontariotechu.ca <i>Faculty of Health Sciences Librarian</i>	Samantha Provenzano <i>Undergraduate Program Assistant</i> Office: SHA 413 Email: samantha.provenzano@ontariotechu.ca Phone: 905.721.8668 ext. 6369

YOUR BHSc KINESIOLOGY DEGREE JOURNEY AT ONTARIO TECH



ACCEPT YOUR OFFER OF ADMISSION

Accept your offer online and submit your tuition deposit and all required documents before specified deadlines.



COMPLETE YOUR COURSES

Complete 120 Credits
The kinesiology program typically includes 22 required courses, 2 introductory science courses, and 16 elective courses.
For specific course requirements for each entrance stream, page 10-13



POST GRADUATION

Start your career, complete professional certifications, or attend post-graduate studies
For more information on post-graduate opportunities, see page 29.

APPLY TO THE KINESIOLOGY PROGRAM AT ONTARIO TECH

For more information on how to apply:
<https://admissions.ontariotechu.ca/applicant-information/index.php>



GET READY TO START YOUR UNIVERSITY CAREER

Attend your first year orientation!



GRADUATION

- Mini Checklist
- Check that you have completed all required courses
 - Apply to Graduate
 - Get your graduate photos taken
 - Attend Convocation
 - Celebrate



For more information, visit ontariotechu.ca

SECTION 3: CURRICULUM

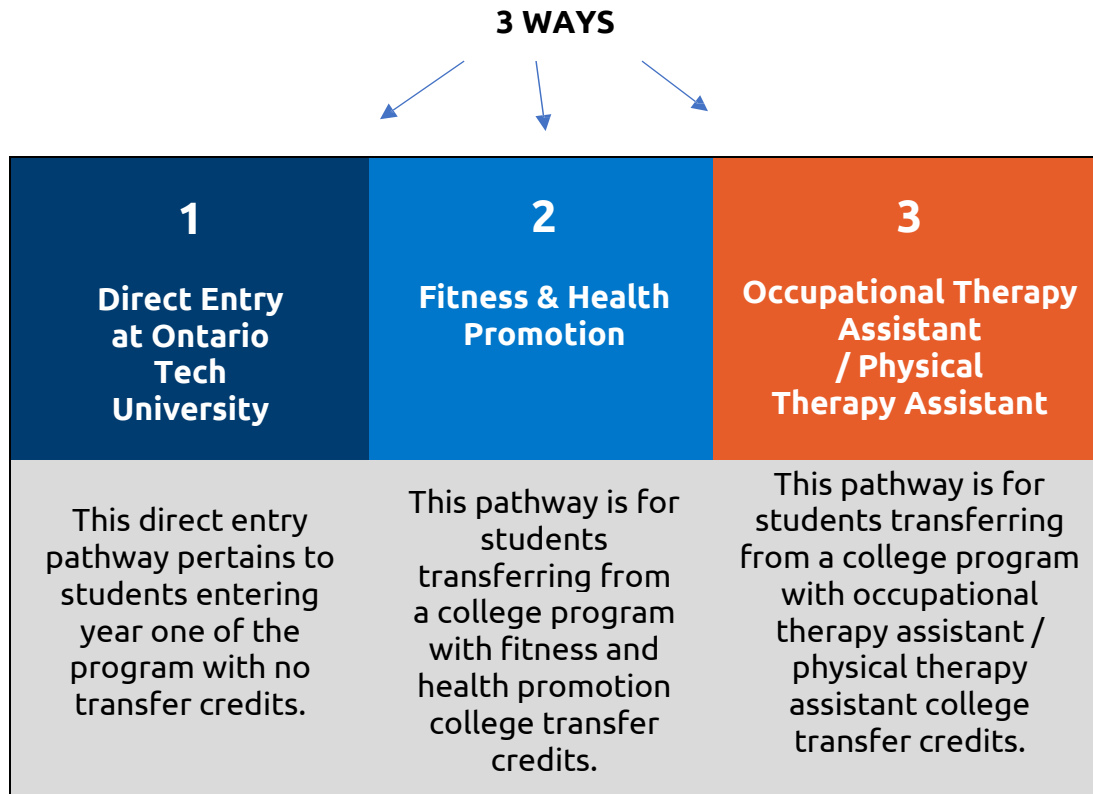
The core courses within the program are designed to expose students on an introductory level to a variety of topics and areas within the field of Kinesiology, both in the biophysical sciences (physiology, biomechanics, rehabilitation, health and wellness, aging) as well as within social sciences (sociology, psychology, public health and pedagogy).

Within the curriculum students will have the opportunity to develop in depth and specialized knowledge within their chosen area of interest. Students will also have the opportunity to choose courses from a variety of programs, faculties and areas that suit their passion. This curriculum allows students to experience and become immersed within the breadth that the field of Kinesiology has to offer.

There are 3 separate pathways that exist to enter the Honours Bachelor of Sciences Kinesiology program at Ontario Tech University. As well, students have the opportunity to apply to a bridge programs that exist with both CMCC and Durham College. It is the responsibility of each student to ensure that they are meeting all of their specific requirements.

ENTERING KINESIOLOGY AT ONTARIO TECH

Pathways into Kinesiology Major (Bachelor of Health Sciences (Honours))



BRIDGE OPTIONS FROM KINESIOLOGY AT ONTARIO TECH

Bachelor of Health Sciences (Honours) & Canadian Memorial Chiropractic College (CMCC)

Students have the option to apply to complete the rehabilitation pathway and begin their studies at the Canadian Memorial Chiropractic College (CMCC) after their third year, with successful admission and completion of prerequisite Ontario Tech rehabilitation courses. Students who are successful in this pathway will complete 3 years in the Ontario Tech Kinesiology program and 4 years at CMCC.

ENTRANCE PATHWAY:

1ST YEAR AT ONTARIO TECH UNIVERSITY

To be eligible for a Bachelor of Health Sciences (Honours) degree, Kinesiology major, students must successfully **complete 120 credit hours**, typically **40 courses**.

Degree and program requirements are subject to change without notice.

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 1120 Human Growth and Motor Development
KINE 1130 Sociocultural Perspectives
KINE 1140 Exercise Biochemistry
KINE 2000 Anatomy of Human Movement
KINE 2010 Health and Indigenous People in Canada
KINE 1140 Exercise Biochemistry
KINE 2030 Psychology of Sport and Exercise
KINE 2040 Biomechanics
KINE 2050 Intro to Movement Neuroscience
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 Introduction to Statistics for Kinesiology
KINE 3100 Nutrition and Health
KINE 4100 Kinesiology Capstone

Any two Biology (BIOL 1010 or BIOL 1020), or (BIOL 1011), or (BIOL 1841), or Chemistry (CHEM 1010) (CHEM 1020), or Psychology (PSYC 1000), or Social Sciences (SSCI 1300, SOCI 1000, COMM 1100) 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.
- *for special circumstances please see your advisor

A minimum of 8 KINE courses at the 3000 or 4000 level (electives)

- *NOTE:* Upper year Kinesiology courses should be chosen based on recommended course listings in the Kinesiology handbook to ensure the student is best prepared for the field of interest upon graduation.

Eight open electives at any level, in any faculty

- *NOTE:* Electives can be used to follow two recommended course listings from the Kinesiology handbook, or to minor in another subject area.

ENTRANCE PATHWAY:

FITNESS AND HEALTH PROMOTION PATHWAY

Advanced Entry

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.

Degree and program requirements are subject to change without notice.

Required courses for the Kinesiology Program (87 credit hours)

KINE 1020 Information Literacy and Written Communications

KINE 1030 Quantitative Reasoning

KINE 1120 Human Growth and Motor Development

KINE 1130 Sociocultural Perspectives

KINE1140 Exercise Biochemistry

KINE 2030 Psychology of Sport and Exercise

KINE 2040 Biomechanics

KINE 2050 Intro to Movement Neuroscience

KINE 2100 Intro to Injury Management

KINE 2110 Motor Control and Learning

KINE 2120 Ethical Behaviour

KINE 2140 Research Methods

KINE3010 Introduction to Statistics for Kinesiology

KINE 4100 Kinesiology Capstone

Additional required courses

- Any one Biology (BIOL), Chemistry (CHEM), or Social Sciences (SSCI, SOCI, COMM) or **Learner Engagement for Academic Purposes** LEAP 1001 course.
- Note: For students interested in biophysical aspects of Kinesiology, we recommend taking a Biology or Chemistry course. For students interested in psychosocial aspects of Kinesiology, we recommend taking a course from the Faculty of Social Science and Humanities. For students who feel they need greater university preparation, we recommend the LEAP 1001 course.

A minimum of 8 KINE courses at the 3000 or 4000 level (electives)

- NOTE:** Upper year Kinesiology courses should be chosen based on recommended course listings in the Kinesiology handbook to ensure the student is best prepared for the field of interest upon graduation.

FITNESS AND HEALTH PROMOTION BRIDGE

BRIDGE

Applicants who possess an Ontario College Fitness and Health Promotion diploma from Durham College may be eligible for admission to the university and will be granted a block transfer of credits after the completion of a spring/summer bridge semester.
Degree and program requirements are subject to change without notice.

Required courses for the Fitness and Health Promotion Bridge

KINE 1020	Information Literacy and Written Communications
KINE 1030	Quantitative Reasoning
KINE 1120	Human Growth and Motor Development
KINE 1130	Sociocultural Perspectives
KINE 1140	Exercise Biochemistry
KINE 2030	Psychology of Sport and Exercise
KINE 2040	Biomechanics
KINE 2050	Intro to Movement Neuroscience
KINE 2110	Motor Control and Learning
KINE 2120	Ethical Behaviour
KINE 3010	Introduction to Statistics for Kinesiology
KINE 4100	Kinesiology Capstone

Admission requirements

Students must complete the following bridging courses with a minimum 2.3 GPA (on a 4.3 point scale) or higher in each:

- HLSC 1201U – Human Anatomy & Physiology II
- KINE 2002U – Fitness and Health Promotion Bridge
- One Elective (One of: Biology (BIOL), Chemistry (CHEM), Social Science (SSCI, SOCI, COMM) or LEAP 1001)

Additional required courses

- For the elective in the Bridge semester, students may take one of Biology (BIOL), Chemistry (CHEM), Social Sciences (SSCI, SOCI, COMM) or **Learner Engagement for Academic Purposes** LEAP 1001 course.

Note: For students interested in biophysical aspects of Kinesiology, we recommend taking a Biology or Chemistry course. For students interested in psychosocial aspects of Kinesiology, we recommend taking a course from the [Faculty of Social Science and Humanities](#). For students who feel they need greater university preparation, we recommend the LEAP 1001 course.

- A minimum of eight KINE courses at the 3000 or 4000 level.

ENTRANCE PATHWAY:

OCCUPATIONAL THERAPY ASSISTANT (OTA) / PHYSICAL THERAPY ASSISTANT (PTA)

Advanced Entry

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.

Degree and program requirements are subject to change without notice.

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

KINE 1020	Information Literacy and Written Communications
KINE 1030	Quantitative Reasoning
KINE 1140	Exercise Biochemistry
KINE 2010	Health and Indigenous People in Canada
KINE 2030	Psychology of Sport and Exercise
KINE 2040	Biomechanics
KINE 2050	Intro to Movement Neuroscience
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	Introduction to Statistics for Kinesiology
KINE 3100	Nutrition and Health
KINE 4100	Kinesiology Capstone

Any one Biology (BIOL 1010), or (BIOL 1011), or (BIOL 1841), or Chemistry (CHEM 1010) (CHEM 1020), or Social Sciences (SSCI 1300, SOCI 1000, COMM 1100) courses.

- **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 (electives)

- **NOTE:** Upper level Kinesiology courses should be chosen based on recommended course listings in the Kinesiology handbook to ensure the student is best prepared for the field of interest upon graduation.

Five open electives at any level, in any faculty

- **NOTE:** Electives can be used to follow two recommended course listings from the Kinesiology handbook or to minor in another subject area.

Advanced Entry for Massage Therapy graduates

Advanced Entry

Applicants who meet the full requirements of Durham College's Massage Therapy diploma may be eligible for admission to the university and granted a block transfer of credits.

Required courses for all Kinesiology program students

KINE 1020U – Information Literacy & Written Communications
KINE 1030U – Quantitative Reasoning
KINE 1120U – Human Growth and Motor Development
KINE 2010U – Health and Indigenous People in Canada
KINE 1140U – Exercise Biochemistry
KINE 2030U – Psychology of Sport and Exercise
KINE 2040U – Biomechanics
KINE 2110U – Motor Control and Learning
KINE 2120U – Ethical Behaviour
KINE 2130U – Exercise Physiology
KINE 2140U – Research Methods
KINE 3000U – Fitness Assessment and Exercise Prescription
KINE 3010U – Introduction to Statistics for Kinesiology
KINE 3100U – Nutrition and Health
KINE 4100U – Kinesiology
Capstone

Senior-level Kinesiology elective courses

A minimum of five KINE courses at the 3000 or 4000 level

Note: Upper-level Kinesiology electives can be used to follow a cluster from the Kinesiology handbook. Students wishing to complete two clusters are advised to complete their degree over two and half to three years, rather than two years.

BRIDGING PATHWAY: CANADIAN MEMORIAL CHIROPRACTIC COLLEGE (CMCC)

Ontario Tech students in the Bachelor of Health Sciences Kinesiology (Honours) program have the opportunity to apply to CMCC. Successful candidates will complete their fourth year at CMCC and their BHSc will be awarded to them upon the successful completion of their CD degree.

Required courses needed for CMCC pathway	
KINE 1000	Foundations in Kinesiology Human
KINE 1010	Anatomy & Physiology I
KINE 1020	Information Literacy & Written Communication
KINE 1030	Quantitative Reasoning
KINE 1100	Human Anatomy & Physiology II
KINE 1120	Human Growth & Motor Development
KINE 1130	Sociocultural Perspectives
KINE 1140	Exercise Biochemistry
KINE 2000	Anatomy of Human Movement
KINE 2010	Health and Indigenous People in Canada
KINE 2030	Psychology of Sport and Exercise
KINE 2040	Biomechanics
KINE 2050	Intro to Movement Neuroscience
KINE 2100	Intro to Injury Management
KINE 2110	Motor Control & Learning
KINE 2120	Ethical Behaviour
KINE 2130	Exercise Physiology
KINE 2140	Research Methods
KINE 3000	Fitness Assessment & Exercise Prescription
KINE 3010	Introduction to Statistics for Kinesiology
KINE4100	Kinesiology Capstone*
KINE 4473	Practical Human Anatomy I: Back & Lower Limbs**
KINE 4474	Practical Human anatomy II: Head, Neck and Lower Limbs**

**** 2026-27 last year these courses are part of the CMCC pathway**

(*course should be taken in Year 3 of the program) and two Kinesiology electives (3000 or 4000 level) Any two Biology (BIOL 1010 or BIOL 1020), or (BIOL 1011), or (BIOL 1841), or Chemistry (CHEM 1010) (CHEM 1020), or Psychology (PSYC 1000), or Social Sciences (SSCI 1300,

SOCI 1000, COMM 1100) 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.
- *for special circumstances please see your advisor

A minimum of six additional KINE courses at the 3000 or 4000 level

- *NOTE:* Upper level Kinesiology courses should be chosen based on recommended course listings in the Kinesiology handbook to ensure the student is best prepared for the field of interest upon graduation.

REQUIRED COURSE DEGREE TRACKING

Course	General	FHP Advanced	FHP Bridge	OTA/PTA	Notes
KINE 1000					
KINE 1010					
KINE 1020					
KINE 1030					
KINE 1100					
KINE 1120					
KINE 1130					
KINE 1140					
KINE 2000					
KINE 2010					
KINE 2030					
KINE 2040					
KINE 2050					
KINE 2100					
KINE 2110					
KINE 2120					
KINE 2130					
KINE 2140					
KINE 3000					
KINE 3010					
KINE 3100					
KINE 4100					
	Pick 2	Pick 1		Pick 1	
BIOL 1010/ BIOL 1011/ BIOL 1841					
BIOL 1020					
CHEM 1010					
CHEM 1020					
PSYC 1000					
SSCI 1300					
SOCI 1000					
COMM 1100					
LEAP 1001					

**It is the responsibility of all students to familiarize themselves with the specific requirements for the degrees that they seek. While advising and counselling are readily available, it is the student's responsibility to ensure that the courses in which they register fulfills the degree and program requirements*

CMCC PATHWAY COURSE TRACKING

Course	CMCC	Notes
KINE 1000		
KINE 1010		
KINE 1020		
KINE 1030		
KINE 1100		
KINE 1120		
KINE 1130		
KINE 1140		
KINE 2000		
KINE 2010		
KINE 2030		
KINE 2040		
KINE 2050		
KINE 2100		
KINE 2110		
KINE 2120		
KINE 2130		
KINE 2140		
KINE 3000		
KINE 3010		
KINE 4100		
KINE 4473 ¹		
KINE 4474 ¹		
	<i>Pick Two</i>	
BIOL 1010/ BIOL 1011/ BIOL 1841		
BIOL 1020		
CHEM 1010		
CHEM 1020		
PSYC 1000		
SSCI 1300		
SOCI 1000		
COMM 1100		

**It is the responsibility of all students to familiarize themselves with the specific requirements for the degrees that they seek. While advising and counselling are readily available, it is the student's responsibility to ensure that the courses in which they register fulfills the degree and program requirements.*

1. Note: class in 3rd year in 2026-27 is the last year required to take these courses.

Kinesiology to Massage Therapy Pathway

Third and Fourth year Kinesiology students are eligible for the Ontario Tech-Durham College (DC) massage therapy pathway which allows Ontario Tech Kinesiology students direct entry to semester 3 of the DC Ontario College Advanced Diploma - Massage Therapy program upon completion of year 4 at Ontario Tech and completion of specified electives.

Fourth year students would complete your Kinesiology degree in April and start the DC Massage Therapy program the following month (e.g. May) contingent upon successful completion of your Kinesiology degree. You will be able to complete the Durham college Massage Therapy program in just 16 months, completing four continuous semesters.

****Please note:** you must register for the pathway at the following link <https://forms.ontariotechu.ca/forms/online/view.php?id=1232405> by the June proceeding entry to year 4 to ensure a guaranteed place in the elective courses offered in the 4th year of the Kinesiology program.

Direct Entry to DC Advanced Diploma - Massage Therapy Admission Requirements

1. a) Applicant shall be a graduate of the requisite program with a minimum overall average of 60%, having completed the following prerequisite courses:
 - KINE 4413U Exercise Rehabilitation and Management (offered in Fall)
 - KINE 3476U Advanced Sport Injury Management (offered in Winter)
 - KINE 4150U Foundational Skills and Techniques for Massage Therapy (offered in Winter)
 - a required online Ethics Module by the second week of the KINE 4150U course.

Please note:

Admission to Durham College is dependent upon space availability and documented evidence of having successfully achieved pre-requisite requirements for the program.

Students will receive 13 credits toward the Ontario College Advanced Diploma - Massage Therapy program and will be placed into Semester Three (starts May)

**** you must register for the pathway at the following link <https://forms.ontariotechu.ca/forms/online/view.php?id=1232405> by June each year to ensure a place in the elective courses.**

CORE INTRODUCTORY CLASSES

BIOLOGY

Students have the opportunity to take 1 of 3 introductory biology courses; BIOL 1010, BIOL 1011, or BIOL 1841.

BIOL 1010 examines the evolutionary basis of life at the cellular level. Topics will include the basic structure and function of cells, cell energetics and respiration, photosynthesis, the structure and function of DNA, the control of gene expression, cell division and the evolution of multicellularity.

*Students who wish to take two BIOLOGY credits, or would like to take higher level Biology electives, will want to take BIOL 1010 and BIOL 1020. This course offers a biweekly lab section and is ideal for those who are interested in post-graduate degree programs which require a biology credit (e.g. Medicine).

BIOL 1011 is appropriate for non-biology or non-chemistry related majors it is the same course as BIOL 1010 without the lab.

BIOL 1841 examines the evolutionary basis of life and the structure and function of living organisms. The major tissues, organs, and organ systems and their development from simple structures to more complicated systems will be examined.

CHEMISTRY

Students interested in post-graduate degree programs requiring chemistry credits (e.g. Medicine) may want to consider taking CHEM 1010 and CHEM 1020. CHEM 1010 covers concepts of chemistry including simple reactions and stoichiometry; acids, bases, salts; titration; gases; atomic and molecular structure and chemical bonding; introduction to nuclear chemistry and the law of radioactive decay. These courses offer a lab component and are pre-requisites for higher level chemistry classes.

PSYCHOLOGY

PSYC 1000 introduces students to the study of human thought and behaviour. Through a survey of major theories, principles, and research findings across a variety of fields within psychology, students will gain a better understanding of why people think and behave as they do. Typical topics include: the history of psychology, research methods, sensation and perception, learning, memory, emotion and motivation, consciousness, stress and health, social influences, developmental factors, psychological disorders and treatment.

SOCIOLOGY

Sociology is the study of people and how they interact with each other and various social groups. In this introductory course (SOCI 1000), the study of people's lives, their relationship to society as a whole, and how people are affected by the society in which they live. The concepts, theories and methods of the discipline will be introduced

and discussed with particular emphasis on the dynamics of Canadian society and Canadian social problems.

SOCIAL SCIENCES

SSCI 1300 introduces students to the analysis of social and political problems using different theories, concepts and methods. These theories and the way in which people approach political and social problems are often based upon a particular view of the concept of justice and equality. We examine different social and political issues and show how they interact with both theory and practice in dealing with these conceptions of justice and equality. The course looks critically at gender, race, class and age among other barriers to achievement.

COMMUNICATIONS

This is an introductory communications course (COMM 1100) introduces students to communication studies with an overview of key topics in the field as defined by the various courses included in this degree. It will examine how knowledge of communication theory, communication processes, and communication skills can be applied to successful communication practices.

SPECIALIZATIONS

There are two specializations within the Kinesiology program:

Exercise Science and Rehabilitation specialization

Students must take a minimum of four of the following electives:

- KINE 3476U – Advanced Sport Injury Management
- KINE 4401U – Motor Behaviour and Developmental Disabilities
- KINE 4410U – Practical Skills for Kinesiology Professionals
- KINE 4412U – Exercise Rehabilitation: Cardiac, Respiratory, and Metabolic Conditions
- KINE 4413U – Exercise Rehabilitation: Integrated Musculoskeletal Case Studies
- KINE 4414U – Advanced Topics in Neuromuscular Physiology and Pathophysiology
- KINE 4473U – Practical Human Anatomy I: Back and Lower Limbs
- KINE 4474U – Practical Human Anatomy II: Head, Neck and Upper Limbs
- KINE 4482U – Advanced Exercise Assessment and Prescription
- KINE 4483U – Advanced Exercise Physiology

Biomechanics and Ergonomics specialization

Students must take the following three courses:

- KINE 4475U – Occupational Ergonomics
- KINE 4476U – Clinical Biomechanics
- KINE 4478U – Advanced Ergonomics and Human Factors
- Students must also choose one of the following electives:
- KINE 4404U – Injury Prevention for Sport and Physical Activity
- KINE 4477U – Applied Techniques in Neuromechanics
- KINE 4670U – Studies in Work Disability Prevention
- KINE 4672U – Making a Work Disability Diagnosis

KINESIOLOGY ELECTIVES

Electives are university courses that students take in addition to the required courses they need for their specific program. When choosing electives, it is important to choose a course that is of interest to the student and that could either complement their program requirements or open options for the future. Additionally, students are responsible for keeping track of their elective courses at each specific level outlined in each of the portfolio requirements. It is important to research what specific courses are needed for certifications and post graduate programs you may be interested in. <https://ontariotechu.ca/current-students/academics/academic-calendars/>

****It is the responsibility of the student to reference the course catalog and insure that they have the prerequisites for desired electives.***

Course
KINE 3200 – Integrated Topics in Active Aging
KINE 3300- Coaching Principles and Practice
KINE 3476 – Advanced Sport Injury Management
KINE 3481 – Physical Pedagogy for Children and Youth
KINE 3482 – Physical Activity & Indigenous Peoples in Canada
KINE 4150- Foundational Skills and Techniques for Massage Therapy
KINE 4401 – Motor Behaviour and Developmental Disabilities
KINE 4404 – Injury Prevention for Sport and Physical Activity
KINE 4405 – Policy Development for Sport and Physical Activity
KINE 4406- Professionalism for Kinesiology and Health Care Workers
KINE 4410 – Practical Skills for Kinesiology Professionals
KINE 4412 – Exercise Rehabilitation: Cardiac, Respiratory, and Metabolic Conditions
KINE 4413 – Exercise Rehabilitation: Integrated Musculoskeletal Case Studies
KINE 4414 – Advanced Topics in Neuromuscular Physiology and Pathophysiology
KINE 4460 – Selected Topics in Physical Activity and Health
KINE 4461 – Applied Topics in Sport and Exercise Psychology
KINE 4473 – Practical Human Anatomy I: Back and Lower Limbs (Offsite course)
KINE 4474 – Practical Human Anatomy II: Head, Neck and Upper Limbs (Offsite course)
KINE 4475 – Occupational Ergonomics
KINE 4476 – Clinical Biomechanics
KINE 4477 – Applied Techniques in Neuromechanics
KINE 4478 – Advanced Ergonomics & Human Factors
KINE 4670 – Studies in Work Disability Prevention
KINE 4672 – Making A Work Disability Diagnosis
KINE 4823 – Small Business Practice and Entrepreneurship for Health Professionals
KINE 4482 – Advanced Exercise Assessment & Prescription
KINE 4483 – Advanced Exercise Physiology
KINE 4490 – Kinesiology Internship I
KINE 4491 – Kinternship II
KINE 4492 – Athletic Therapy Internship I

KINE 4493 – Athletic Therapy Internship II
KINE 4494 – Extended Athletic Therapy Internship I
KINE 4495 – Extended Athletic Therapy Internship II
KINE 4998 – Research Practicum I
KINE 4999 – Research Practicum II

***** This is a list of Kinesiology designated electives and is not an exhaustive list of electives available to kinesiology students from other program designations***

COMMON ELECTIVES FOR KINESIOLOGY STUDENTS

Students are also invited to take electives outside of the kinesiology discipline if they fulfill the prerequisites for their desired courses. Common electives include but are not limited to the following courses.

HEALTH SCIENCES ELECTIVES	
COURSE	PREREQUISITES
HLSC 2130U – Public Health Microbiology	HLSC 1201U - Human anatomy and physiology II
HLSC 2802U – Introduction to the Canadian Healthcare System	HLSC 1701U- Information literacy and written communication for the health sciences
HLSC 3000U – Disability, Rehabilitation and Society	NONE
HLSC 3421U – Gender, Sex and Women’s Health	54 credit hours
HLSC 3473U – Prevention and Rehabilitation of Complex Chronic Conditions	HLSC 1811U- Social determinants of health; HLSC 2030U – Interpersonal and interprofessional communication; PSYCH 1000U – introductory to psychology
HLSC 3805U – Introduction to Epidemiology	HLSC 3800U – Introduction to Statistics for Health sciences
HLSC 3820U – Public Health I	HLSC 1811U- Social Determinants of Health
HLSC 3821U – Public Health II	HLSC 3820U – Public Health 1
HLSC 3824U – Plagues, Pandemics, and People	24 credit hours
HLSC 4621U – Program Planning, Implementation and Evaluation in Public Health	HLSC 3821U – Public health 2
HLSC 4803U – Global Health	60 credit hours
HLSC 4804U – Global Dimensions of Communicable Diseases	60 credit hours and HLSC 2130U – Public Health Microbiology or HLSC 3805 – introduction to epidemiology or BIOL 2830U – Microbiology for Health Science
HLSC 4805U – Non-communicable Diseases: Current Issues and Emerging Trends	HLSC 3820U- Public Health 1 or NURS 3700U – Health and Healing
HLSC 4807U – Perspectives in Aging	60 credit hours
HLSC 4808U – Exploring Mental Health and Developmental Disabilities	84 credit hours
HLSC 4809U – Environmental and Occupational Health	HLSC 3820U- Public Health 1 or NURS 3700U – Health and Healing

HLSC 4810U – Human Sexuality and Health Across the Lifespan	None
HLSC 4822U – Social Marketing for Public Health	60 credit hours
HLSC 4825U – Population Health Risk and Needs Assessment	HLSC 3820U- Public Health and HLSC 3910U- Research Methods for Health Care Professionals: Theory and Application
HLSC 4851U – Critical Perspectives on Health, Illness, and Healthcare	HLSC 3820U- Public Health 1 or NURS 3700U – Health and Healing

**It is the student's responsibility to determine the prerequisites and restrictions of the courses.*

RECOMMENDED COURSES FOR AREAS OF INTEREST

The Kinesiology program is intended to allow students the opportunity to pursue a breadth of knowledge and specialize within a chosen discipline of interest. Specific upper year Kinesiology electives are designed to allow students the ability to explore a variety of themes. Students have the availability to make their upper year electives as specialized or broad as they would like. It is highly recommended that students consider what courses are required when applying to different post graduate programs, certifications and governing bodies ensuring they have the proper prerequisites upon graduation.

The following are recommended courses that can be taken together if you are interested in certain populations or fields of study. See page 23 for relevant links to the websites for Ontario based graduate rehab programs in Physiotherapy, Occupational Therapy, and Chiropractic. Page 23 also provides links to websites for some certifications and professional designations that may be of interest. As well, see page 22 for examples of other post graduate programs or institutions that may be of interest in helping you find your future career. These lists are not exhaustive and may change without notice. It is your responsibility to confirm the requirements needed for your future areas of study.

ERGONOMICS & BIOMECHANICS

These courses focus on the interaction between the human body and the physical world. Emphasis is placed on understanding how we can optimize human performance, reduce musculoskeletal injuries in the workplace and promote healthy return to work and sport. By taking these courses students will be in a position to apply for their Associate Ergonomist (AE) designation, and can eventually apply to be a Canadian Certified Professional Ergonomist (CCPE) with additional work experience in the field.

Career Opportunities in this field:

- Ergonomist
- Forensic Biomechanist
- Human Factors Specialist
- Return to Work Specialist
- Research & Development
- Sports Biomechanist

Recommended Courses:

KINE 4410U – Practical Skills for Kinesiology Professionals
KINE 4475U – Occupational Ergonomics
KINE 4476U – Clinical Biomechanics
KINE 4477U – Applied Techniques in Neuromechanics
KINE 4478U – Advanced Ergonomics & Human Factors

EXERCISEPHYSIOLOGY

Students interested in working in clinical, community, or laboratory settings in which physiological assessments and exercise prescription are conducted, are recommended to take these courses. These courses teach the fundamentals of exercise physiology and prepare students to work with people with chronic conditions as well as recreational and high-performance athletes.

Career Opportunities in this field:

- Registered Kinesiologist
- Exercise Physiologist
- Coach Corporate Fitness/ Workplace Wellness
- Personal Trainer
- Strength and Conditioning

Recommended Courses:

KINE 3476U – Advanced Sport Injury Management
KINE 4401U – Motor Behaviour & Developmental Disabilities
KINE 4412U – Exercise Rehab: Cardiac, Resp. & Metabolic Conditions
KINE 4413U – Exercise Rehab: Integrated Musculoskeletal Case Studies
KINE 4461U – Applied Topics in Sports & Exercise Physiology
KINE 4482U – Advanced Exercise Assessment & Prescription

KINE 4483U – Advanced Exercise Physiology
HLSC 4807U – Perspectives in Aging

NEUROSCIENCE / NEUROPHYSIOLOGY /

These courses focus on the physiology and mechanics of the Nervous System. Students will learn about neural pathways, motor development, and motor control.

Career Opportunities in this field:

- Research & Development
- EEG Technician
- Sleep Technologist
- Consultant

Recommended Courses:

KINE 4414U – Advanced Topics in Neuromuscular Physiology and Pathophysiology
KINE 4476U – Clinical Biomechanics
KINE 4477U – Advanced Techniques in Neuromechanics

PEDAGOGY / COACHING /

Students interested in teaching and coaching may find these courses interesting.

Career Opportunities in this field:

- Coach
- Physical Education Teacher
- Recreation or Sport Director
- Team Trainer
- Skill Acquisition Specialist

Recommended Courses:

- KINE 3482U – Physical Activity and Indigenous Peoples in Canada
- KINE 4401U – Motor Behaviour & Developmental Disabilities
- KINE 4405U - Policy Development for Sport and Physical Activity
- KINE 4460U – Selected Topics in Physical Activity and Health
- KINE 4461U – Applied Topics in Sports & Exercise Physiology

Sport and Training

These courses are recommended for students who are interested in sport related training regimens. These courses introduce concepts that will prepare students for the CSEP-CPT certification.

Career Opportunities in this field:

- Certified Personal Trainer
 - Sports & Conditioning Coach
 - Exercise/ Sport Physiologist
- **Recommended Courses:**
- KINE 3476U – Advanced Sport Injury Management
 - KINE 4410U – Practical Skills for Kinesiology Professionals
 - KINE 4461U – Applied Topics in Sports & Exercise Physiology
 - KINE 4482U – Advanced Exercise Assessment and Prescription
 - KINE 4483U – Advanced Exercise Physiology

Rehabilitation

These courses are designed to cover multidisciplinary rehabilitation

concepts. Career Opportunities in this field:

- Chiropractor
- Physiotherapist
- Occupational therapist
- Athletic Therapist
- Kinesiologist

Recommended Courses:

- KINE 4401U – Motor Behaviour & Developmental Disabilities
- KINE 4404U – Injury Prevention for Sport and Physical Activity
- KINE 4410 U– Practical Skills for Kinesiology Professionals
- KINE 4412U – Exercise Rehabilitation: Cardiac, Respiratory, and Metabolic Conditions
- KINE 4413U – Exercise Rehabilitation: Integrated Musculoskeletal Case Studies
- KINE 4414U – Advanced Topics in Neuromuscular Physiology and Pathophysiology
- KINE 4475U – Occupational Ergonomics
- KINE 4476U – Clinical Biomechanics
- KINE 4478U – Advanced Ergonomics & Human Factors
- KINE 4482U – Advanced Exercise Assessment & Prescription

PUBLIC HEALTH

Intended for students who are interested in pursuing postgraduate studies in public health as well as those interested in a career in health policy specifically focusing on exercise for health.

Career Opportunities in this field:

- Health Policy Planner

• Recommended Courses:

- HLSC 3805U – Introduction to Epidemiology
- HLSC 3820U – Public Health I
- HLSC 3821U – Public Health II
- HLSC 4807U – Perspectives in Aging
- KINE 4823U – Small Business Practice and Entrepreneurship for Health Professionals
- KINE 3200U - Integrated Topics in Active Aging

PSYCHOSOCIAL

Intended for students who are interested in pursuing postgraduate studies in psychosocial studies of sport, exercise and health, as well as community health as well as those interested in a career in sport and health policy, promotion, specifically focusing on exercise for health.

Career Opportunities in this field:

- Performance Analyst
- Mental Skills Coach
- Behaviour change specialist

Recommended Courses:

- KINE 3200U - Integrated Topics in Active Aging
- KINE 4405U – Policy Development for Sport and Physical Activity
- KINE 4460U – Selected Topics in Physical Activity and Health
- KINE 4461U – Applied Topics in Sports & Exercise Physiology
- HLSC 4807U – Perspectives in Aging
- HLSC 4808U – Exploring Mental Health and Developmental Disabilities
- KINE 4823U– Small Business Practice and Entrepreneurship for Health Professionals

ADAPTED PHYSICAL ACTIVITY

These courses are intended for students interested in working with people with different levels of ability.

Career Opportunities in this field:

- Rehabilitation Exercise Therapist
- Kinesiologist
- Physiotherapy
- Physical Education Teacher
- Occupational Therapy
- Coach
- Recreation Therapy

Recommended Courses:

- HLSC 4807U – Perspectives in Aging
- HLSC 4808U – Exploring Mental Health and Developmental Disabilities
- KINE 3200U - Integrated Topics in Active Aging
- KINE 3481U – Physical Activity Pedagogy for Children and Youth
- KINE 3482U – Physical Activity and Indigenous Peoples in Canada
- KINE 4401U – Motor Behaviour and Developmental Disabilities
- KINE 4460U – Selected Topics in Physical Activity and Health
- KINE 4461U – Applied Topics in Sports & Exercise Physiology

- **It is the student's responsibility to determine the prerequisites and restrictions of the courses.*
- ***If students hope to pursue post-graduate degrees (e.g. physiotherapy, occupational therapy, chiropractic college, etc), they must consult the school offering the program to determine what undergraduate prerequisites are required. The clusters presented here are just guides based on interest groupings.*

PSYCHOLOGY MINOR*

Psychology (BA) Minor

General Requirements

- Consists of six courses (18 credit hours).
- A cumulative GPA of at least 2.0 in the minor courses is required to successfully complete the Psychology minor.
- PSYC 1000U – Introductory Psychology
- **PSYC 2010U – Developmental Psychology**
- **PSYC 2020U – Social Psychology**
- **PSYC 2030U – Abnormal Psychology**
- **PSYC 2050U – Brain and Behaviour**
- **PSYC 2060U – Cognitive Psychology**
- PSYCH 2900U- Research Methods
- PSYCH 3035U- Adolescence
- PSYC 3045U- Child maltreatment
- PSYC 3060U- Personality Psychology
- PSYC 3065U- Emotion
- PSYC 3075U – Biopsychology of Sex Psychology
- PSYC 3085- Drugs and Behavior
- PSYC 3090U- Social Affective Neuroscience
- PSYC 3330U- Developmental Psychopathology Psychology
- PSYC 3500U- Stereotypes and Prejudice

Minor must have 2 of the bolded courses with any 4 additional 3000 or 4000 level; Note: PSYC 1000U- Introductory to Psychology is a prerequisite for all 2000U level and most 3000 and 4000 level courses*

Forensic Psychology Minor

General Requirements

- consists of six courses (18 credit hours).
- cumulative GPA of at least 2.0 in the minor courses is required to successfully complete the Forensic Psychology minor.
- PSYC 1000U – Introductory Psychology
- PSYC 2010U – Developmental Psychology
- **PSYC 2020U – Social Psychology**
- **PSYC 2030U – Abnormal Psychology**
- **PSYC 2050U – Brain and Behaviour**
- **PSYC 2060U – Cognitive Psychology**
- PSYC 3060U- Personality Psychology
- FPSY 3210 – Forensic Psychology
- FPSY 3400U- Integrative Psychology
- **FPSY 3055U- Treatment in Forensic Setting**

- FPSY 3110U- Directed Laboratory Research in Forensic Psychology
- FPSY 3310- Confessions and Interrogations
- FPSY 3320U – Eyewitness Psychology
- FPSY 3400U – Integrative Psychology
- PSYC 3500U- Stereotypes and Prejudice
- FPSY 3900U- Special topics in Forensic psychology 1
- FPSY 3039U- Children, Psychology, and the Law

FPSY 3210- Forensic Psychology is a required course

** 2 of the courses highlighted in yellow must be taken and 3 of the courses highlighted in green must be taken**

* PSYC 1000U- Introductory to Psychology is a prerequisite for all 2000U level and most 3000 and 4000 level courses*

Note: It is the student's responsibility to determine requirements of completing a minor by consulting the [Ontario Tech University Academic Calendar](#) or consulting with the Faculty offering the minor.

Business Minor (Networking and IT Security)*

General Requirements

- Students must have a minimum 2.3 GPA (C+ average on a 4.3 scale) to be considered
- Minimum of 24 credit hours in business courses (8 courses if each is 3 credits)

Business Core Electives and Prerequisites

Course	Prerequisites
BUSI 1030U – Writing and critical thinking	NONE
BUSI 1600U – Management of the Enterprise	NONE
BUSI 2000U- Collaborative Leadership	NONE
BUSI 2050U- Managerial Economics	NONE
BUSI 2200U – Marketing Management	BUSI 1020U – Business communications OR BUSI 1700U – Introduction to Entrepreneurship OR BUSI 1030U – Writing and Critical Thinking OR HLSC 1701U - Information Literacy and Written Communication for the Health Sciences
BUSI 2410U- Managerial Finance	BUSI 1130U- Introduction to Financial Accounting or BUSI 2050U - Managerial Economics
BUSI 2550U- Introduction to Project Management	Year 2, 3, 4, or 5 standing
BUSI 2603U- Introduction to Operations Management	BUSI 1450U- Statistics for Business or MATH 1000U- Introductory Calculus or MATH 1010U- Calculus 1 or HLSC 3800U-

	Introduction to statistics for health sciences
BUSI 3700U- Strategic Management for Professionals	NONE

Note: It is the student's responsibility to determine requirements of completing a minor by consulting the [Ontario Tech University Academic Calendar](#) or consulting with the Faculty offering the minor.

Physical Education Minor*

General information and requirements

The Physical Education minor is available to students in the Bachelor of Arts in Educational Studies program. The minor consists of six courses (18 credit hours) including five mandatory courses and one elective chosen from a list. A cumulative minimum GPA of 2.0 is required in the minor courses in order to successfully complete the minor.

Students must take the following five courses:

- KINE 1010U – Human Anatomy & Physiology I
- KINE 1100U – Human Anatomy & Physiology II
- KINE 1120U – Human Growth and Motor Development
- KINE 1130U – Sociocultural Perspectives
- KINE 2030U – Psychology of Sport and Exercise

Students must take at least one of the following courses:

- KINE 2110U – Motor Control and Learning
- KINE 3100U – Nutrition and Health
- KINE 4401U – Motor Behaviour and Developmental Disabilities
- KINE 4460U – Selected Topics in Physical Activity and Health
- KINE 4461U – Applied Topics in Sport and Exercise Psychology

**KINE 1110U Intro to Movement Neuroscience is a pre-requisite for KINE 2110U Motor Control and Learning

Note: It is the student's responsibility to determine requirements of completing a minor by consulting the [Ontario Tech University Academic Calendar](#) or consulting with the Faculty offering the minor.

EXPERIENTIAL LEARNING

Ontario Tech Kinesiology prides itself on offering experiential learning opportunities. Experiential learning is offered through laboratories and tutorials. Formalized placement opportunities extend experiential learning. However, entry to each of the three courses described below is competitive, and students may not be accepted into a course, or may not get their first-choice placement. Entrance into these courses are based on many factors, including GPA, and are determined on a case by case basis. Every effort is made to provide as many opportunities as possible, but it is not possible to guarantee accommodation for everyone.

RESEARCH PRACTICUM

The research practicum is designed to give students in their final year a unique opportunity to work on a research project. Research projects are supervised by Faculty members, adjunct professors, or researchers at partner institutions. Practicum opportunities are posted in the winter semester prior for students to review and apply (students usually apply in the winter semester of their 3rd year). Practicum supervisors conduct interviews and make their selections based on a variety of factors, including GPA and subject matter interest. The number of students accepted varies based on the projects ongoing or in inception for any given year. Successful applicants are registered in KINE 4998/ KINE 4999 which is a two-term course. Each project is different and will have different requirements (e.g. a vulnerable sector police check), it is the student's responsibility to ensure they have the pre-requisites outlined in the project description. In some cases, research supervisors may require students to start work in the summer; this will be made clear prior to approval into the course.

Further information can be found online:

<https://healthsciences.uoit.ca/undergraduate/research%20practicum/index.php>

KINESIOLOGY INTERNSHIPS: KINTERNSHIP OPPORTUNITIES

The KINternship is a single semester competitive elective course offered to students in their final year. This course offering provides students with practical, hands-on experience to use their knowledge of the field, but also to provide exposure to what career opportunities exist within the field of Kinesiology. Examples of internships might be in hospitals, rehabilitation centres, coaching positions, community recreation and sport organizations, or with sports teams as a strength and conditioning coach. Students will complete a minimum 100 hours in their placement position and be required to write a comprehensive report on the kinesiology knowledge that they utilized from their undergraduate courses in contributing to the internship placement, as well as how the placement helped them to integrate that knowledge for their own learning. Acceptance into this program is competitive and will rely on several factors, including grades.

ATHLETIC THERAPY INTERNSHIP

Students who pursue athletic therapy internships will have the opportunity to work alongside a varsity team gaining sport-specific knowledge regarding injury prevention and rehabilitation. Students will be provided with advanced first aid and athletic therapy training before being placed with a varsity team as a student therapist. This is a double semester placement meaning that students will need to enroll in both KINE 4492 and KINE 4493 in the fall and winter semesters respectively. A minimum of 135 placement hours will need to be completed in order to be successful in the course. It is important to note that athletic therapy internships require a significant time commitment. The internship schedule is determined in advance and any required absences from other courses will need to be communicated to respective course instructors. Placements are competitive and will be determined based on grade merit as well as other factors.

LABORATORY EXPECTATIONS/ CODE OF CONDUCT

Apparel Expectations

Students are expected to come to the lab prepared to exercise. This includes appropriate attire specific to that particular lab. There are lockers provided for jackets, bags, boots/shoes etc.

Indoor athletic shoes must be worn at all times and students will not be permitted entry into the lab space from the vestibule area with outdoor shoes. This is not only in place to prevent injury if improper footwear is worn during agility/running exercise, but also to aid in the continued cleanliness of the lab and lab equipment. Exterior dirt, snow, and salt can result in damage to the lab equipment as well as create unsafe slip hazards on the floors.

Preparation for Lab Procedures

Students are expected to come to lab having reviewed all pre-lab materials and looked over the lab. The labs do not account for preparation time; lack of preparation can result in disruption to experiments resulting in limited time to complete the lab tasks. Students are expected to participate in all aspects of the lab unless otherwise discussed with the TA/Lab Staff/Professor. Please see the section on Accessibility for specific accommodations. If students are obviously unprepared and slowing group members or cannot answer basic questions on required lab procedures the lab staff or presiding TA reserves the right to remove the student from participation and have them read the lab before rejoining their group or data collection. This is in place to ensure safety standards are being met, and to keep the labs moving within the pre- allocated.

EMERGENCY PROCEDURES

Emergency procedure plans are posted near the entrance and exit doors of each room in the Kinesiology teaching labs. In the event of an emergency in the lab notify your TA and/or Lab Staff immediately.

All medical or police emergencies reports should be directed through security at ext. 2400 on any campus phone or directly through (905) 721-8668 ext. 2400. Campus security will contact 911 and organize entrance/egress for all emergency responder vehicles to your location.

For a detailed breakdown of emergency procedures such as lockdown, and fire procedures, please read through the Ontario Tech Emergency preparedness Plan (<https://ontariotechu.ca/campus-services/safety-security/policies-and-procedures/index.php>).

EMERGENCY CONTACTS

During an emergency, if possible the following parties should be notified in addition to Campus Security (ext. 2400):

The supervising TA for that lab section

- The Kinesiology Lab Staff – They should be available in their office (J117) or in the Kin Labs or Prep room. If unavailable at those locations' TAs will have their cell phone numbers for emergency contact.
 - o Kinesiology Lab Technician: -Ryan Foley (905) 721-8668 ext. 3567
 - o Kinesiology Lab Specialist: Ian Barker - (905) 721-8668 ext. 5352

CODE OF CONDUCT

Lab Reports and Academic Misconduct

While there may be times where a group lab is submitted, most labs are expected to be written up independently, regardless of if the data was collected as a group. Please refer to the Code of Conduct for specific information regarding academic integrity in Section 4.

Commitment to Obtaining Data

Labs are intended to provide experiential learning opportunities. Each course has learning outcomes outlined in the syllabus and lab-based courses have learning outcomes which require hands-on experience. These are in place to teach the psychomotor component and to reinforce the theory component.

We understand that sometimes errors occur which make it impossible to recollect data in a reasonable timeframe. If such a situation arises, the TA or lab staff will either instruct on how to proceed or provide new data from a different session.

Unsafe Behaviour

Students engaging in behaviour that is deemed to be unsafe will be removed from the labs. Consequences for these circumstances will be determined on a case by case

basis and will be proportional to the severity of the situation.

Lab Contacts

Teaching Assistants (TAs)

The first point of contact for lab procedures, or lab report related queries is the TA of the corresponding lab section unless otherwise stated by the course instructor.

Examples of TA handled issues are:

- Lab report content
- Lab report formatting
- Future or past lab procedure
- Marking questions
- Data analysis procedure
- Attendance or missed labs

Kin Lab Staff

Kin Lab staff work with course instructors to optimally integrate lab equipment and procedures into the lab. Lab staff are available to support the TAs as needed. Lab staff can be contacted directly with concerns relating to safety, lab equipment or in some cases practice time or lab absence.

Examples of Lab Staff handled issues are:

- Lab accommodation
- Health and safety concerns
- Errors with software/equipment
- Lab procedures lead to error
- Extremely irregular data

Lab Staff will do their best to reply to pertinent issues beyond the labs as fast as possible but be mindful there is no mandated time period and some issues may take longer to resolve especially if other university faculty and staff have to be consulted.

CAREER AND GRADUATE STUDY OPPORTUNITIES

The career opportunities for Kinesiology graduates are endless. With the flexibility and individualization of the Kinesiology program, students will be well prepared for the multidisciplinary approach used in many workplaces. Job opportunities related to the field of Kinesiology are available in a variety of sectors, organizations, and with a range of clientele.

Graduates will also be well prepared for graduate level studies in Kinesiology, should student wish to pursue research. Students interested in graduate work are encouraged to seek out a supervisor whose research interest aligns with their own. Potential supervisors welcome such inquiries (i.e. email) and may provide volunteer opportunities in their laboratory if interests align.

Health Sciences Graduate Programs at Ontario Tech University:

Master's Program (MHSc)

https://gradstudies.ontariotechu.ca/future_students/programs/masters_programs/index.php

Doctor of Philosophy Program (PhD program)

https://gradstudies.ontariotechu.ca/future_students/programs/doctoral_programs/index.php

Graduates also have the opportunity to be part of professional organizations that concentrate on specific areas and knowledge within the field of Kinesiology – some of these professional organizations require further education and/or passing a competency exam. Best efforts are made to ensure that this information is current and accurate, but students are encouraged to do their own research to ensure they have the most current information on these professional avenues. Such professional organizations and corresponding careers which include but are not limited to:

- American College of Sports Medicine (ACSM)
 - www.acsm.org/
- American Psychological Association (APA) Division 47 – Society for Sport, Exercise and Performance Psychology
 - <https://www.apa.org/about/division/div47>
- Board Certified Behaviour Analyst (BCBA)
 - <https://www.bacb.com/bcba/>
- Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS)
 - <https://www.scapps.org/>
- Canadian Sport Psychology Association (CSPA)
 - <https://www.cspa-acps.com/>
- Certified Exercise Physiologist (CSEP-CEP) – The Canadian Society for Exercise Physiology
 - <https://www.csep.ca/view.asp?ccid=535>
- Certified Personal Trainer (CSEP-CPT) – The Canadian Society for Exercise Physiology
 - <https://www.csep.ca/view.asp?ccid=532>
- Certified Strength and Conditioning Coach (CSCS)
 - <https://www.nsca.com/certification/cscs/>
- Ergonomist
 - Canadian College for the Certified Professional Ergonomists (CCCPE)
 - <https://www.cccpe.ca/en>
 - Associate Ergonomist (AE)
 - <https://www.cccpe.ca/en/certification/requirements>
- Public Health – Canadian Public Health Association
 - <https://www.cpha.ca/creating-certified-public-health-professional->

[designation-canadas-public-health-workforce-0](#)

- Registered EMG Technologist – Association of Electromyography Technologists of Canada
 - <https://www.aetc.ca/bretc/exam-information>
- Registered Kinesiologists – College of Kinesiologists of Ontario
 - <https://www.coko.ca/>
- Speech and Language Pathology – Speech-Language & Audiology Canada (SAC)
 - <https://www.sac-oac.ca/speech-language-pathology/becoming-speech-language-pathologist>
- Therapeutic Recreation – Canadian Therapeutic Recreation Association
 - <https://canadian-tr.org/>

Some students may wish to pursue a post-graduate degree. The BHSc Kinesiology degree can be a great foundation for any of the following programs. Best efforts are made to update this information as necessary. The post-graduate degree opportunities available to Kinesiology grads are many, this is not an exhaustive list.

- Prostheses
 - George Brown (post-graduate):
<https://www.georgebrown.ca/programs/clinical-methods-in-orthotics-prosthetics-program-postgraduate-s407/>
 - George Brown Technician Program:
<https://www.georgebrown.ca/programs/orthotic-prosthetic-technician-program-s102/>
 - British Columbia Institute of Technology (BCIT):
<https://www.bcit.ca/programs/prosthetics-and-orthotics-diploma-full->
- Teachers College
 - <https://www.ouac.on.ca/teas/>
- Applied Disabilities Studies (Brock University)
 - <https://brocku.ca/social-sciences/applied-disability-studies/>
- Social Work – Canadian Association of Social Workers
 - <https://www.casw-acts.ca/en/what-social-work/how-do-i-become-social-worker>
- Occupational Therapist – College of Occupational Therapists of Ontario
 - <https://www.coto.org/>
- Physiotherapist – College of Physiotherapists Ontario
 - <https://www.collegept.org/>
- Chiropractor – College of Chiropractors of Ontario
 - <https://www.cco.on.ca/>
- Medical Doctor – Ontario Medical Association
 - <https://www.oma.org>

SECTION 4: UNIVERSITY RESOURCES

PRIVACY AND CONFIDENTIALITY

Personal information is collected under the authority of the OntarioTech University (University Of Ontario Institute Of Technology) Act, and is collected, protected, used, disclosed and retained in compliance with Ontario's Freedom of Information and Protection of Privacy Act. Information will be used for the purposes of administering registration and progression in the Medical Laboratory Science program. Program information on registration and academic achievement may be disclosed to a clinical partner site where necessary for the purposes of administering clinical placements in the Medical Laboratory Science program. Questions regarding the privacy of student personal information may be directed to the Ontario Tech Practicum Coordinator or to the University's Chief Privacy Officer at accessandprivacy@uoit.ca

CAMPUS & STUDENT SUPPORT

There are many supports and resources on campus to assist in ensuring students have their best experience while at University.

Students are encouraged to meet with the Academic Advisor for Kinesiology regularly. Academic advisors can:

- Discuss issues that affect your academic performance.
- Provide guidance with successful progression to graduation.
- Help you:
 - Understand your GPA, university policies and procedures.
 - Select appropriate classes and electives.
 - Withdraw from a program, add or drop courses.

Ontario Tech also has dedicated professionals and student volunteers provide support throughout students' academic journey. Accommodations including but not limited to one-on-one support, alternative format course materials, assistive technology, test centre accommodations, ergonomic equipment, computerized note taking, and American sign language interpreters are available to those who request them. These accommodations are confidential and use of such arrangements will not appear on University transcripts.

Further information regarding student support can be found:

<https://studentlife.uoit.ca/index.php>

Directed and specific information regarding services can be found:

- Academic Support:
<https://studentlife.uoit.ca/services/academic-support/index.php>
- Accessibility: <https://studentlife.uoit.ca/services/accessibility/index.php>
- Career Readiness:
<https://studentlife.uoit.ca/services/career->

- [readiness/index.php](#)
- Community: <https://studentlife.uoit.ca/services/community/index.php>
- Equity & Inclusion: <https://studentlife.uoit.ca/services/equity-and-inclusion/index.php>
- Health & Wellness: <https://studentlife.uoit.ca/services/health-and-wellness/index.php>

ACADEMIC INTEGRITY

Faculty members and students share an important responsibility to maintain the integrity of the teaching and learning relationship. This relationship is characterized by honesty, fairness, and mutual respect for the aims and principles of the pursuit of education.

Academic misconduct impedes the activities of the university community and is punishable by appropriate disciplinary action. The University and its members have the responsibility of providing an environment that does not facilitate the inadvertent commission of academic misconduct. Students and faculty should be made aware of the actions that constitute academic misconduct, the procedures for launching and resolving complaints, and the penalties for commission of acts of misconduct.

A lack of familiarity with the University's policy on academic conduct on the part of the student does not constitute a defense against its application.

- **Academic Calendar**
 - <http://catalog.uoit.ca/content.php?catoid=22&navoid=879>

It is the student's responsibility to familiarize themselves with the academic calendar of Ontario Tech University. Should students have any questions they should consult with the appropriate contact as outlined in the academic calendar.
- **Academic Misconduct Process**
 - <https://academicintegrity.uoit.ca/students/misconduct-process.php>

All students are responsible for understanding and abiding by academic conduct regulations. If students are accused of academic misconduct a specific process will be followed and completed to best understand the offence and determine next steps.
- **Academic Integrity: Student Tip Sheet**

<https://academicintegrity.ontariotechu.ca/>

These printable student guides to academic integrity provide an overview of how to avoid academic misconduct and what to expect if you commit an offence

EMAIL COMMUNICATION WITH PROFESSORS & STAFF

Email communication should be considered professional communication. It is expected that students will include appropriate greetings and signatures, compose full sentence messages which indicate the purpose of the communication, and demonstrate a respectful, professional tone at all times.

Students should not consider email that they send to faculty members or clinical instructors to be confidential. If, in the potential interest of a student or public safety, correspondence from a student is deemed to be potentially concerning in any way, faculty will be required to share this information with appropriate individuals.

When emailing Teaching Assistants (TA) remember it can take up to 48 business hours for a TA to respond. As such, please allow adequate time when sending lab questions

to TA's so that you can have them answered prior to the due date. Sending an email on the weekend or the night before an assignment due may not leave enough time for a response.