

# KINESIO, PHYS ED, & RECREATION (KPER)

**KPER 7000 Research in Kinesiology and Recreation Studies 3 cr**  
Concepts and issues in designing, implementing, and disseminating research in areas broadly related to kinesiology and leisure. It is recommended that students complete this compulsory course within their first year of enrollment in the Master's program. May not be held with the former PERS 7000.  
**Equiv To:** PERS 7000

**KPER 7002 Qualitative Research Methods 3 cr**  
This advanced qualitative research course will expose students to the history, philosophy and epistemological background of the qualitative research tradition, its methods and application to health, physical activity and leisure. May not be held with the former PHED 7160 of the same title.  
**Mutually Exclusive:** PHED 7160

**KPER 7004 Quantitative Research Methods 3 cr**  
To extend the student's theoretical understanding of quantitative research designs related to the field of kinesiology and recreation management. Data management and analysis methods will be discussed. Students will gain a theoretical knowledge of common statistical tests. May not be held with the former PHED 7160 of the same title.  
**Mutually Exclusive:** PHED 7160

**KPER 7006 Mixed Methods Research in Kinesiology and Recreation Studies 3 cr**  
This course will explore mixed methods research approaches. Specifically, research design, data collection, analysis and interpretation will be explored.

**KPER 7100 Molecular Mechanisms of Exercise Physiology I 1.5 cr**  
Investigating the mechanisms underlying exercise-induced adaptations in health and disease. (Part 1). Advanced level Exercise Physiology, Physiology or Animal Biology or instructor permission is required.

**KPER 7102 Molecular Mechanisms of Exercise Physiology II 1.5 cr**  
Investigating the mechanisms underlying exercise-induced adaptations in health and disease. (Part 2). Advanced level Exercise Physiology, Physiology or Animal Biology or instructor permission required.

**KPER 7200 Sensorimotor Integration: Fundamental Theories in Motor Control and Learning 3 cr**  
Topics covered will introduce students to the historical developments and current thinking around how humans control and learn to perform skilled action. May not be held with the former PHED 7160 "Motor Control". Kinesiology degree or permission by instructor required.  
**Mutually Exclusive:** PHED 7160

**KPER 7202 Instrumentation and Signal Processing in Human Movement Science 3 cr**  
Building critical analysis and application of biophysical research methods and analysis, develop numeracy skills in addition to scientific writing and oral presentation skills.

**KPER 7204 Exercise Adaptations in Whole Body Physiology 3 cr**  
This course will cover how exercise training results in adaptations to whole body physiology. Units taught: metabolic systems; cardiovascular-respiratory systems; neuromuscular-skeletal systems; neuroendocrine systems; and immune system. Weekly discussion of topics.

**KPER 7400 Humanities and Social Sciences in Exercise, Leisure, Physical Education and Sport 3 cr**  
This course will include the presentation of current research and scholarship on physical activity, health, and leisure from social science and humanities perspectives.

**KPER 7402 Community Development: Qualitative Methods 1.5 cr**  
Students will be introduced to traditions in the qualitative field, explore theoretical foundations that underpin qualitative inquires and develop capacity to think critically about ethical issues involved in research processes (working with marginalized groups and conducting community-based research).

**KPER 7404 Indigenous Land-Based Skills 3 cr**  
This course brings Indigenous cultural perspectives and practical skills to students in Kinesiology and Recreational Management in Indigenous land based learning.

**KPER 7406 Social Psychology of Exercise, Leisure, Sport and Tourism 3 cr**  
This course will explore social psychological principles and theories and their application to the study of exercise, health, sport, leisure and/or tourism.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**  
Prerequisites: REC 3180: Social Psychology of Leisure, or KPER 2540: Psychology of Sport and Exercise, or PSYC 2540: Social Psychology, or discretion of instructor.

**KPER 7410 Leisure, Recreation, Parks and Tourism: Concepts and Theories 1.5 cr**  
Critical analysis of the dominant concepts, theories, and research associated with the development of basic and applied knowledge in fields of leisure, parks and tourism.

**KPER 7420 Diversity/Disability and Inclusion Studies to Leisure, Sport, Health and Physical Education 1.5 cr**  
Overview of the theories/philosophies, current issues, research trends and methodological considerations in the area of diversity/disability and inclusion studies. This course focuses on scholarly approaches that promote equity, access and social inclusion in the contexts of leisure, sport, health and PE.

**KPER 7430 Critical Race Theory, Indigeneity, in Leisure, Recreation and Sport 1.5 cr**  
This course openly discusses issues of race, racism, and settler colonialism. Students will develop an understanding of the role of praxis in CRT and Indigenous scholarship. Students will read, digest, critique, apply, and understand CRT and Indigenous scholarship.

**KPER 7440 Cultural Studies in Leisure, Recreation and Sport 1.5 cr**  
Students will learn to use interdisciplinary critical perspectives to examine the diverse and sometimes contested meanings of cultural objects and processes, establishing a basic knowledge of the theoretical paradigms of Cultural Studies.

**KPER 7450 Land-Based Education and Outdoor Recreation and Sport 1.5 cr**  
Current trends and research related to the social and physical implications of leisure behaviour in the natural environment.

**KPER 7800 Directed Study in Kinesiology and Recreation 3 cr**  
Provides opportunities for in-depth individualized study within a specific area of interest. Can be completed twice (different topics) for maximum of six credits. Only 3 credits may count toward the minimum requirement of 12 credits in the FKRM Graduate Program.

**KPER 7802 Directed Study in Kinesiology and Recreation 1.5 cr**

This course provides in-depth individualized study and exploration within a specific, focused area of interest within a topic area pertaining to Kinesiology or Recreation Management. This course may allow students to study a topic in great detail that may be pertinent and important to their degree.

**KPER 7860 Special Topics 3 cr**

The study of the contemporary research and theory in a selected area. Topics will vary, depending on faculty expertise and student need.

**KPER 7862 Special Topics 1.5 cr**

The study of the contemporary research and theory in a selected area through consideration of relevant literature. The course may also provide opportunities for the application of theories or models within the selected topic.