

# KINESIO, PHYS ED, & RECREATION (KPER)

## KPER 1200 Physical Activity, Health and Wellness 3 cr

An examination of the importance of physical activity for health and wellness. Provides an overview of the present and recommended levels of physical activity, the factors influencing participation in physical activity, Indigenous peoples' approaches to health, the role of recreation in health and wellness, and individual, organizational and national interventions for increasing physical activity. May not be held with the former PHED 1200 or the former PERS 1200.

**Equiv To:** PERS 1200, PHED 1200

**Attributes:** Recommended Intro Courses

## KPER 1400 Concepts of Recreation and Leisure 3 cr

The nature and scope of recreation and leisure, the past influences and implications for the future. An overview of the types and roles of various components of the leisure service delivery system. May not be held with the former PERS 1400 or the former REC 1400.

**Equiv To:** PERS 1400, REC 1400

**Attributes:** Recommended Intro Courses

## KPER 1500 Foundations of Physical Education and Kinesiology 3 cr

An introduction to physical education and kinesiology as a profession and a discipline, including an overview of sub-disciplines, resources, and careers; a personal physical assessment; and principles for achieving physical fitness. This course includes a field trip component. May not be held with the former PERS 1500 or the former PHED 1500.

**Equiv To:** PERS 1500, PHED 1500

**Attributes:** Recommended Intro Courses

## KPER 2000 Special Topics (Introductory) 3 cr

An introductory examination of selected topics in the fields of kinesiology, physical education and recreation. Topics will vary depending on faculty expertise and student need. This course can be completed as a topics course multiple times under different titles.

## KPER 2120 Academic Skills in Kinesiology and Recreation Management 3 cr

This course provides interdisciplinary and multidisciplinary academic preparation and communication skills for students pursuing undergraduate degrees from the Faculty of Kinesiology and Recreation Management.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: KPER 1400 (or the former PERS 1400 or the former REC 1400), or KPER 1500 (or the former PERS 1500 or the former PHED 1500).

**Attributes:** Written English Requirement

## KPER 2170 History of Physical Activity and Leisure 3 cr

This course examines the post-Confederation history of Canadian sport, physical education, physical fitness and recreation, as well as the growth of public programs. Using the concepts of social class, gender, race, and ethnicity, the focus is on the ways in which Canadian physical activity, recreation, and sport have been organized since Confederation and the processes by which people have fashioned them, within the dynamic of economic, social, and political struggles and changes. May not be held with the former PERS 3170 or the former KIN 3170, or the former PHED 3170, or the former PHED 3070.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: [KPER 1200 (or the former PERS 1200, or the former PHED 1200)] and KPER 2120.

**Equiv To:** KIN 3170, PERS 3170, PHED 3070, PHED 3170

## KPER 2200 Planning Principles 3 cr

While contexts in practice may vary, planning is an essential competency for all professional in recreation, kinesiology, and physical education.

This course emphasizes principles and processes in effective planning, implementation, and evaluation. May not be held with the former PERS 2200 or the former PHED 3080 or the former REC 2530.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: [KPER 1200 (or the former PERS 1200 or the former PHED 1200)] or [KPER 1400 (or the former PERS 1400 or the former REC 1400)] or [KPER 1500 (or the former PERS 1500 or the former PHED 1500)].

**Equiv To:** PERS 2200

**Mutually Exclusive:** PHED 3080, REC 2530

## KPER 2320 Human Anatomy 3 cr

(Lab required) Structure of the skeletal, articular, and muscular systems of the human body. May not be held with the former KIN 2320 or the former PHED 2320.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: BIOL 1412 or BIOL 1413 or BIOL 2420, or BIOL 2421 or the former ZOOL 1330.

**Equiv To:** KIN 2320, PHED 2320

**Mutually Exclusive:** REHB 1480, REHB 1490, REHB 1500

## KPER 2330 Biomechanics 3 cr

(Lab required) The mechanical and anatomical analysis of human movement. May not be held with the former KIN 2330 or the former PHED 2330.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: KPER 2320 (or the former KIN 2320 or the former PHED 2320).

**Equiv To:** KIN 2330, PHED 2330

**Mutually Exclusive:** PHED 2310

## KPER 2350 Introduction to Research 3 cr

(Lab required) Students will become familiar with the basic principles and methods of research in the humanities, biological, life and social sciences. Students will develop the conceptual foundations and practical skills needed to locate, understand, and evaluate primary research publications. May not hold with the former PERS 3350, the former KIN 3350, the former REC 3350 or the former REC 2010.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: STAT 1000 (D) or STAT 1001 (D) or STAT 1150 (D).

**Equiv To:** KIN 3350, PERS 3350, REC 2010, REC 3350

## KPER 2540 Psychology of Sport and Physical Activity 3 cr

This course provides students with an understanding of psychological variables affecting individuals within sporting and activity contexts.

Topics to be explored include motivation, arousal/anxiety, group dynamics and youth involvement in sport. May not be held with the former KIN 2540 or the former PHED 2540.

**Equiv To:** KIN 2540, PHED 2540

## KPER 2700 Motor Control and Learning 3 cr

(Lab required) Principles underlying human motor performance and motor skill learning. May not be held with the former KIN 3450 or the former PHED 3450.

**Equiv To:** KIN 3450, PHED 3450

**KPER 3100 Inclusive Physical Activity and Leisure 3 cr**

This course introduces the foundations of inclusive physical activity and leisure and the application of this knowledge to individuals from diverse backgrounds and experiences with a focus on people with various forms of impairment. May not hold with the former PERS 3100, the former PHED 3390, or the former REC 3060.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisite: KPER 2120.

**Equiv To:** PERS 3100, PHED 3390, REC 3060

**KPER 3140 Health Promotion 3 cr**

An introduction to health promotion with emphasis on the benefits of physical activity for health and wellness, factors influencing participation in physical activity, health promotion strategies, and interventions for increasing physical activity applied at the individual, organizational, and national levels.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: [KPER 2200 (or the former PERS 2200)] and [KPER 2350 (or the former PERS 3350 or the former KIN 3350 or the former REC 3350 or the former REC 2010)].

**KPER 3460 Sociology of Physical Activity and Leisure 3 cr**

This course examines sociological factors that influence and shape participation in the areas of physical activity, sport and leisure. The exploration of students' own experiences in this field is emphasized, using an analytical model examining experiences as they arise out of the interplay of social structure and individual agency. May not be held with the former PERS 3460 or the former PHED 3460.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisite: KPER 2120.

**Equiv To:** PERS 3460, PHED 3460

**KPER 3470 Exercise Physiology 3 cr**

(Lab required) Physiological and functional responses to acute and chronic exercise, focusing on the cardiovascular, respiratory and neuromuscular systems. May not be held with the former KIN 3470, the former PHED 3470, or the former PHED 3430.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: BIOL 1412, (or the former ZOOL 1330), or BIOL 1413, or BIOL 2420 (D), (or the former ZOOL 2540), or BIOL 2421 (D).

**Equiv To:** KIN 3470, PHED 3430, PHED 3470

**KPER 3512 Principles of Fitness Training 3 cr**

(Lab required) Theoretical concepts of designing programs employing the principles of overload and adaptation are applied over the entire healthy population, from inactive sedentary individuals to elite athletes, for all age groups. May not be held with the former KIN 3512, the former KIN 3090, or the former PHED 3090.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisite: KPER 3470 (or the former KIN 3470, or the former PHED 3470, or the former PHED 3430).

**Equiv To:** KIN 3090, KIN 3512, PHED 3090

**KPER 3550 Growth and Motor Development 3 cr**

Detailed study of physical growth and motor development from conception to adolescence, with implications for physical activity programs. May not be held with the former PHED 2550.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisite: KPER 2700 (or the former KIN 3450 or the former PHED 3450).

**Equiv To:** PHED 2550

**KPER 3630 Service and Experiential Learning 3 cr**

This service-learning course combines cognitive learning and affective service to enhance student learning by connecting theory with practical experience and thinking with action. In a holistic learning environment, students apply service and experiential learning theories to community issues in physical activity and leisure while reflecting on their experiences and gaining deeper appreciation and skill development.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisite: KPER 2200 or PERS 2200 or the former PHED 3080 or the former REC 2530.

**KPER 4000 Special Topics 3 cr**

A theoretical and practical examination of selected topics in the fields of recreation, leisure, physical education and kinesiology. Topics will vary depending on faculty expertise and student need. This course can be completed as a topics course multiple times under different titles.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: [KPER 1200 (or the former PERS 1200 or the former PHED 1200)] or [KPER 1400 (or the former PERS 1400 or the former REC 1400)] or [KPER 1500 (or the former PERS 1500 or the former PHED 1500)] or department approval.

**KPER 4020 Philosophy of Physical Activity and Leisure 3 cr**

Issues in sport, physical education and recreation will be examined from a philosophical perspective. May not be held with the former PERS 3340, the former KIN 3340, the former REC 3340, or the former PHED 2340.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisite: KPER 2120.

**Equiv To:** KIN 3340, PERS 3340, PHED 2340, REC 3340

**KPER 4100 Current Issues 3 cr**

This is a capstone course to be completed in the final term. The course will examine current issues and strategies for addressing themes in the broad fields related to kinesiology, recreation management and physical education. May not be held with the former PERS 4100.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: Successful completion of 90 credit hours of course work in the BKin or BRMCD degree.

**Equiv To:** PERS 4100

**KPER 4110 The Olympics and the Global Sporting Event 3 cr**

Critical examination of the sporting and cultural significance of the modern Olympic Games and other global events, with emphasis given to the Olympic and Paralympic Games that occur in the year the course is offered. May not be held with the former PERS 4110.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: KPER 3460, (or the former PERS 3460 or the former PHED 3460).

**Equiv To:** PERS 4110

**KPER 4310 Physical Activity Counselling 3 cr**

This course introduces students to physical activity counselling and the associated interpersonal and counselling skills as well as the relevant theories that underpin behaviour change and counselling techniques. Through case studies, readings, research, discussions, simulations, role plays and real counselling work, students will learn, reflect on and practice proven counselling skills to build motivation and facilitate behaviour change. May not be held with the former PERS 4310.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: [KPER 2540 (or the former KIN 2540 or the former PHED 2540)] or [REC 3180] or [PSYC 2660 (or the former PSYC 3660)].

**Equiv To:** PERS 4310

**KPER 4320 Sport and the Body 3 cr**

A critical analysis of current interdisciplinary topics pertaining to sport and the body. This course tackles difficult and controversial questions related to the active body. May not be held with the former PERS 4320.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: KPER 3460 (or the former PERS 3460 or the former PHED 3460) or permission of the instructor.

**Equiv To:** PERS 4320

**KPER 4340 Sport, Film and Society 3 cr**

This seminar format course encourages students to use films as "texts" through which important socio-cultural themes related to the study of sport, recreation, physical activity, dance, and physical education can be explored. It builds upon themes explored in courses such as KPER 3460 and uses film as a way to examine the intersections between the representations of key historical and sociological concepts such as class, gender, and race/ethnicity and the representations of sport and the moving body. The course is organized around these themes and includes a variety of film genres, primarily feature films and documentaries. Each seminar includes one or more screening upon which class discussions are based. The course concludes with a screening of the films made by students themselves, a key component of the course evaluation. May not be held with the former PERS 4340.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: KPER 3460 (or the former PERS 3460 or the former PHED 3460) or permission of the instructor.

**Equiv To:** PERS 4340

**KPER 4600 Directed Study 3 cr**

Completion of an independent study or fieldwork experience, including a major written submission, approved by the department and under the direction of a faculty member. This course can be completed as a topics course multiple times under different titles.

**KPER 4630 Supervised Fieldwork Experience 12 cr**

The fieldwork practicum is a professionally supervised field experience that provides an opportunity to apply knowledge gained in academic courses and exposure to new concepts of professional practice in the fields of physical activity, health and wellness or leisure. Students are placed for a 13-week period of full time work within a suitable agency. This course is evaluated on a pass/fail basis. May not be held with the former PERS 4630, the former REC 3080, the former PHED 4620, or the former KIN/REC 4630.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: Successful completion of 90 credit hours of course work in the BKin or BRMCD degree and a minimum DGPA of 2.5 and permission of instructor.

**Equiv To:** KIN 4630, PERS 4630, PHED 4620, REC 3080, REC 4630

**KPER 4632 Supervised Fieldwork Experience A 6 cr**

The fieldwork practicum is a professionally supervised field experience that provides an opportunity to apply knowledge gained in academic courses and exposure to new concepts of professional practice in the fields of physical activity, health and wellness or leisure. Students are placed in a professional environment with a mentor/direct supervisor. This course is evaluated on a pass/fail basis. May not be held with the former PERS 4630 or the former KIN 4630 or the former REC 4630 or the former REC 3080 or the former PHED 4620.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: Successful completion of 90 credit hours of course work in the BKin or BRMCD degrees and a minimum DGPA of 2.5 and permission of instructor.

**Mutually Exclusive:** KIN 4630, PERS 4630, PHED 4620, REC 3080, REC 4630

**KPER 4634 Supervised Fieldwork Experience B 6 cr**

The fieldwork practicum is a professionally supervised field experience that provides an opportunity to apply knowledge gained in academic courses and exposure to new concepts of professional practice in the fields of physical activity, health and wellness or leisure. Students are placed in a professional environment with a mentor/direct supervisor. This course is evaluated on a pass/fail basis. May not be held with the former PERS 4630 or the former KIN 4630 or the former REC 4630 or the former REC 3080 or the former PHED 4620.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: Successful completion of 90 credit hours of course work in the BKin or BRMCD degrees and a minimum DGPA of 2.5 and permission of instructor.

**Mutually Exclusive:** KIN 4630, PERS 4630, PHED 4620, REC 3080, REC 4630

**KPER 4810 Senior Thesis Preparation 3 cr**

An opportunity for continuing FCRM students in 4th year to participate in independent research. Under the supervision of a faculty member, each student will create and defend a research prospectus and literature review, and then develop a methodology to conduct a research study.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: KPER 2120 and (KPER 2350 or the former PERS 3550) and a minimum DGPA of 3.0 and approval of instructor.

**KPER 4820 Senior Thesis Research Project 3 cr**

A 4th year research experience involving the delivery and dissemination of a research project under the supervision of a faculty member. Students will create, produce, and defend a written research document building on skills developed in KPER 4810.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: KPER 4810 and approval of instructor.