



GUPTA FACULTY OF KINESIOLOGY AND APPLIED HEALTH

# KINESIOLOGY

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**The University of Winnipeg offers a Bachelor of Kinesiology for those interested in a broad understanding of health, physical activity, exercise and sports. This program leads to a Bachelor of Kinesiology degree (4-year or Honours).**

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Professionals in the field of Kinesiology aim to increase physical activity participation, enhance sport performance, foster physical literacy,

**Prevention and Care of Injuries** is a second-year course that analyses the preventative techniques and immediate care of athletic injuries.

### **MORE SAMPLE COURSES**

- **Leadership in Sport: Emerging Perspectives**
- **Scientific Principles of Fitness and Conditioning**
- **Advanced Resistance Training**
- **Nutrition for Health and Wellness**
- **Physical Growth and Motor Development**

### **SAMPLE FIRST YEAR**

BIOL-1112(6) Human Anatomy and Physiology  
KIN-1101(3) Introduction to Kinesiology  
STAT-1501(3) Elementary Biological Statistics I  
KIN-1601(3) Nutrition for Health and Wellness  
RHET-1103(3) Academic Writing: Sciences or any other section of Academic Writing (if required)  
3 - 6 credit hours of Humanities courses

NOTE: This sample first year is representative of the courses you may take. You may choose another set of courses, although BIOL-1112 and KIN-1101 are strongly recommended for your first year. Also, you do not have to take 30 credit hours (five full courses) in your first year.

#### **Canadian Memorial Chiropractic College (CMCC) Academic Pathway**

Students in this pathway must complete 3 years of specified courses at UWinnipeg before entering the Doctor of Chiropractic Program at CMCC. Students apply to CMCC after their second year of studies at UWinnipeg. Through transfer agreements, when the student graduates from CMCC, they can also receive their 4 year Bachelor of Kinesiology degree; students would then have two degrees after 7 years of study. Please visit [www.uwinnipeg.ca/dept-kinesiology](http://www.uwinnipeg.ca/dept-kinesiology) for more details.

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***“Studying Kinesiology has truly felt like my calling. My goal is to be able to give back to young athletes.”***

*- Hillary Rempel (4-Yr BKIN)*

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### **REQUIRED HIGH SCHOOL COURSES**

You must meet The University of Winnipeg’s general admission requirements. We ***strongly recommend*** that you complete either **Applied Mathematics 40S** or **Pre-Calculus 40S**.

#### **HOW TO APPLY**

For details on application requirements and deadlines, and to apply online, please visit: [uwinnipeg.ca/apply](http://uwinnipeg.ca/apply)

For more information contact a student recruitment officer at [welcome@uwinnipeg.ca](mailto:welcome@uwinnipeg.ca) or 204.786.9844. In any case where the University’s Academic Calendar and this fact sheet differ, the current Calendar takes precedence.

#### **CONTACT US**

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