



GUPTA FACULTY OF KINESIOLOGY AND APPLIED HEALTH

Apply to the 2 year Bachelor of Physical and Health Education

The Department of Kinesiology and Applied Health at The University of Winnipeg is a student-oriented department with small class sizes and accessible professors. Our professors' expertise lies in the areas of physical education pedagogy, health, nutrition, adapted physical activity, physical activity and aging, coaching, exercise and sport psychology, and motor behaviour.

Also, see other related fact sheets in “Kinesiology” and “Athletic Therapy.”

SAMPLE CAREERS

Career opportunities for graduates are in the school system. There are also education-related positions in government and industry.

SAMPLE COURSES

Introduction to Kinesiology is a first-year course that introduces the study of human movement. Questions of interest related to kinesiology broadly will be discussed with specific emphasis on sport sciences, motor behaviour, physical fitness, sport psychology, and athletic therapy.

Introduction to Health is a first-year course that introduces concepts related to health and prepares students to discern health information as it relates to making healthy lifestyle decision.

Human Anatomy involves the study of the human anatomical systems and their integration. Special emphasis will be placed on the skeletal, articular, and muscular systems. Students will also begin to undertake the analysis of movement.

Outdoor Recreation and Education is a second-year course that includes field trips and other practical outdoor experiences to help students gain an understanding of the relationship of physical education, recreation, and the environment.

MORE SAMPLE COURSES

- Inclusive Physical Activity
- Prevention and Care of Sport Injuries
- Pedagogical Theories and Models
- Instruction in Fitness Activities
- Sport and Exercise Psychology
- Motor Learning & Development

SAMPLE FIRST YEAR

BIOL-1112(6) Human Anatomy and Physiology
KIN-1101(3) Introduction to Kinesiology
KIN-1102(3) Introduction to Health
KIN-1601(3) Nutrition for Health and Wellness