



THE UNIVERSITY OF WINNIPEG

GUPTA FACULTY OF KINESIOLOGY AND APPLIED HEALTH

KINESIOLOGY

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) .

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 for more details.

“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)

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

For more information contact a student recruitment officer at 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

Dr. Danielle Defries
Chair, Dept. of Kinesiology and Applied Health
P 204.258.3037
E kinesiology@uwinnipeg.ca

Sabita Pokhrel
Department Assistant
P 204.786.9024
E kinesiology@uwinnipeg.ca
