

BACHELOR OF KINESIOLOGY

KINESIOLOGY AND SPORT STUDIES GENERAL DIPLOMA

UPDATED MARCH 2012

This Academic Planning Guide highlights only major points regarding admission and transfer. Students are advised to read the university and RDC calendars and the Alberta Transfer Guide for other necessary information. Some of the courses listed in this guide have prerequisites. Please refer to the Course descriptions section of the RDC calendar for further information.

IMPORTANT INFORMATION ABOUT THE UOFC KINESIOLOGY DEGREE

- Students that intend to complete a major in Biomechanics, Exercise and Health Physiology, Mind Sciences in Kinesiology or Leadership in Pedagogy and Coaching should consult with an Academic Advisor regarding course selection.
- It is recommended to transfer after one year for the Leadership in Pedagogy and Coaching major
- Students may choose to complete a KNSS diploma with a major in Adapted Physical, Fitness and Health Promotion, Coaching and Sport performance or Sport Management. The preceding diplomas allow students to transfer into the 3rd of the Bachelor of Kinesiology at UofC, Kinesiology General Major. The other Majors may require additional time to complete once at UofC due to pre-requisites of the major and scheduling of major courses.
- The *Kinesiology General Major* offers flexibility to choose courses from Kinesiology and other faculties to tailor the program to individual needs and interests. It is the most flexible of all Kinesiology majors.
- Students enrolled in the General Major have the option to complete a combined degree with the Haskayne School of Business (BComm/BKin).
- The *Athletic Therapy Major* provides preparation for sports injury management and rehabilitation. Students will complete one year of professional courses at Mount Royal College.
- The Biomechanics Major focuses on the mechanics of human movement with an emphasis on biomedical and sports applications, through course work in Kinesiology, Mathematics, and Engineering.
- The *Exercise and Health Physiology Major* builds upon fundamental knowledge in human movement and functioning, focusing on the effects of lifestyle, exercise, and diet on the human body.
- The *Mind Sciences in Kinesiology Major* provides a comprehensive education in the areas of behavioural neurosciences, cognition and neuromotor control, and personality and social psychology.
- The *Leadership in Pedagogy and Coaching Major* combines the study of elementary and secondary school Physical Education. Teaching certification is obtained from the Faculty of Education either after completion of the BKin (Pedagogy) degree or the combined degree program with Pedagogy and Education (BEd/BKin).

DEGREE CHECKLIST

- check transfer of all courses using the Alberta Transfer Guide www.acat.gov.ab.ca
- Registered in both terms for full year courses (i.e. KNSS 299)
- Viewed University website <http://www.ucalgary.ca/knes/undergrads/majors>
- Checked pre-requisites for all courses; the system allows you to register in any course. It is up to you to make sure you have the pre-requisite
- Review your registration on the Loop
- Please note that some KNSS courses have a lecture and lab; CHEM 211 and 212 both have a lecture lab AND seminar

RECOMMENDED OPTIONS AND INFORMATION FOR MAJORS AT UNIVERSITY OF CALGARY

OPTION COURSES Students are advised to choose Options at RDC:

- According to the courses recommended for the RDC Kinesiology "Adapted Physical Education," "Coaching and Sport Performance," "Fitness and Health Promotion" or "Sport Management" diploma specializations (if planning to apply to one of these programs at RDC for Year 2)
- **and/or** according to their desired U of C Major or Minor as outlined below (and for which they have the prerequisite). Check the Alberta Transfer Guide (<http://www.acat.gov.ab.ca/>) to make sure that each half course option chosen transfers for 3 credits to U of C.

Students may wish to choose courses:

1. Towards an optional U of C Minor (non-Kinesiology)
2. To develop a special interest area
3. To meet prerequisite requirements for future Senior courses they wish to take
4. Which transfer as options but are not available at U of C

KINESIOLOGY GENERAL MAJOR:

Generally, options are any U of C transferable course. Check the Course Descriptions section of the RDC Calendar for information on specific courses offered at RDC. Check the Alberta Transfer Guide to ensure that the specific courses you choose are transferable to U of C. The Transfer Guide also tells you which U of C course is equivalent and how many transfer credits you will receive for the course.

SUGGESTED PATTERN YEAR 1

YEAR 1 FALL TERM		YEAR 1 WINTER TERM	
KNSS 210 (3)*	Fitness and Wellness Theory and Practice	KNSS 200 (3)*	Structural Anatomy ¹
KNSS 270 (3)	Leadership and Instruction in Physical Activity	KNSS 201 (3)	Biomechanics
KDNC 200 (3)	The Spectrum of Dance in Society	KNSS 204 (3)*	Intro to the Sociocultural Foundations of Physical Education, Leisure and Sport
KPAC/KDNC (3)	Two (1.5 credit) or One (3 credit) Physical Activity or Dance course	KNSS 240 (3)	Adapted Physical Education
Options (3)	ENGL 219 Essay Composition and Critical Reading recommended ²	Options (3)	PSYC 260 (3) Basic Psychological Processes recommended ²

SUGGESTED PATTERN YEAR 2

SUGGESTED YEAR 2 SEQUENCE	
PSIO 258 (3)*	Elementary Physiology I ^{1, 4}
PSIO 259 (3)*	Elementary Physiology II ^{1, 4}
KNSS 205 (3)*	History of Sport
KNSS 209 (3)	Measurement and Evaluation
KNSS 244 (3)*	Introduction to Nutrition
KNSS 307 (3)*	Growth and Development
KPAC/KDNC (3)	Two (1.5 credit) or One (3 credit) Physical Activity or Dance course(s) or KNSS 280 ³
Three of:	KNSS 203 (3)* Skill Acquisition and Performance <u>or</u> KNSS 253 (3)* Psychological Sport Performance KNSS 220 (3) Introduction to Athletic Therapy KNSS 250 (3) Introduction to the Administration of Sport, Physical Activity, and Recreation Programs KNSS 260 (3) Introduction to Coaching Theory KNSS 299 (3) Directed Studies in Kinesiology and Sport Studies INTD 240 (3) Integrated Arts Approach to Movement Option (3) Approved Option (up to 2 open options) ²

NOTES:

1. Students must obtain a minimum grade of C- in KNSS 200 in order to use this course as a prerequisite to a required University of Calgary course.
2. See below for "Recommended Options and Information for Majors at University of Calgary".
3. Check the Alberta Transfer Guide (<http://www.acat.gov.ab.ca/>) to ensure that your chosen activity courses transfer to the U of C. KPAC and KDNC courses may transfer as eighth (.75 credit), quarter (1.5 credits) or half (3 credits) courses. Students who choose to take KNSS 280 must take a mandatory camp during the fourth week of August.
4. Students must take all three: KNSS 200, PSIO 258 and 259 to receive transfer credit. Transfer credit for these courses will only be granted with a minimum grade of C- in each.

*These core courses are required for all University of Calgary Kinesiology Programs.
The numbers in brackets '()' indicate academic credits

ATHLETIC THERAPY MAJOR: Transfer After 1 Year Required

Applicants to the Athletic Therapy Major will enter the program at the third year level after successful completion of prerequisites, and selection using quantitative criteria. **Admission to the Major is limited to ten students each year.**

Since five full-course equivalents of this degree are Mount Royal University courses, a maximum of five additional full-course equivalents of transfer credit may be counted towards the degree. Students may complete up to 30 applicable credits at RDC. Students must then complete at least 4 full course equivalents at UofC before becoming eligible to apply to the program. Please consult the UofC calendar or see an advisor for more information on program pre-requisites.

SUGGESTED PATTERN YEAR 1

YEAR 1 FALL TERM		YEAR 1 WINTER TERM	
KNSS 210 (3)	Fitness and Wellness Theory and Practice	KNSS 203 (3)	Skill Acquisition and Performance
KNSS 220 ¹ (3)	Introduction to Athletic Therapy	KNSS 205 (3)	History of Sport
KNSS 307 (3)	Growth and Development	KNSS 204 (3)	Intro to the Sociocultural Foundations of Physical Education, Leisure and Sport
KNSS 244 (3)	Introduction to Nutrition	KNSS 253 (3)	Psychological Sport Performance
Options (3)	ENGL 219 Essay Composition and Critical Reading recommended ²	Options (3)	PSYC 260 (3) Basic Psychological Processes recommended ²

¹KNSS 220 requires a grade of B for Athletic Therapy major

BIOMECHANICS MAJOR:

Admission: In addition to the standard admission requirements, Math 30 or Pure Math 30 with a minimum grade of 70% AND Math 31 are required by U of C for admission to this major. Physics 30 is recommended. Physics 30 and Math 31 are recommended or required at RDC for some courses in this major.

NOTE: At the U of C applicants who do not present Physics 30 will be required to complete Physics 211. The Physics requirement must be completed before students can register in ENGG (Engineering) courses.

Courses applicable to the major include:

RDC COURSE	U OF C EQUIVALENT
CHEM 203 (3) ¹ Introductory University Chemistry I	ENGG 201
ENGG 230 (3) ¹ Engineering Statics	ENGG 202
ENPH 231 (3) ¹ Engineering Dynamics	ENGG 349
MATH 212 (3) ¹ Calculus I	AMAT 217
MATH 213 (3) ¹ Calculus II	AMAT 219
MATH 221 (3) Linear Algebra I	MATH 211
STAT 251 (3) Introduction to Applied Statistics	STAT 211 or 213

¹Special permission may be required to take these courses.

SUGGESTED PATTERN YEAR 1

YEAR 1 FALL TERM	YEAR 1 WINTER TERM
KNSS 210 (3)* Fitness and Wellness Theory and Practice	KNSS 200 (3)* Structural Anatomy ¹
KNSS 270 (3) Leadership and Instruction in Physical Activity	KNSS 201 (3) Biomechanics
KDNC 200 (3) The Spectrum of Dance in Society	KNSS 204 (3)* Intro to the Sociocultural Foundations of Physical Education, Leisure and Sport
KPAC/KDNC (3) Two (1.5 credit) or One (3 credit) Physical Activity or Dance course	KNSS 240 (3) Adapted Physical Education
Options (3) ENGL 219 or STAT 251	Options (3) PSYC 260 or MATH 221

¹KNSS 200 requires a grade of C- (see note 4 on page 3)

EXERCISE AND HEALTH PHYSIOLOGY MAJOR:

Admission: In addition to the standard admission requirements, Math 30 or Pure Math 30 with a minimum grade of 70% is required by U of C for admission to this major. Math 31 is recommended by RDC for some courses in this major.

Courses applicable to the major include:

RDC COURSE	U OF C EQUIVALENT
CHEM 211 (3) Intro University Chemistry I	CHEM 201
CHEM 212 (3) Intro University Chemistry II	CHEM 203
CHEM 351/352 (6) ¹ Intro Organic Chemistry I & II	CHEM 351/353
MATH 202 or 203 (3) Calculus I	MATH 251
STAT 251 (3) Introduction to Applied Statistics	STAT 211 or 213
ENGL 219 (3) Essay Composition and Critical Reading	Jr. ENGL

¹Both CHEM 351/352 must be completed to receive transfer credit for CHEM 351/353.

SUGGESTED PATTERN YEAR 1

YEAR 1 FALL TERM	YEAR 1 WINTER TERM
KNSS 210 (3) Fitness and Wellness Theory and Practice	KNSS 200 (3) Structural Anatomy ¹
KNSS 270 (3) Leadership and Instruction in Physical Activity	KNSS 201 (3) Biomechanics
KDNC 200 (3) The Spectrum of Dance in Society	KNSS 204 (3) Intro to the Sociocultural Foundations of Physical Education, Leisure and Sport
KPAC/KDNC (3) Two (1.5 credit) or One (3 credit) Physical Activity or Dance course	KNSS 240 (3) Adapted Physical Education
Options (3) Choose from List Above	Options (3) Choose from List Above

¹KNSS 200 requires a grade of C- (see note 4 on page 3)

MIND SCIENCES IN KINESIOLOGY MAJOR:

Check course pre-requisites in the RDC Calendar. Courses applicable to the major include:

RDC COURSE	U OF C EQUIVALENT
PSYC 260 (3) Basic Psychological Processes & PSYC 261 (3) ¹	PSYC 200/PSYC 201
PSYC 312 (6) Experimental Design and Quantitative Methods	PSYC 312
15 credits from the following courses:	
PSYC 341 (3) Social Psychology	PSYC 345
PSYC 353 (3) Developmental Psychology	PSYC 351
PSYC 357 (3) Psychology of Adult Development and Aging	PSYC 353
PSYC 358 (3) Cognitive Psychology	PSYC 365
PSYC 369 (3) Perception	PSYC 369
PSYC 375 (3) Brain and Behaviour	PSYC 375

PSYC 383 (3) Personality	PSYC 383
PHIL 202 (3) Knowledge and Reality	PHIL 201
PHIL 323 (3) Philosophy of Mind	PHIL 381
PHIL 386 (3) Philosophy and Health Care Issues	PHIL 313

¹ Both PSYC 260 & PSYC 261 are required to receive credit for PSYC 200 and PSYC 201. PSYC 260 will count as a major requirement. PSYC 261 will count as a JR Option.

SUGGESTED PATTERN YEAR 1

YEAR 1 FALL TERM	YEAR 1 WINTER TERM
KNSS 210 (3) Fitness and Wellness Theory and Practice	KNSS 200 (3) Structural Anatomy ¹
KNSS 270 (3) Leadership and Instruction in Physical Activity	KNSS 201 (3) Biomechanics
KDNC 200 (3) The Spectrum of Dance in Society	KNSS 204 (3) Intro to the Sociocultural Foundations of Physical Education, Leisure and Sport
KPAC/KDNC (3) Two (1.5 credit) or One (3 credit) Physical Activity or Dance course	KNSS 240 (3) Adapted Physical Education
Options (3) PSYC 260	Options (3) PSYC 261

¹KNSS 200 requires a grade of C- (see note 4 on page 3)

LEADERSHIP IN PEDAGOGY AND COACHING MAJOR: Transfer After 1 Year Recommended

Leadership in Pedagogy and Coaching provides students with the theoretical, practical and experiential foundations for teaching physical education in schools and in other settings such as recreation and coaching. Pedagogy majors learn the skills and knowledge required to teach physical activities at all levels, provide leadership in health- and fitness-related matters, and communicate the theoretical aspects of kinesiology within the educational system and in the community. Students will acquire a foundation in the kinesiology discipline, in addition to learning theory and practice.

SUGGESTED PATTERN YEAR 1

YEAR 1 FALL TERM	YEAR 1 WINTER TERM
KNSS 210 (3) Fitness and Wellness Theory and Practice	KDNC 200 (3) The Spectrum of Dance in Society
KNSS 220 (3) Introduction to Athletic Therapy	KNSS 201 (3) Biomechanics
KNSS 270 (3) Leadership and Instruction in Physical Activity	KNSS 204 (3) Intro to the Sociocultural Foundations of Physical Education, Leisure and Sport
KPAC/KDNC (3) Two (1.5 credit) or One (3 credit) Physical Activity or Dance course	KNSS 240 (3) Adapted Physical Education
Options (3) ENGL 219 Essay Composition and Critical Reading recommended ²	Options (3) PSYC 260 (3) Basic Psychological Processes recommended ²

FOOTNOTES:

Students will be required to declare a concentration in either Pedagogy or Coaching when they enter the Leadership in Pedagogy and Coaching Major. Enrolment is limited to 30 students per year

UNIVERSITY OF CALGARY ADMISSION AND TRANSFER INFORMATION FOR BACHELOR OF KINESIOLOGY

PROGRAM INFORMATION:

Length Of Degree The Bachelor of Kinesiology is a 4 year degree consisting of 120 credits. The Core requirements consist of 42 credits (a maximum of 27 credits can be transferred for credit to the Core requirements). The remainder consists of Major requirements and options (Senior, Non-KNSS, and KNSS). Honours Program: Students may complete an honours program in any major. See the U of C Calendar for details regarding honours requirements.

Bachelor of Science in Kinesiology: Students who wish to graduate with a BSc in Kinesiology must have 21 half courses (63 credits) in Science courses by graduation. (Note: A number of Kinesiology courses are considered Sciences.) The BSc is only available for General, Biomechanics, Exercise and Health Physiology, and Mind Sciences in Kinesiology Majors.

Transfer Credit Students may complete up to 60 credits from other institutions for credit towards the UofC Bachelor of Kinesiology degree. They must be transferable and applicable to the degree and major to which they wish to pursue. Students must have obtained a grade of at least "D" or its equivalent in courses proposed for transfer of credit.

ADMISSION REQUIREMENTS:

High School Requirements All Kinesiology students must present the following five high school subjects (or equivalents) upon transfer to the U of C: English Language Arts 30-1, Pure Mathematics 30 or Mathematics 31, Biology 30, Chemistry 30, 5th subject from Group A, B, C, or D. (See the U of C Calendar under Admission for subject groupings and notes).

Non-matriculated adult students at U of C (age 21 and older) do not need to present the fifth subject, but must present all other high school subjects (or equivalent).

Some majors have more specific high school requirements than those noted above. Check with an Academic Advisor if you believe you may not have the high school subject(s) you need for transfer.

ACADEMIC REQUIREMENTS:

Minimum Grade Required The minimum transferable grade to the U of C is a "D". Students are cautioned, however, that they must present a "C-" or better in a prerequisite course to be eligible to take a subsequent course at U of C. No more than 4 half course equivalents in core courses with a grade of "D" or "D+", and no more than a total of 8 half course equivalents with a grade of "D" or "D+" may be used to meet graduation requirements for this degree. (Honors students can normally have no more than 2 "D" or "D+" grades.)

AGPA CALCULATION:

GPA Calculated Admission Grade Point Average (AGPA) for students applying to U of C with five full course equivalent transfer courses (i.e. 30 transfer credits) or more is calculated on the most recent five full course equivalent transfer courses.

NOTE: Transfer courses are courses which are considered transferable to the U of C regardless of the grade obtained. All grades will be used in the calculation of the grade point average.

Competitive Admission GPA Previous Fall For Fall 2012 the Competitive GPA has been set at 3.4. For Fall 2011 the Competitive AGPA for Kinesiology was 3.20. This does not necessarily represent the AGPA that will be required for future years, but it does give an indication of previous competitiveness.

UNIVERSITY RULES:

Repeat Courses/Course Attempts A student must obtain a grade of "C-" or better in a prerequisite course to be eligible for the subsequent course.

Students may repeat a course previously failed or one in which a higher grade is sought. However, a student will usually be permitted to repeat a particular course only once.

Spring Courses

Transfer courses completed in the Fall and Winter semesters will be evaluated. Contact the UofC if you are planning on taking a spring course in the year you plan to transfer.

Academic Standing – Required to Withdraw Students who have twice been required to withdraw from any post-secondary institution will not normally be considered for admission at any time to the University of Calgary.

Application Information: Application Deadline for Kinesiology at U of C is May 1.

Document deadline is June 30.

HOW TO FIND MORE INFORMATION

PROGRAM CHAIRPERSON

Sharon Hamilton
OFFICE: 2002-F
PHONE: (403) 314-2445
EMAIL: sharon.hamilton@rdc.ab.ca

PROGRAM WEBSITE:

www.rdc.ab.ca/academic_departments/kinesiology_sports_studies/

ACADEMIC ADVISING:

Room 1102
403-342-3163
advisors@rdc.ab.ca
www.rdc.ab.ca/academic_advising

RDC WEBSITE:

www.rdc.ab.ca

ALBERTA TRANSFER GUIDE:

www.acat.gov.ab.ca

UNIVERSITY CONTACT INFORMATION:

<http://www.ucalgary.ca/knes/>
EMAIL: knesinfo@ucalgary.ca
PHONE: (403) 220-7018 / (403) 220-6762

Please Note:

Please be aware that you are responsible for ensuring that your registration is complete and appropriate and that your course choices comply with the program to which you have been admitted at Red Deer College and/or to the university to which you wish to transfer (if applicable).

You are cautioned that any changes to your courses, your major or your transfer destination may adversely affect your transferable credit (if applicable), admission requirements for future programs, or eligibility to graduate from Red Deer College. Please consult with an academic advisor if you have any questions.

The function of academic advisors is to provide students with information and resources that enable them to make informed decisions relevant to their education. These resources include the Red Deer College Calendar, the Academic Planning Guide for your chosen program and destination university (if applicable), the Alberta Transfer Guide and the calendar and contact information for your destination university (if applicable). Academic advisors will assist you in interpreting information from these resources or refer you to your destination university if appropriate. Students in university transfer programs are strongly advised to refer to the calendar of the university to which they wish to transfer and should contact appropriate university departments as required.