

KINESIOLOGY/PHYSICAL EDUCATION

Honours Major (B.A.) in Kinesiology

Upon completion of the Honours Major (B.A.) in Kinesiology, a successful student will be able to ...

I. Depth and Breadth of Knowledge:

- Explain how the concepts in Kinesiology have been shaped by historical forces, philosophical ideas and systems, and religious beliefs, that have shaped Western culture.
- Demonstrate a developed understanding of how the reformed tradition and a holistic approach to mind, body, and spirit shape our understanding of health, recreation, exercise, and sport performance.
- Critique and explain key concepts, recent developments, methodologies, theoretical approaches and assumptions in the primary areas of Kinesiology such as physiology, motor learning, sport psychology, and nutrition.
- A developed understanding of many of the major fields inside and outside of Kinesiology such as psychology, sociology, physiology, biomechanics, and nutrition, and how these fields influence the health and performance of humans.
- Conduct a research project or exhaustive literature review on a topic in Kinesiology or work in Kinesiology (Internship) and write a detailed, critique and assessment of the experience.
- Demonstrate an ability to gather and evaluate information from reliable resources in one or more of the disciplines in the Kinesiology.
- Demonstrate detailed knowledge, and creative and imaginative approaches and critical thinking inside and outside the discipline.

II. Knowledge of Methodology:

- Articulate and critically evaluate how theories and methodologies in various disciplines in Kinesiology are shaped by different philosophical and worldviews such as mechanism and reductionism.
- Critically evaluate studies to determine how they can be used in Kinesiology with integrity within a Christian frame of reference.
- Demonstrate an understanding of how to apply knowledge in exercise/sport psychology, biomechanics, ergonomics physiology, and nutrition in exercise prescription for health maintenance and rehabilitation.
- In a developed way, devise and sustain arguments or solve problems using a variety of methodologies in understanding Kinesiology; and describe and comment upon particular aspects of current research or equivalent advanced scholarship.
- Use various methods to assess the current understanding and practice in Kinesiology and propose solutions to problems such as a gap in programming or scientific research proposals.

III. Application of Knowledge:

- Use a range of appropriate techniques to acquire and critically assess scholarly resources inside and outside the discipline in order to make sound judgments, employ appropriate and responsible paradigms, and propose solutions.
- Demonstrate an understanding of principles in physiology, ergonomics, psychology, and nutrition related to human movement and performance.

IV. Communication Skills:

- Communicate effectively both verbally and in writing on a variety of Kinesiology-related topics.
- Demonstrate scientific writing skills.
- Produce clear and informative presentations in current technological formats.

V. Awareness of Limits of Knowledge:

- Comment with a sense of humility on the limitations of our human understanding of the human body, health, and movement. It's impossible to study the human body without a very clear understanding of how much we do not know and the effect of our limits on diagnosis, treatment, and prevention of illnesses and human mental and physical performance.

VI. Maturity and Professional Capacity:

- Develop transferable skills such as research techniques, critical analyses, decision-making, team work, leadership skills, and scientific written and oral communication in Kinesiology.
- Approach and discuss all aspects of work in Kinesiology with a Christian perspective.
- Demonstrate behaviour consistent with academic integrity and the ethic of educated Christians committed to using their learning for the good of neighbour and to glorify God.
- Understand that information about fields of study in Kinesiology that affect humans changes rapidly and impacts behaviours and attitudes toward health and performance so that we must constantly stay abreast of such information and allow it to change our perspectives and application of information.
- Assess, develop and improve our own competencies.

Honours Major (B.Sc.) Kinesiology

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- Explain how the concepts in Kinesiology have been shaped by historical forces, philosophical ideas and systems, and religious beliefs, that have shaped Western culture.
- Demonstrate a developed understanding of how the reformed tradition and a holistic approach to mind, body, and spirit shape our understanding of health, recreation, exercise, and sport performance.
- Critique and explain key concepts, recent developments, methodologies, theoretical approaches and assumptions in the primary areas of Kinesiology such as physiology, motor learning, sport psychology, and nutrition.
- A developed understanding of many of the major fields inside and outside of Kinesiology such as biology, psychology, physiology, biomechanics, nutrition, and how these fields influence the health and performance of humans.
- Conduct a research project or exhaustive literature review on a topic in Kinesiology or work in Kinesiology (Internship) and write a detailed, critique and assessment of the experience.
- Demonstrate an ability to gather and evaluate information from reliable resources in one or more of the disciplines in the Kinesiology.
- Demonstrate detailed knowledge, and creative and imaginative approaches and critical thinking inside and outside the discipline.

II. Knowledge of Methodology:

- Articulate and critically evaluate how theories and methodologies in various disciplines in Kinesiology are shaped by different philosophical and worldviews such as mechanism and reductionism.
- Critically evaluate scientific studies to determine how they can be used in Kinesiology with integrity within a Christian frame of reference.
- Demonstrate an understanding of how to apply knowledge in exercise/sport psychology, biomechanics, biology, physiology, nutrition, physiology, biology, and nutrition in exercise prescription, sport performance, equipment/clothing development, health maintenance and rehabilitation.
- Ask appropriate and insightful questions about Kinesiology and its role in health and disease.
- In a developed way, devise and sustain arguments or solve problems using a variety of scientific methodologies in understanding Kinesiology; and describe and comment upon particular aspects of current research or equivalent advanced scholarship.
- Use various methods to assess the current understanding and practice in Kinesiology and propose solutions to problems in the field.

III. Application of Knowledge:

- Use a range of appropriate techniques to acquire and critically assess scholarly resources inside and outside the discipline in order to make sound judgments, employ appropriate and responsible paradigms, and propose solutions.
- Demonstrate an understanding of principles in physiology, physics, molecular and cellular biology, and nutrition related to human movement and performance.

IV. Communication Skills:

- Communicate effectively both verbally and in writing on a variety of Kinesiology-related topics to a variety of populations including patients, athletes, administrators, and government officials.
- Demonstrate scientific writing skills
- Produce clear and informative presentations in current technological formats

V. Awareness of Limits of Knowledge:

- Comment with a sense of humility on the limitations of our human understanding of the human body, health, and movement. It's impossible to study the human body without a very clear understanding of how much we do not know and the effect of our limits on diagnosis, treatment, and prevention of illnesses and human mental and physical performance.

VI. Maturity and Professional Capacity:

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- Understand that information about fields of study in Kinesiology that affect humans changes rapidly and impacts behaviours and attitudes toward health and performance so that we must constantly stay abreast of such information and allow it to change our perspectives and application of information.
- Assess, develop and improve our own competencies.

General Major – Physical Education

I. Depth and Breadth of Knowledge

- Understand some historical, philosophical and scientific foundations of Physical Education.
- Understand how Physical Education has been shaped by historical forces, philosophical ideas and systems, and by religious commitments and worldviews that have shaped Western Culture.
- Analyze current theories and practices through a reformed Christian lens.

- Understand the structure and function of skeletal, muscular, and cardiorespiratory systems and the response to exercise of these systems.
 - Develop an introduction to training principles.
 - Demonstrate knowledge and familiarity with sport and recreation administration.
 - Demonstrate knowledge of prevention of injuries and acute treatment of injuries.
 - Demonstrate a basic understanding of how the different disciplines approach the human body, movement, performance, and health.
 - Demonstrate a basic knowledge of scientific literature and the ability to locate and retrieve such information on a specific topic relevant to Physical Education.
 - Gather and evaluate relevant information from a number of sources such as popular publications, scientific literature, academic works, and media.
 - Critically analyze arguments and develop and argue their own perspective.
 - An ability to extol the benefits of, and refute arguments against, healthy life choices.
- II. Knowledge and Methodologies
- Discern philosophical and worldview assumptions imbedded in physical education such as evolution and creation, structuralism, feminism, dualism and reductionism, and ancient Greek philosophy and articulate in written and oral form how theories and methodologies are shaped by Worldview.
 - Discern the validity of some paradigms and concepts above and evaluate how these can be used with integrity within a Christian frame of reference.
 - Formulate arguments, develop solutions, demonstrate creative physical expressions, and bring healing to a broken world.
- III. Application of Knowledge
- Apply theory and information to develop rationale and best practices for programs for fitness, sport, recreation, and health.
 - Use appropriate techniques to assess injuries, and perform accepted rehabilitative techniques.
 - Demonstrate dexterity in making critical use of scholarly reviews and primary sources.
- IV. Communication Skills
- Orally communicate information and arguments in presentations, class discussions, and practicums.
 - Communicate information, arguments, and analyses accurately and reliably through written projects and assignments, research papers, philosophical essays, and labs.
- V. Awareness of Limits of Knowledge
- Understand that there are limits to our knowledge and ability, and appreciate the uncertainty and ambiguity of these limits.
 - Understand that techniques and knowledge at any given time are constantly changing and progressing and it is the responsibility of students to stay abreast of new information and advances in the field.
 - Understand the biblical hope that the end will finally reveal truth in the light of God.
- VI. Maturity and Professional Capacity
- Employable in several recreation and sport-related fields and eager to serve their community, work effectively with all populations, and make good personal decisions regarding their role as members of society and God's disciples.
 - Develop the ability to reconcile their own changing needs to those of society as a whole and select, in community, an appropriate program for further study.
 - Undertake their profession with the highest of ethical standards and integrity.
 - Demonstrate behaviour consistent with academic integrity and the ethic of educated Christians committed to using their learning for the good of their neighbour and to glorify God.

Minor – Physical Education

- I. Depth and Breadth of Knowledge
 - Understand some historical, philosophical and scientific foundations of Physical Education.
 - Understand how Physical Education has been shaped by historical forces, philosophical ideas and systems, and by religious commitments and worldviews that have shaped Western Culture.
 - Analyze current theories and practices through a reformed Christian lens.
 - Understand the structure and function of skeletal, muscular, and cardiorespiratory systems and the response to exercise of these systems.
 - Develop an introduction to training principles.
 - Demonstrate a basic understanding of how the different disciplines approach the human body, movement, performance, and health.
 - Demonstrate a basic knowledge of scientific literature and the ability to locate and retrieve such information on a specific topic relevant to Physical Education.
 - Gather and evaluate relevant information from a number of sources such as popular publications, scientific literature, academic works, and media.
 - Critically analyze arguments and develop and argue their own perspective.
 - An ability to extol the benefits of, and refute arguments against, healthy life choices.
- II. Knowledge and Methodologies
 - Discern philosophical and worldview assumptions imbedded in physical education such as evolution and creation, structuralism, feminism, dualism and reductionism, and ancient Greek philosophy and articulate in written and oral form how theories and methodologies are shaped by Worldview.
 - Discern the validity of some paradigms and concepts above and evaluate how these can be used with integrity within a Christian frame of reference.
 - Formulate arguments, develop solutions, demonstrate creative physical expressions, and bring healing to a broken world.
- III. Application of Knowledge
 - Apply theory and information to develop rationale and best practices for programs for fitness, sport, recreation, and health.
 - Demonstrate dexterity in making critical use of scholarly reviews and primary sources.
- IV. Communication Skills
 - Orally communicate information and arguments in presentations, class discussions, and practicums.
 - Communicate information, arguments, and analyses accurately and reliably through written projects and assignments, research papers, philosophical essays, and labs.
- V. Awareness of Limits of Knowledge
 - Understand that there are limits to our knowledge and ability, and appreciate the uncertainty and ambiguity of these limits.
 - Understand that techniques and knowledge at any given time are constantly changing and progressing and it is the responsibility of students to stay abreast of new information and advances in the field.
 - Understand the biblical hope that the end will finally reveal truth in the light of God.
- VI. Maturity and Professional Capacity
 - Employable in several recreation and sport-related fields and eager to serve their community and make good personal decisions regarding their role as members of society and God's disciples.
 - Develop the ability to reconcile their own changing needs to those of society as a whole.

- Undertake their profession with the highest of ethical standards and integrity.
- Demonstrate behaviour consistent with academic integrity and the ethic of educated Christians committed to using their learning for the good of their neighbour and to glorify God.

Minor – Coaching

- I. Depth and Breadth of Knowledge
 - Understand the structure and function of skeletal, muscular, and cardiorespiratory systems and the response to exercise of these systems.
 - Develop an introduction to training principles.
 - Demonstrate knowledge of prevention of injuries and acute treatment of injuries.
 - Demonstrate an understanding of key concepts, methodologies, and principles of coaching
 - Demonstrate an understanding of the knowledge required for prevention of injuries and acute treatment of injuries.
 - Demonstrate a basic understanding of how the different disciplines approach the human body, movement, performance, and health.
 - Demonstrate a basic knowledge of scientific literature and the ability to locate and retrieve such information on a specific topic relevant to Physical Education.
 - Gather and evaluate relevant information from a number of sources such as popular publications, scientific literature, academic works, and media.
- II. Knowledge and Methodologies
 - Discern philosophical and worldview assumptions imbedded in coaching theories, such as the Games approach, interactionist approach.
 - Discern the validity of some paradigms and concepts of coaching and evaluate how these can be used with integrity within a Christian frame of reference.
- III. Application of Knowledge
 - Apply theory and information to develop rationale and best practices for programs for fitness, sport, recreation, and health.
 - Use appropriate techniques to assess a coaching experience.
 - Make use of scholarly reviews and primary sources.
- IV. Communication Skills
 - Orally communicate information and arguments in presentations, class discussions, and practicums.
 - Communicate information, arguments, and analyses accurately and reliably through written projects and assignments, research papers, philosophical essays, and labs.
- V. Awareness of Limits of Knowledge
 - Understand that there are limits to our knowledge and ability, and appreciate the uncertainty and ambiguity of these limits.
 - Understand that techniques and knowledge at any given time are constantly changing and progressing and it is the responsibility of students to stay abreast of new information and advances in the field.
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 - Employable in several recreation and sport-related fields and eager to serve their community, work effectively with all populations, and make good personal decisions regarding their role as members of society and God's disciples.

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