

Human Kinetics

Combining theoretical foundations with practical experience, TWU delivers programs that care about the health and wellness of individuals and their communities.

The health of one is the health of all. Our approach to Sports & Culture is distinguished by our faith and a view that helping individuals maintain and/or rediscover healthy, active lives is to the benefit of the community at large.

Sport, health, and recreation play a crucial role in keeping our communities healthy and it represents a growing number of professional opportunities for Christian leaders to inspire their communities to get engaged and stay active. Our passionate and highly experienced faculty promotes academic excellence and hands on experience needed to pursue a fulfilling career path. Our smaller class sizes allow for integrated discussion among students and nurtures long standing relationships between classmates and teachers.

TWU's School of Human Kinetics is a certified training centre by the NSCA (The National Strength and Conditioning Association) and our faculty serve noted positions with the managing council of the Canadian Sports Psychology Association as well as the Board Canadian Sport Institute.

ID	COURSE	CREDITS
HKIN 100	HKIN 100 - Special Program 2022-2023	1
HKIN 101	HKIN 101 - Physical Conditioning 2022-2023	1
HKIN 102	HKIN 102 - Run for Fun 2022-2023	1
HKIN 103	HKIN 103 - Weight Training 2022-2023	1
HKIN 104	HKIN 104 - Fitness for Living (Women) 2022-2023	1
HKIN 105	HKIN 105 - Self-Defense for Women 2022-2023	1
HKIN 107	HKIN 107 - Advanced Weight Training 2022-2023	1

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HKIN 108	HKIN 108 - Martial Arts 2022-2023	1
HKIN 115	HKIN 115 - Swimming 2022-2023	1
HKIN 120	HKIN 120 - Rock Climbing 2022-2023	1
HKIN 121	<p>HKIN 121 - Hiking 2022-2023</p> <p>Students are introduced to a series of Saturday day hiking trips in the local area and will develop hiking skills and knowledge of technical skills. Spiritual and personal discipline within an outdoor environment is emphasized. Students will gain experience of planning and executing day hikes while keeping themselves and others safe.</p>	1
HKIN 131	<p>HKIN 131 - Track and Field 2022-2023</p> <p>Basic instruction and knowledge in track and field events; the recognition, analysis, and correction of common errors; skill refinements.</p>	1
HKIN 135	<p>HKIN 135 - Ropes Course 2022-2023</p> <p>Students will actively participate in ropes course training, become knowledgeable of safety issues, and develop expertise in an outdoor Ropes Course environment. Both low and high rope course elements will be utilized in providing physical activities and experiential learning focusing on developing trust, communication, and team work skills.</p>	1
HKIN 136	<p>HKIN 136 - Outdoor Pursuits I 2022-2023</p> <p>Students are introduced to a variety of outdoor recreational activities including: wilderness skills, knot tying, frisbee golf, TWU ropes course, and environmental stewardship. Seasonal activities may include kayaking and parkour. Activities are accessible, local, and increase awareness of natural environments, and one's personal health and fitness. Students will learn to engage in responsible ways of experiencing the outdoors.</p>	1
HKIN 137	HKIN 137 - Outdoor Pursuits II 2022-2023	1
HKIN 143	HKIN 143 - Badminton 2022-2023	1
HKIN 144	HKIN 144 - Tennis 2022-2023	1
HKIN 145	HKIN 145 - Golf 2022-2023	1
HKIN 161	HKIN 161 - Basketball 2022-2023	1

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HKIN 162	HKIN 162 - Volleyball 2022-2023	1
HKIN 163	HKIN 163 - Soccer 2022-2023	1
HKIN 191	HKIN 191 - Introduction to Exercise Physiology 2022-2023 Applied study of exercise factors: the cardiovascular system, anthropometry, nutrition, and environmental conditions. Emphasis on assessment and prescription in laboratory sessions.	3
HKIN 195	HKIN 195 - Foundations of Human Kinetics 2022-2023 An introductory overview of the fields of human kinetics and sport with an emphasis on the basic knowledge necessary for leadership positions or careers in these fields. Current issues and future developments. Integration of biblical perspectives in human kinetics and sport.	3
HKIN 201	HKIN 201 - Strength and Conditioning 2022-2023 An introduction to the fundamentals, techniques, and physiology of beginner and advanced strength training and conditioning. Individual differences in ability, experience and goals will be accounted for in the design, implementation, and maintenance of the student's personal program. Students will be equipped and encouraged to consider strength and conditioning training as a lifetime physical activity plan.	3
HKIN 202	HKIN 202 - Total Fitness for Women 2022-2023 An introduction to the fitness benefits and applications of fundamentals, techniques and physiology of strength and conditioning. Students will improve their level of general fitness throughout participation in a wide variety of activities and increase interest in maintaining personal fitness. Individual differences in ability, experience and goals will be accounted for in the design, implementation, and maintenance of the student's personal program. Students will participate in a combination of group and individual activities as well as practical application lectures.	3
HKIN 216	HKIN 216 - Journey: A TWU Outdoor Experience 2022-2023 Students will participate in an eight-day canoe trip in Wells Gray Provincial Park, in mid-August, where they will live in community, be self-sustaining and challenge themselves physically, emotionally, and spiritually. Preparation for the trip will include group meetings from April to July and two days of preparation and orientation on campus prior to leaving for the trip in August. Students will engage with a series of reading and written assignments based on the eight course principles. Those principles are well-being, resilience and preparation, compassion, pacing, perspective, self-reflection, experience, and (inter) connection.	3
HKIN 235	HKIN 235 - Climbing Pursuits 2022-2023 Students are introduced to the skills and knowledge required in recreational rock climbing for both indoor and outdoor climbing environments. Students will become knowledgeable of group facilitation, high ropes training, and safety issues while focusing on personal development, trust,	3

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	communication, and teamwork skills.	
HKIN 260	HKIN 260 - Physical Growth and Development 2022-2023 A study of developmental principles and theoretical approaches and issues related to the study of human growth and development and motor behaviour across the lifespan.	3
HKIN 266	HKIN 266 - Indoor Team Sports 2022-2023 An introduction to understanding and playing the indoor team sports of basketball and volleyball. Personal development of sport specific skills, offensive and defensive game strategies, teamwork, rules and recreational sport.	3
HKIN 276	HKIN 276 - Psycho-motor Learning 2022-2023 An examination of concepts and the practice of learning motor skills and a theoretical basis for developing effective motor skill learning and teaching strategies.	3
HKIN 277	HKIN 277 - Technological Applications in Human Kinetics and Recreation 2022-2023 A study of computers, technology, information systems, electronic research, communication, distance education, video conferencing, and specific software packages related to the sport and recreation domain.	3
HKIN 280	HKIN 280 - Foundations of Coaching 2022-2023 An introduction to the field of coaching, including the role of the coach, responsibilities from planning through evaluation, and relationships with the team and other groups. An analysis of problems and issues in coaching. NCCP theory certification is available.	3
HKIN 292	HKIN 292 - Social Determinations of Health and Physical Activity 2022-2023 An introductory course to the social determinants that influence the health of persons and communities, with partial emphasis on those determinants that influence physical activity engagement. (3-0; 0-0)	3
HKIN 298	HKIN 298 - Introduction to Biomechanics 2022-2023 An applied study of the mechanical, anatomical and biological components of human movement including sport and active daily living activities.	3
HKIN 303	HKIN 303 - Advanced Principles of Strength Training 2022-2023 Students experience an in-depth study of the theoretical foundations and practical applications of strength training and program development. This course focuses on the neuromuscular/biomechanical basis of strength training: adaptations to resistance training; systems of strength development; and program design variables.	3

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HKIN 320	<p>HKIN 320 - Management & Facilities 2022-2023</p> <p>This course is designed to give the student a broad understanding of recreational management and facilities management. Topics include: personnel management, fundraising, budgeting, public relations, promotion, use of volunteers, administration practices, legal requirements, facility planning, and parks management.</p>	3
HKIN 325	<p>HKIN 325 - Sociocultural and Philosophical Aspects of Sport and Leisure 2022-2023</p> <p>An examination of the sociological, cultural, and philosophical dynamics of sport and the way that sport has become a significant socializing agent of society and culture. Sport issues and controversies are explored in depth to assist the human kinetics practitioner in applying critical thinking and critical decision-making in the realm of sport and physical activity.</p>	3
HKIN 340	<p>HKIN 340 - Psychology of Sport and Exercise 2022-2023</p> <p>The need for and purpose of psychology in sport and physical activity. An examination of the research focusing on psychological and social psychological factors influencing athletic and motor performance.</p>	3
HKIN 342	<p>HKIN 342 - Dance Explorations 2022-2023</p> <p>Students are introduced to the theoretical and practical application of dance through technique, improvisation, and choreographic principles in order to develop a movement vocabulary. Emphasis will be given to teaching techniques and the choreographic process through the principles of design, space, dynamics and relationship of form to content. Students will be given a practical introduction to dance appropriate in physical education programs. Opportunity will be given to explore and develop movement as an expressive and artistic language through individual and group work. The class will draw on human experience, faith experience, music, story, parable and scripture as a jumping off point for improvisation. A philosophical and biblical foundation for the integration of movement in education will be examined. The concepts of context and intention will be explored through viewing, participating in, and analyzing various forms of dance.</p>	3
HKIN 350	<p>HKIN 350 - Teaching Physical Education 2022-2023</p> <p>Teaching methodology and curriculum for physical education instruction. An introduction to lesson planning, active living, movement skills, and safety, fair play, and leadership as it applies to students in a school physical education program.</p>	3
HKIN 351	<p>HKIN 351 - Leadership and Management in Human Kinetics 2022-2023</p> <p>An applied study of leadership, including planning, supervisory skills, and responsibilities related to instructional/intramural-recreational and intercollegiate human kinetics and sport programs.</p>	3
HKIN 372	<p>HKIN 372 - Athletic Injuries 2022-2023</p> <p>The theory and practice of the prevention, assessment, management, and rehabilitation of athletic injuries. Emergency care, nutrition, and taping skills.</p>	3

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HKIN 375	<p>HKIN 375 - Research Methods 2022-2023</p> <p>An introduction to research and measurement in sport and human kinetics. Emphasis is placed on practical application of research techniques and designs as well as measurement techniques related to a variety of sport and human kinetics settings.</p>	3
HKIN 396	<p>HKIN 396 - The Olympic Games Movement 2022-2023</p>	3
HKIN 420	<p>HKIN 420 - Sports Nutrition 2022-2023</p> <p>The analysis and application of sport nutrition. Emphasis is placed on nutrition, supplementation, and ergogenics most appropriate to sport and exercise performance.</p>	3
HKIN 440	<p>HKIN 440 - Applied Mental Skills in Sport and Fitness 2022-2023</p> <p>The direct application of select mental skills to sport and physical activity. A strong emphasis is placed on how to apply mental skills in a variety of settings.</p>	3
HKIN 446	<p>HKIN 446 - Advanced Human Anatomy 2022-2023</p> <p>An in depth study of human anatomy with a focus on the appendicular and axial skeleton and upper and lower body muscle: identification, origin, insertion and function, vascular and neural supply, surface anatomy and joint structure.</p>	3
HKIN 453	<p>HKIN 453 - Adapted Physical Activity 2022-2023</p> <p>Students will gain an understanding of the biopsychosocial considerations and environmental modifications required to facilitate quality physical activity participation for individuals with various physical and/or mental impairments. (3-0; 0-0)</p>	3
HKIN 475	<p>HKIN 475 - Clinical Exercise Physiology 2022-2023</p> <p>A study of the clinical aspects of exercise physiology by examining the relationship between exercise and chronic disease. Cardiorespiratory, metabolic, neuromuscular, immunological, and musculoskeletal conditions are explored with respect to physiology, pathophysiology, and pharmacotherapy along with exercise testing, prescription, safety, and programming issues. (0-0;3-0)</p>	3
HKIN 492	<p>HKIN 492 - Health Promotion 2022-2023</p> <p>An in-depth study of the concept of health promotion including strategies and skill development for its application and implementation. Key areas include population health, chronic disease epidemiology, health behavior change theories, health education, health messaging and program planning</p>	3
HKIN 495	<p>HKIN 495 - Senior Seminar 2022-2023</p> <p>A course offered on topics of current interest in sport performance and human kinetics. Under</p>	3

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	supervision of faculty, students conduct a careful review of the literature on a topic of their choice and prepare a substantial paper. Final student papers are presented in the form of an oral presentation.	