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Kinesiology at Windsor



Why Windsor is
the Right Choice

*the degree
that works*



UNIVERSITY OF
WINDSOR

KINESIOLOGY AT WINDSOR

A NATION-WIDE LEADER

From its creation as a School of Physical and Health Education in the mid 1960s, through its development of one of the very first Faculties of Human Kinetics in the British Commonwealth a few years later, the University of Windsor has been a nation-wide leader in this field.



“Kinesiology at Windsor was my first choice! The program quality is excellent, the professors are helpful and challenging and the students are like family. Human Kinetics has provided me with the tools that I need to succeed in the future.”

*Katie Lynn,
Third-Year Human Kinetics Student*

The Department of Kinesiology, part of the Faculty of Human Kinetics, offers academic programs recognized locally, nationally, and internationally as being second to none. Students from all over the world apply for limited spots in our undergraduate and graduate programs.

At the University of Windsor, Kinesiology is regarded as a broad based, multi-disciplinary academic area. Undergraduate students are exposed to a breadth of courses and experiences during their first two years which gives them the required knowledge to select a major for intensive study during their final two years.

Becoming a part of the “Kinesiology Family” opens up unparalleled opportunities in co-operative education, exchange programs, and experiential learning activities. The kinesiology graduate is well-equipped for further studies in professional programs or graduate schools, or for direct entry into a variety of careers. Since 1965, more than 2,000 kinesiology students have graduated from the University of Windsor.

The diversity of career choice for our graduates is staggering. From a NASA flight engineer, scientists, medical doctors, lawyers, teachers, chiropractors, physiotherapists, ergonomists, and massage therapists to recreation directors, fitness directors, directors of provincial and national sports organizations, sports marketing specialists, and private business owners, kinesiology graduates have done it all successfully and with distinction. Kinesiology at Windsor truly does provide “the degree that works.”

Cutting-edge programs, small classes, outstanding facilities, caring faculty, and terrific support staff make the Kinesiology family at the University of Windsor a great choice for students interested in this field of study. If you are a top high school student interested in the study of human movement we welcome your application.



A Human Kinetics Building
B St. Denis Athletic & Community Centre

OUR FACILITIES

The Department of Kinesiology is housed in the Faculty of Human Kinetics building. Our facilities for both teaching and research are first-rate and undergo constant review to ensure regular updating to modern standards. We have “state-of-the-art” teaching facilities and smooth functioning labs in areas such as: Biomechanics, Ergonomics, Exercise Physiology, Motor Control, and Motor Development. Our modern, 30-station, computer lab provides “cutting-edge” computer technology for use by all kinesiology students.

OUR PROGRAM

Kinesiology at the University of Windsor is an elite program with a program cap of approximately 150 entering students each year. Applicants should have completed at least six grade 12 courses including both English and Biology.

Each year, several hundred aspiring kinesiologists apply for admission. Typically, the minimum average required for admission is in the 75 to 80 per cent range. We welcome applications from top high school students interested in a challenging, dynamic program of study leading to a variety of interesting and profitable career options.

An honours degree in Human Kinetics (BHK) is earned by completing a 40-course program in the Department of Kinesiology. During the first two years, students complete a “common core” of 13 required courses in a broad range of sub-disciplinary areas. In addition, they will take seven non-kinesiology options from other departments in the Faculties of Science, Arts and Social Science, Business, Engineering, and Nursing. The required courses in the “core” program include:

Year 1

- Sport Psychology
- Sport History
- Functional Anatomy
- Human Performance
- Sport Sociology
- Biomechanics
- Human Physiology

Year 2

- Measurement and Evaluation
- Philosophy of Sport
- Physiology of Fitness
- Sport Management
- Research Design
- Growth and Development

Upon completion of the first two years, students select a major. Currently, major choices include Movement Science and Leisure and Sport Management. Each major requires the completion of 12 additional Kinesiology “major” courses selected from a list of 18 offered courses in that area. In addition, students must complete eight options in the major program selected, with some restrictions, from both Kinesiology and other departments. The combination of required and option courses is flexible enough to allow students to prepare for further studies or for direct entry into the workplace in a wide variety of areas.

Movement Science

Movement Science is the field of science as it relates to human activity. It involves the biomechanics of movement, motor development and memory, exercise physiology, anatomy, ergonomics and motor control. Students who choose this specialty are equipped with the skills for such positions as therapist, athletic trainer, ergonomic specialist, and kinesiologist.

Leisure and Sport Management

Leisure and Sport Management prepares students for employment opportunities related to the administration of leisure, sport and physical activity programs. Upon graduation, students assume positions as sport managers with various sport governing bodies, in sport marketing, and with professional organizations.

Year 3 and 4

Movement Science Courses

- Use/Abuse Drug
- Movement Science Internship
- Motor Control
- Applied Sport Psychology
- Physiology of Exercise
- Human Factors
- Biomechanics of Human Locomotion
- Neurophysiology
- Special Populations
- Fitness and Health Psychology
- Scientific Basis of Conditioning
- Movement for Young Children
- Perceptual Motor Development
- Cardiovascular Physiology
- Ergonomics
- Athletic Injuries/Therapy
- Advanced Biomechanics

Leisure and Sport Management Courses

- Principles of Coaching
- Sport Management Internship
- Psychology Leisure
- Co-operation and Conflict in Sport
- Sport Marketing
- Organizational Behaviour
- Strategic Planning
- Sport Economics
- History Leisure Canada
- Sport and Law
- Sport and Government
- Gender Issues
- Special Populations
- Ethics in Sports
- Fitness/Health Psychology
- Social Construction of Leisure



OUR FACULTY

The University of Windsor boasts an impressive research-oriented faculty, including specialists in a variety of kinesiology sub-disciplines.

- Dr. David Andrews
Biomechanics/Ergonomics
- Dr. Robert Boucher
Sport Management
- Dr. Krista Chandler
Sport Psychology
- Dr. Marjery Holman
Sport Management
- Dr. Jennifer Jakobi (at left)
Exercise Physiology
- Dr. Kenji Kenno
Exercise Physiology
- Dr. Marliese Kimmerle
Motor Development and Performance
- Dr. Wayne Marino
Sport Biomechanics
- Dr. Scott Martyn
Sport History
- Dr. Alan Metcalfe (professor emeritus)
Sport History
- Dr. Richard Moriarty (professor emeritus)
Sport Management
- Dr. Victoria Paraschak
Sport Sociology
- Dr. James Potvin
Biomechanics/Ergonomics
- Dr. Michael Salter (associate vice-president)
Sport History/Anthropology
- Dr. Marijke Taks
Sport Management
- Dr. Patricia Weir
Motor Control



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KODAK E100SW

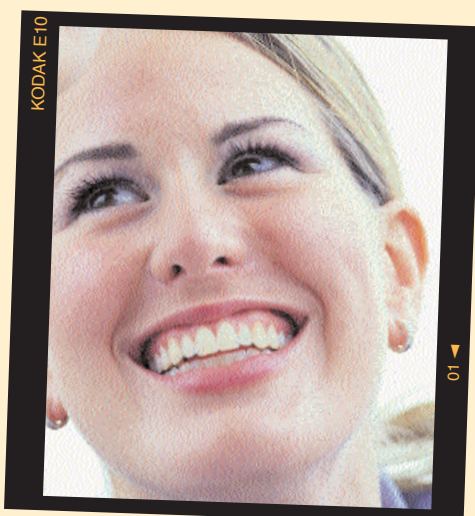
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11 ◀

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13 ◀

OPPORTUNITIES IN KINESIOLOGY



"I realized early on that university is about reaching for – and even beyond – your academic and personal goals."

*Maria Tambakis
Third-year Kinesiology Co-op Student*

Co-op Opportunities

The Human Kinetics Co-op Program at the University of Windsor is one of only three such programs in Ontario. Demanding admission requirements ensure the excellence of our students. Approximately 75 of our 450 Human Kinetics students participate in Co-op programs.

Admission Process

Students who are admitted to the Human Kinetics Co-op Program typically have achieved above-average academic grades in both high school and their first year of university. In addition, most have relevant previous volunteer and work experience. Admission is based on an application and interview process.

Salary

Average salary information by year:

| | | |
|---------------|------------|------------|
| 1st work term | \$8.95/hr | \$358/week |
| 2nd work term | \$10.20/hr | \$408/week |
| 3rd work term | \$10.50/hr | \$420/week |
| 4th work term | \$11.50/hr | \$460/week |

Kinesiology Co-op Placements

Movement Science-Related Positions

- Assistant Recreation Coordinator
- Athletic Coordinator
- Chiropractic Assistant
- Ergonomist
- Exercise Therapist
- Health and Safety Coordinator/Consultant
- Kinesiology Assistant
- Operations Assistant
- Personal Trainer
- Physiotherapy Support Person
- Research Assistant
- Safety Auditor
- Special Needs Assistant
- Student Kinesiologist
- Student Therapist

Leisure and Sports Management-Related Positions

- Administrative Assistant
- Assistant Camp Administrator
- Athletic Therapy Assistant
- Event Coordinator
- Geriatric Facilities Manager
- Fitness Trainer
- Health Promotions Coordinator
- Marketing Research Assistant
- Marketing/Fundraising Specialist
- Program Coordinator
- Sports Marketing/Event Management

Broaden Your Horizons

Opportunities abound for Kinesiology students at the University of Windsor. We have student exchange programs to the United States, Australia, and the Netherlands among others. Many of our students participate in career-related internship courses which count for academic credit and allow students to get valuable experience in various areas of Kinesiology. Others have interesting part time jobs, on campus, working in sport and recreation, cardiac rehabilitation, facilities management, athletic training or research. Some of our outstanding senior students are offered teaching assistantships to work with faculty members in many academic areas.

Kinesiology students are among the leaders, campus-wide, in earning both entrance and continuing scholarships and bursaries. Since 2000, Kinesiology students have earned hundreds of thousands of dollars per year in academic awards.

CAREERS

Since 1965, more than 2,000 kinesiology students have graduated from the University of Windsor and excelled in a diversity of careers from physiotherapy and medicine to sports marketing and management. Many have gone on to professional or graduate schools.

Chuck Smith

Reg. Physiotherapist

“Being part of a team means that you learn how to get along with people and that takes you to the next level whether it be in teaching, coaching, sports medicine, or injury rehabilitation.”

Steve Radovich

Chiropractor

“Go out and see the different people who have Human Kinetics degrees and see how they have taken those degrees into both traditional and non-traditional careers.”

Geoff Astles

Reg. Massage Therapist

“The Kinesiology program is a really good foundation for the next level whether that be in the business administration field, the health sciences field, or the education field.”

Gerald Hlady

Secondary School Teacher

“My advice to current and future Kinesiology students is to get involved. Don’t wait for things to happen to you; go out there and make things happen.”



“Think outside the box! There are so many different things you can do with the skills you learn in Kinesiology. They will all benefit you no matter what profession you choose.”

*Robin Cooper
Health Promotion Specialist
Windsor-Essex County Health Unit*

Some Interesting Careers

Graduates of the Department of Kinesiology and its predecessors are employed in literally hundreds of different careers.

- Cheri Bacon
*Ergonomics Specialist,
Workers Compensation Board of Ontario*
- Sefu Barnard
*Public Affairs Specialist,
Maple Leaf Sports and Entertainment*
- Graham Brown
Executive Director, Ontario Rugby Association
- Michelle Colley
Lawyer, Calgary
- Rich Coughlin
President, Proactive Ergonomics
- Jim Dowling
*Professor of Biomechanics,
McMaster University*
- Ian Ellis
*Director of Game Day Operations,
Saginaw Spirit*
- Paul Fixter
*Head Coach, Hershey Bears
(American Hockey League)*
- Janice Forsyth
Executive Director, Leadership Windsor

- Andrew Fourney
*Director of Hockey Operations,
Huron Hockey Schools*
- Dave Gotts
VP Special Programs, Lambton College
- Scott Hillman
Professional Hockey Player, IHL
- Mike Janisse
*Promotions Specialist, Windsor-Essex
County Health Unit*
- Joe Kantor
*Marketing Manager,
Ontario Tennis Association*
- Dwain Lewis
Group Sales Manager, Detroit Tigers, Detroit
- Peter Leyser
Marketing Director, Golfmax Canada
- Chad London
Chair of PE and Rec. Studies, Mt. Royal College
- Tim Phelan
Director of Marketing for Nike, North America
- Rob Pula
*Kinesiologist, co-owner of Kinetic Konnection,
Windsor*

- Karen Regier
*Head of Educational Services,
University Hospital, London*
- Jake Rondot
Program Manager, Basketball Ontario
- Dino Sbrocca
Echocardiography Technician, Windsor
- Andrew Smith
*Professor of Biomechanics,
University of Auckland*
- Sharon Squire
Senior Consultant, Sport Canada, Ottawa
- Andrea Steen
Medical Doctor, Windsor
- Qian Tang
*Chief of Section for Technical and Vocational
Education – UNESCO, Paris, France*
- James Wawrow
Chiropractor, Nautical Mile Chiropractic
- Sheila Whelan
Flight Physiologist, NASA, Houston
- Don Wilson
Director of Athletics, University of Calgary



CONTACT INFORMATION

OFFICE OF LIAISON AND STUDENT RECRUITMENT

Admissions and Campus Tours: (519) 973-7014

Toll free in Canada and the U.S.: (800) 864-2860

Fax: (519) 561-1428

E-mail: liaison@uwindsor.ca

CAMPUS TOURS

Weekdays at 1 p.m. (except holidays,
and during December and April)

Saturdays at 1 p.m. (during October,
November, March, and May)

Call us two weeks in advance of
your planned visit at: (519) 973-7014

Toll free in Canada and the U.S.: (800) 864-2860

E-mail: liaison@uwindsor.ca

Or, book your tour on-line at: www.uwindsor.ca/liaison

DEPARTMENT OF KINESIOLOGY

(519) 253-3000 Ext. 2429

E-mail: HK@uwindsor.ca

Website: www.uwindsor.ca/kinesiology

ON THE COVER

*Left to right: Tara Arnold, Katie Lynn and Greg Stewart,
Kinesiology Students*