

# KINESIOLOGY AND HEALTH STUDIES

## School Notes

*Subject Code for Health Studies:* **HLTH**

*Subject Code for Kinesiology and Physical Education:* **KNPE**

*World Wide Web Address:* <https://skhs.queensu.ca/>

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## Overview

The School of Kinesiology and Health Studies offers a range of Program and Plan options to students in Arts and Science:

The **Kinesiology Specialization** Plan is a multi-disciplinary program that focuses on human movement in the applied exercise-science fields of study such as biomechanics, motor control, exercise physiology, and physical activity epidemiology. While the Plan is primarily science-based, students also learn about human movement in the context of exercise and sport psychology, health promotion, and socio-cultural studies of sport, the body, and physical activity. The B.Sc.(Hons.) Kinesiology Plan has been designed to meet the minimum accreditation standards for Kinesiology programs accredited by the Canadian Council of University Physical Education and Kinesiology Administrators (CCUPEKA). Admission to the Kinesiology Specialization Plan, leading to a Bachelor of Science (Honours) degree, is by direct-entry from high school.

The **Health Studies** Plan is a social science concentration that strives to understand the complex factors that influence physical, mental and social health and well-being. Drawing largely from social science disciplines, students learn about the social determinants of health, approaches to health promotion, health policy, health behaviour change, epidemiology, and program planning and evaluation. Students also explore socio-cultural studies of the body and health to think critically about health in relation to social justice and systems of

power and oppression. Specialization, Major (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-major-arts-ba-honours/>), Minor (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-minor-arts/>), and General (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-general-arts-ba/>) Plans in Health Studies are all available, leading to a Bachelor of Arts (Honours) degree, with admission based on first-year standing and grade in the foundational social determinants of health course (HLTH 101).

## School Policies

### Special Fee for Course in Kinesiology and Health Studies

In addition to tuition, students registering in KNPE 338 will pay a nominal additional fee (varies by year) in order to defray the costs involved in offering this course. Consult the School of Kinesiology and Health Studies for details.

## Advice to Students

Students in a Health Studies Plan may access KNPE 125, KNPE 225, KNPE 251, KNPE 265, KNPE 335, KNPE 336, KNPE 337, KNPE 338, KNPE 365, KNPE 366, KNPE 400, KNPE 433, KNPE 436 and KNPE 450.

All other KNPE courses are only open to students registered in a Kinesiology Specialization Plan (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/kinesiology-specialization-science-bs-honours/>).

## Admission

Students wishing to enrol in Health Studies Specialization, Major (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-major-arts-ba-honours/>), Minor (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-minor-arts/>) or General (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/health-studies-general-arts-ba/>) Plans follow the standard Arts and Science admission regulations, normally applying to these Plans at the end of first year.

Admission to the Kinesiology Specialization Plan within the Bachelor of Science (Honours) Program is by direct-



entry; students apply from high school directly to the Ontario Universities' Application Centre for access to this program. Once admitted, the student will be automatically enrolled in the Kinesiology Specialization Plan (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/kinesiology-specialization-science-bs-honours/>).

The Bachelor of Science – Kinesiology General Plan (<https://queensu-ca-public.courseleaf.com/arts-science/schools-departments-programs/kinesiology-health-studies/kinesiology-general-science-bs/>) is a graduation credentials only available to students who are otherwise unable to complete the corresponding Honours Specialization Program/Plan.