

A close-up photograph of a person's legs and hands on a stationary bike. The person is wearing black shorts and white socks. The bike is white with blue handlebars and has the brand name 'Peak' and 'E. MONARK' visible. A heat map overlay is applied to the person's right leg, showing a gradient from red (hot) to yellow (warm) to green (cool).

KINESIOLOGY



UNIVERSITY OF
SASKATCHEWAN

INTERESTED IN THE ART AND SCIENCE OF HUMAN MOVEMENT?



If you believe that physical activity is an important part of living a healthy, well-rounded life and you want a career that could go in many different directions, kinesiology may be the right fit for you!

Kinesiology graduates enjoy careers in health professions, teaching or coaching, program planning and recreation, and share their love of physical activity by working with children, adults, seniors or athletes.

Why kinesiology at uSask?

Kinesiology at the University of Saskatchewan (uSask) takes a holistic approach, covering many areas of study, such as exercise physiology, gross anatomy, biomechanics, motor learning and control, growth and development, psychology and ethics.

As a kinesiology student at uSask, you will attend classes in a modern, state-of-the-art facility. The \$33-million Physical Activity Complex (PAC) contains a triple gymnasium, rock climbing wall, top-of-the-line fitness centre, swimming pool, leading-edge laboratory equipment and more.

The PAC is also home to our Campus Recreation program for intramural sports and offers the highest number of student employment opportunities on campus in areas including Huskie Athletics, aquatics, sports camps, fitness programs, instructional programs and other community services.



What is kinesiology?

Kinesiology is the scientific study of the body in movement. It involves the understanding of how and why people move and the factors that limit and enhance our capacity for movement.

OUR PROGRAMS



Exercise and Sport Studies

BACHELOR OF SCIENCE IN KINESIOLOGY [B.SC.(KIN.)]

This study route provides you with the opportunity to pursue many sub-fields, including physiology, anatomy, health, sport administration and health psychology.

In our Bachelor of Science in Kinesiology program, you will have the opportunity to make theory come alive through practice and experiential learning, as you prepare for one of many careers in a variety of fields.



Combined Kinesiology/ Education

BACHELOR OF SCIENCE IN KINESIOLOGY/BACHELOR OF EDUCATION [B.SC. (KIN.)/B.ED.]

This five-year program is designed for students who intend to teach physical education at the secondary level. The benefit of this combined degree is that you will graduate with a very concentrated knowledge of the physical education teaching area and will be comfortable teaching almost immediately due to this intense preparation.

To earn this degree, you will begin your studies at uSask in the College of Kinesiology, completing three years of required courses in the kinesiology portion of the combined program, before applying to the College of Education. Once accepted, you will complete an additional two years and graduate with a Bachelor of Science in Kinesiology/ Bachelor of Education degree.



Honours Program

Our honours program is for students with a minimum 75% average in their first three years of university classes.

Students interested in pursuing research and/or exploring graduate studies are advised to consider this route.



Minors

Enhance your degree with a focus in one of two minors: entrepreneurship or nutrition.

You can begin our programs at an off-campus site through a satellite campus or regional partner.

admissions.usask.ca.



Accredited advantage

The kinesiology program at the University of Saskatchewan is accredited through the Canadian Council of University Physical Education and Kinesiology Administrators. This organization represents the administrators of physical education and kinesiology programs at universities in Canada and serves as the accrediting body for physical education and kinesiology programs at Canadian universities.

YOUR CAREER OPTIONS



HEALTH EDUCATION AND PHYSICAL EDUCATION

- Classroom teacher
- Curriculum designer
- Education consultant
- Coach



HEALTH, FITNESS AND REHABILITATION

- Certified fitness appraiser
- Athletic therapist
- Strength and conditioning coach
- Activity coordinator



CARDIAC REHABILITATION

- Chronic disease health specialist
- Rehabilitation



RECREATION AND SPORTS ADMINISTRATION

- Sports/recreation facility manager
- Youth program coordinator
- Sport consultant
- Ecotourism/outdoor recreation leader
- Sport marketing director



KINESIOLOGY

- Professional kinesiologist
- Exercise therapist
- Health and fitness coordinator
- Exercise physiologist
- Professional fitness and lifestyle consultant



HIGH PERFORMANCE ATHLETES

- Elite athletes
- Professional teams

The flexibility of our program is also beneficial to those interested in pursuing a second degree in these areas, and others:

- chiropractic
- medicine
- nursing
- occupational therapy
- physical therapy (physiotherapy)
- public health



Practical learning

Kinesiology practicum programs are fourth-year classes that are available as electives to students. Interested in physical rehabilitation? Check out the practicum involving cardiac rehab for pre-diabetic, post-stroke or post-cardiac incident clients. The Athlete Health Practicum is perfect for those Huskie fans that are interested in working as a student trainer for a team. As you enter your fourth year, there are several courses, including practical experiences outside of the college, that may interest you. Practicum experience is available in athletic therapy, adult fitness management, business and cardiac rehabilitation.

YOUR USASK EXPERIENCE



Outstanding faculty

In the College of Kinesiology, we have award-winning faculty doing amazing research and, to top it all off, they are great teachers, too. You will find that the relationship between students, staff and faculty is close-knit, and the best interest of students is the top priority of the college.

Experiential learning

Students in the College of Kinesiology are given many opportunities for practical and hands-on learning. There are many lab experiences within kinesiology classes that will provide you with this hands-on experience. In addition, outstanding laboratory facilities and access to undergraduate research opportunities give our program a competitive edge. Practicum experience in athletic therapy, adult fitness management, business and cardiac rehabilitation are available as you enter your fourth year, or preview the academic research world through the One Credit Research Experience. The College of Kinesiology also has a Community Service Learning opportunity for our students.

Student exchange

The College of Kinesiology participates in an exchange program with the University of Queensland in Brisbane, Australia.

Getting involved

Students on the Kinesiology Student Society (KiSS) council are elected by their fellow students and act as strong advocates for the College of Kinesiology, the University of Saskatchewan and the Saskatoon community as a whole.

KiSS organizes many fundraising campaigns, such as the Annual Road Hockey Tournament, where students, staff and faculty assemble teams for a little friendly competition and to raise money for a deserving Saskatoon charity.

Other activities that take place throughout the year ensure students have many opportunities to connect and become part of the campus community, especially new students beginning their studies here in the fall.



Kin Life – Learn Work Play

Kin Life is a program designed to provide an experiential learning continuum for students as they work towards their degree. It is intended to be a collaborative effort connecting all areas within the College of Kinesiology (Academic, Recreation Services, Campus Recreation, Huskie Athletics) to provide training, educational opportunities, seminars and practical learning opportunities.

Kin Life engages all members of the college—students, faculty and staff—to identify gaps in learning and provide appropriate resources as our students move through their academic pursuits and prepare themselves for the career phase of their lives.

READY TO APPLY?



Admission requirements

In general, to gain admission to the College of Kinesiology, you will need the following:

- Graduation from high school or secondary-level standing
- The appropriate five-subject admission average
- The following required subjects:
 - Mathematics
 - Biology
 - Chemistry or Physics
- English language proficiency

Admission overview

Admission to the College of Kinesiology is based on a competitive ranking, meaning applicants are ranked by their admission average and spaces are offered to the top applicants.

Early admission

Eligible applicants who apply, pay the application fee and submit transcripts and other admission documents by December 1 and have an admission average of 90%+ will be offered early admission.

Competitive ranking-based admission

Applicants who do not meet the early admission average or who apply between December 1 and the final application deadline, February 15, will be ranked competitively by admission average and spaces will be offered to the top applicants.

Aboriginal equity seats

Each year, five seats (direct-entry or transfer entry) are designated for students of Canadian Aboriginal descent. Applicants are considered first in the general pool of applicants and, if not admissible in the competitive ranking, will compete for the five reserved equity seats based on:

- Admission average
 - Must be within 5% of the lowest admission average of students admitted in the direct-entry or transfer pool
- Proof of Aboriginal ancestry

Students admitted to an equity seat are restricted in their first year to a maximum of 12 credit units per term and must meet with the manager of Undergraduate Student Academic Services in the college.

Find up-to-date and province-specific admission requirements online at:

admissions.usask.ca.



Learning Communities

Imagine walking into your first-year classes and already knowing a whole network of friends you can rely on for everything from note-swapping to friendship. The College of Kinesiology offers its first-year students the opportunity to join a Learning Community, which is a group of first-year students taking a common set of three classes. Learning Communities students meet once a week outside of the classroom, and are supported by peer mentors, the college, their professors, alumni and Student Learning Services. Watch for more information about Learning Communities once you are admitted to our college.

ADMISSIONS. USASK.CA



UNIVERSITY OF SASKATCHEWAN

College of Kinesiology

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