KNES2 – Kinesiology Diploma

Health and Human Services

Effective Term & Year: Fall 2022
Program Outline Review Date: 2025-03-01

Program Area: Health

Description:

The Kinesiology Certificate and Diploma programs are the ideal option if you enjoy learning about the science of the body and human movement or are pursuing a career as a fitness instructor, personal trainer, an athletic trainer or coach, a physical therapist, a practicing kinesiologist, sports psychology consultant or a teacher (further post-secondary education may be required). Students who complete two full years of study may transfer into third year studies at select post-secondary institutions in BC and Alberta. In addition, students have opportunities to receive additional industry required credentials within the various courses in the Kinesiology program.

Program Information:

Industry Credentials:

Students in the diploma program may have the opportunity to obtain industry certifications such as:

- Canadian Society for Exercise Physiology (CSEP) – Certified Personal Trainer (CPT)
- Canadian Fitness Education Services – (CFES) Fitness Knowledge
- CFES Weight Training Instructor 1
- National Coaching Certification Program (NCCP) Modules
- CPR-C and Emergency First Aid
- SportMedBC Sports Aid Certificate

Credentials Granted:

Students can be admitted into a one-year certificate program or a two-year diploma program. Students in the two-year diploma program may be awarded a certificate after completing all first-year requirements of the diploma program.

The Kinesiology Program Diploma is awarded on successful completion of all requirements of the diploma program. (60 credits)

Minimum Course Grade: A minimum grade of D

Program Average: A minimum program grade point average of 2.0/10 (C- average)

Delivery Methods: On-Campus (Face-to-Face), Blended (Hybrid)

Credits: 60

Admission Requirements:

- Complete all of the following
  - Earned a minimum grade of C+ (65%) in at least 1 of the following:
    - ENST 12 – English Studies 12
    - ENFP 12 – English First Peoples 12
    - ENGL090 – English – Provincial Level
  - Completed at least 1 of the following:
    - FOM 11 – Foundations of Mathematics 11
    - PREC 11 – Pre-Calculus 11
    - PREC 12 – Pre-Calculus 12
    - CALC 12 – Calculus 12
    - MATH080 – Mathematics – Advanced Level
  - To take BIOL 101 either BIOL 090, Biology 12, Anatomy & Physiology 12, or equivalent is required.
  - Minimum 65% in Anatomy and Physiology 12 is required to take KNES 200 without taking KNES 190.
  - Either Anatomy & Physiology 12, or Life Sciences 11 is required to take KNES 205 without taking KNES 190/KNES 200 or BIOL 181/101.

Non-Academic Admission Requirements:

Students must submit the Get Active Questionnaire (GAQ), documenting medical clearance for participation in unrestricted physical activity or for participation in progressive physical activity with special limitations or exclusions. Any positive (YES) responses on the GAQ will require Physician Clearance prior to physical activity participation.

Applicants are advised that students in this program engage in moderate to vigorous physical activity as part of their laboratory practice in a variety of courses. Students will act both as physical activity leaders and participants.

Students may be required to travel to off-campus fitness and recreation facilities in the local area, and will require appropriate transportation. College of the Rockies students have access to public transportation covered by the student fees they pay to the College.

Program Completion Requirements:

Kinesiology Certificate Program
30 Total Credits

- Complete all of the following
  Fall Semester
  - Completed the following:
    - KNES104 – Introduction to Personal Health And Wellbeing (3)
    - KNES163 – Physical Literacy for Life (3)
    - KNES190 – Basic Human Anatomy (3)
  - Completed at least 1 of the following:
    - ENGL100 – English Composition (3)
    - ENGL101 – Introduction to Poetry and Drama (3)
  - Completed at least 1 of the following:
    - PSYC101 – Introduction to Psychology 1 (3)
    - BIOL101 – Introduction to Biology 1 (3)

  Winter Semester
  - Completed the following:
    - KNES102 – Introduction to Motor Skill Acquisition (3)
    - KNES103 – Introduction to Biomechanics (3)
    - KNES110 – Foundations of Exercise and Physical Fitness (3)
    - KNES201 – Sport and Health Policy in Canada (3)
  - Completed at least 1 of the following:
    - PSYC102 – Introduction to Psychology 2 (3)
    - BIOL102 – Introduction to Biology 2 (3)

Kinesiology Diploma Program
30 Total Credits

- Complete all of the following
  Fall Semester
  - Completed the following:
    - KNES200 – Functional Anatomy & Physiology 1 (3)
    - KNES204 – Psychology of Sport and Exercise (3)
    - KNES209 – Research Methods and Inquiry in Kinesiology and Health Sciences (3)

    - KNES206 – Introduction to Exercise Physiology (3)
- Completed at least 1 courses from the following:
- Humanities
- Sciences
- Lab Sciences
- Fine Arts
- Kinesiology
- Elective 100 or 200 level
  Winter Semester
- Completed the following:
    - KNES203 – Introduction to Athletic Injuries (3)
    - KNES202 – Physical Growth and Human Development (3)
    - KNES205 – Nutrition (3)
    - KNES210 – Functional Anatomy and Physiology 2 (3)
- Complete all of the following
    - Completed at least 1 courses from the following:
    - Humanities
    - Sciences
    - Lab Sciences
    - Fine Arts
    - Kinesiology
    - KNES 270 or Elective 100 or 200 level.

Grand Total Credits: 60

Program Completion Requirements Notes:

A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

***Note:** Students wishing to attempt the external certification exams and become a Canadian Society of Exercise Physiology-Certified Personal Trainer (CSEP-CPT) must take KNES 270 and complete the kinesiology diploma.

If a student’s goal is to get the diploma in two consecutive years, then they should follow the prescribed course sequences as presented above for each semester. There are no guarantees that a course will be available without schedule conflict if a student takes courses out of the prescribed order.

Electives should be chosen according to further post-secondary requirements or career/personal interest. For example, STAT 106 is required in some Kinesiology degree programs.

Each elective must be a university transferable, 3 credit course.

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Program Transfer Credit:

For information about block transfer agreements between programs in British Columbia, Alberta, and elsewhere, please visit http://www.cotr.bc.ca/transfer.

To minimize transfer issues, check with an academic advisor at the institution that will receive the transfer credits.

Academic Policies:

College of the Rockies policies related to courses can be found at https://cotr.bc.ca/about-us/college-policies/ and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.4.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

Program Changes:

Information contained in this program outline is correct at the time of publication. Courses and course content may be revised from time to time based on changing educational, employment and marketing needs. The timetable may also be revised.

Course Descriptions: Refer to Course Outlines – https://outlines.cotr.bc.ca/course/