

KPE308H1: Critical Sport Policy and Praxis

This course explores the politics of sport policy development and the processes by which such policies are enacted, embodied, and experienced in sport and physical cultures. Drawing from a myriad of approaches within the critical cannon, students will examine the impact and effects of sport policy and governance within a wide variety of topics that include, but are not limited to, diverse populations of sport participants (including Indigenous and Black athletes, Paralympic athletes, and athletes who identify as LGBTQIA2S+); sporting environments, sustainability, and climate change; doping; sexual violence; and athlete maltreatment. Students will learn how to utilize critical theory to understand, manage, limit, and eradicate sporting injustices.

Pre-requisites: KPE 200

KPE329H1: Developing Physical Literacy Foundations in the Early Years

COURSE DESCRIPTION: This course is founded on the belief that if we give children the opportunity to engage in developmentally appropriate physical activities, at the appropriate time in their development, then more of them will develop foundational movement skills that will enable them to enjoy being active and to stay active throughout their lives. To this end, the building blocks for the development of physical literacy in children 0-5 years old will be examined in detail, with a focus on the preschool years. The pedagogy of physical activity experiences for this population will be explored through topics such as developmental milestones and needs, foundational movement patterns and motor skills and lesson planning. Students will also have the opportunity to explore some Special Topics that are unique to the development of physical literacy foundations in the early years.

Note: In the past, students enrolled in KPE 329 were required to obtain a valid Police Record Check as tutorials involved teaching preschool children. However, this course has been changed to an online platform with no in-person tutorials. As such, students DO NOT NEED to obtain Police Record Checks.

Pre-Requisites: KPE 160H/PHE 104H, KPE 261H/PHE 204H

Co-Requisites: None

KPE372H1: Injury and Orthopaedic Biomechanics

COURSE DESCRIPTION: This course is designed to expose students to the theory and application of injury and orthopaedic biomechanics. We will explore and quantify the underlying mechanics and behavior of musculoskeletal (MSK) tissues, how these tissues adapt to external

loads, and how they fail and become injured. Time will be dedicated to assessing MSK epidemiology and interpreting injury prediction statistical models. This course will also introduce students to orthopaedic treatments (e.g., joint replacement, soft tissue reconstructions, etc.) for common injuries and diseases and how these interact mechanically with the MSK system to promote healing and improved mobility. Students will learn about the various research methods that are used to determine the biomechanical properties of biological tissues and orthopaedic devices; students will determine how to use these data to make informed decisions regarding the efficacy and appropriate application of these interventions.

Pre-Requisites: KPE 263

Co-Requisites: N/A

KPE417H1: Digital Activism, Sport and Social Movements

COURSE DESCRIPTION: Students will be introduced to how social movements influence sport. The intention of this course is for students learn digital literacy tools to critically examine activism on a local and global scale. Several aspects of media will be explored to further develop an ability to filter misinformation, disinformation and recognize how information is being captured. Contemporary issues and controversies within sport and social movements will be discussed within its broader historical and political context. Students will initiate discussions about how digital activism is impacting sport and social movements by analyzing and investigating how 'New Media' (Social Networking Sites, Websites, Blogs, mass communication using digital technologies), capitalism and corporatization control global and local flows of information. Students will learn to apply critical thinking skills, develop digital awareness, and hone their ability to assess and evaluate the impact of digital activism within sporting cultures. Critical theories of (feminism, postcolonialism, race, etc.) will be utilized to analyze growing regimes of misinformation and disinformation on both the global and local scale.

Pre-Requisites: KPE 200, fourth year standing

Co-Requisites: None

KPE427H1: Health and Physical Education in the Elementary Years

COURSE DESCRIPTION: This course provides an overview of pedagogical concepts and learning methodologies for working with elementary-aged children in physical activity, health and physical education settings. It explores in-depth the pedagogy of physical activity for the development of physical literacy through topics such as developmental milestones and needs, movement domains and competencies, Daily Physical Activity (DPA) and assessment and evaluation strategies. The concept of health literacy is also explored and applied to the health education needs of elementary-aged children. Finally, the

Ontario Elementary Health and Physical Education curriculum, and controversy surrounding it, is explored through the lens of physical and health literacy development. Course content can be directly applied to improve physical activity instruction across a range of settings including camps, recreational physical activity programming, coaching and future health and physical education teaching.

Pre-Requisites: KPE 220H/PHE 101Y/PHE 201H, PSL 200Y/KPE 260H/PHE 205H

**Strongly
Recommended Pre-
Requisite:**

KPE340H is the recommended preparation for KPE 427H. Students who have not successfully completed KPE 340H will be expected to work harder to do well in the course.

Co-Requisites: None

KPE430H1: Sports Law

COURSE DESCRIPTION: The course will be an introduction to global sports law. Students will explore how the rules and regulations of the Olympic Movement, the technical side of sport, and the anti-doping movement constitute private transnational legal systems where international sport organizations have regulatory autonomy that is often shielded from intervention by national legal systems. Students will learn how disputes involving these sport rules and regulations are resolved through private arbitration by reviewing key arbitral decisions issued by the Court of Arbitration for Sport and the Sport Dispute Resolution Centre of Canada, and by participating in mock arbitrations of disputes involving doping violations, team selection decisions, and competition outcomes. Finally, students will critically examine how certain sport rules relating to gender verification, out-of-competition doping testing, and doping sanctions impact the rights of athletes, and whether arbitration can provide the necessary oversight and accountability measures to protect those rights.

Pre-Requisites: None

Co-Requisites: None

KPE438H1: Psychology of Body Image

COURSE DESCRIPTION: This course will explore psychological theory and applications of body image in the context of kinesiology and physical education. Topics include body image conceptualization, psychosocial development, assessment, intervention, psychopathology, individual differences, and positive embodiment. The role of body

image in the context of movement will be a particular focus. Implications for exercise training and testing will be considered. Upon completion of this course, students will be able to identify appropriate strategies to improve body image more generally, as well as within exercise, sport, fitness, and movement settings for a variety of populations.

Pre-Requisites: KPE290H1, KPE291H1

Co-Requisites: None

KPE478H1: Clinical Biomechanics – Low Back Disorders

COURSE DESCRIPTION: This course will examine the relationship between lifting and the development of low back disorders. Emphasis will be placed on how to read, interpret, evaluate and apply biomechanical research pertaining to the topic of inquiry. An in-depth analysis of primary literature sources will be used to highlight how biomechanical research is conducted to examine and describe the relationship between lifting and low back disorder incidence and prevalence. To meet these course objectives, special attention will be given to the following themes: causes and consequences of low back disorders; controversies in lifting recommendations; theoretical frameworks for study and implementation; methodological approaches to conducting biomechanical research; and current interventions related to lifting and low back disorders. Using these concepts, students will develop, defend, and practically apply their own position on the topic based on their interpretation of the current body of evidence presented.

Pre-Requisites: KPE 263

Co-Requisites: N/A

KPE479H1: Individual Differences in Multisensory Integration and Sensorimotor Functions

COURSE DESCRIPTION: The purpose of this course is for students to gain an understanding of how diverse groups of individuals experience, live and move in a rich multisensory world. This course will familiarize students with sources of individual differences that alter how individuals process sensory feedback and/or utilize that information to perform voluntary actions. Differences within an individual (e.g., across a lifespan, in a fatigued state, etc.) and between individuals (e.g., clinical populations) will be considered. Through this course, students will learn about the underlying sensory and neurophysiological systems as well as the lab-based and clinical-based tests employed to assess these basic sensory and motor functions.

Pre-Requisites: KPE261; KPE 361 and/or KPE 362 are highly recommended

Co-Requisites: None

KPE 472H1 Lifestyle Toxicity and Chronic Disease

COURSE DESCRIPTION: The top two causes of death and chronic disease burden in Canada are cancer and cardiovascular disease. Although commonly thought of as two separate disease entities, an emerging paradigm recognizes that cancer and cardiovascular disease possess various similarities and possible interactions. The two diseases share common biological mechanisms and risk factors including inflammation, oxidative stress, obesity and smoking. Further, poor lifestyle behaviors (or lifestyle toxicity) increase the risk of development of both conditions, in addition to most other chronic diseases, and negatively affect prognosis after diagnosis. This course will discuss the intersectionality among chronic diseases in the role of lifestyle toxicity in development and prognosis as well as the role of healthy lifestyle behaviours in prevention and treatment. The primary focus will be on cardiovascular disease and cancer, but students will have opportunities to complete individual assignments on other chronic diseases. An important secondary learning outcome is the development of scientific skills including scientific presentation and discussion, giving and receiving peer-based feedback.

Pre-Requisites: KPE260

Co-Requisites: None

KPE 418H1 Minority Health: Theories and Research

COURSE DESCRIPTION: This course aims to provide a comprehensive understanding of minority health by examining the commonly used theories and research. The first half of the course will focus on minority stress, intersectionality, fundamental causes, and microaggression theories to explore some of the key perspectives in minority research. The second half of the course will focus on how various social factors can influence the population differently by examining research on vulnerable populations. By establishing an understanding of theories and combining the knowledge with various minority populations, students will be able to apply the health equity lens to explore health outcomes, health policies, and intervention needs.

Pre-Requisites: KPE290 or KPE291

Co-Requisites: None