Active Living

Faculty of Kinesiology and Recreation Management

University of Manitoba
Active Living and Academic Success

Successful Students are able to understand and get the benefits of an Active Life *balanced* with Academic pursuits:

1. Stress Reduction
2. Increased Energy
3. Positive Social Environment/Support Systems
4. Physical Health
5. Discipline/Self Efficacy
6. Confidence
7. Lifetime Positive Habits/Values
Active Living Facilities (FG and Bannatyne Campuses)

- Six lane swimming pool
- Three multi-use gymnasiums
- Four squash courts
- Five racquetball courts
- Three indoor and four outdoor tennis courts
- Two artificial turf fields and lights
- Ice rink
- Table tennis
- Cycling studio
- Circuit training studio
- Wellness studio
- 38,000 sq.ft. fitness centre
- Locker rooms, shower, sauna
- Gender neutral change area
Coming Soon

- 2015: 100,000 sq. ft. Active Living Centre with:
  - Three multipurpose rooms
  - Track
  - Fitness floor with all new cardio and resistance machines
  - Climbing wall
  - Healthy Food services
  - Social Recreation area for students
  - Strength and Conditioning Room
  - Applied Research Centre
Programs and Services

- Fitness membership
- Fitness Classes
- Personal Training and Assessment
- Intramurals
- Soccer Basketball Hockey Leagues
- Rec Clubs
- Special Events
- Dance
- Aquatics
- Martial Arts
- Mini U (Summer, Fall, Winter and Spring Summer)
Employment

• The Active Living area employs approximately 700 casual/student staff throughout the year

• Please encourage students to check in with us for work
Active Living For Life

We have an obligation to prepare young people for careers while also preparing them for living quality lives!
BISON SPORTS

The University of Manitoba offers Intercollegiate opportunities in the following sports:

Men’s Basketball: kirby.schepp@umanitoba.ca
Women’s Basketball: michele.hynes@umanitoba.ca
Men’s and Women’s Cross Country: claude.berube@umanitoba.ca
Football: brian.dobie@umanitoba.ca
Men’s and Women’s Golf: garth@golfmanitoba.mb.ca
Men’s Hockey: michael.sirant@umanitoba.ca
Women’s Hockey: jon.rempel@umanitoba.ca
Women’s Soccer: vanessa.martinez-lagunas@umanitoba.ca
Men’s and Women’s Swimming: vlastimil.cerny@umanitoba.ca
Men’s and Women’s Track & Field: claude.berube@umanitoba.ca
Men’s and Women’s Volleyball: garth.pischke@umanitoba.ca
Recruitment and Team Selection

- Normally student athletes are recruited by the team’s Head Coach.

- H.S. and Club Coaches are encouraged to contact the Head Coach directly if they believe they have an athlete who can compete at the University level.

- Contact should be made early in the athlete’s grade 12 year if not before.

- Try-outs are open to all students and typically occur in late August or the first week of September.

- Many teams hold Identification camps in the spring and details are available on our website.
Eligibility and Scholarships

• In order to be eligible for CIS competition students must be full time students registered in a minimum of 3 courses in the term of competition

• CIS student athletes are eligible to receive the equivalent of tuition and ancillary fees in addition to any academic scholarships they may receive

• In order to remain eligible student athletes must complete a minimum of 18 cr. hrs. with a minimum GPA of 2.0 between Sept 1 and Aug 31

• The University of Manitoba awarded $480,000 in athletic financial aid to student athletes in 2013-14
Job Opportunities

- Event and Promotions Assistant
- Marketing and Events Assistant
- Game Day Manager - hockey, volleyball and basketball
- Game Day Events – statisticians, scorekeepers, admissions, video, set-up, takedown and security
- Bison Sports promotion Team – work during the summer and first few weeks to promote bison sports in the community and on campus – hire about 10 people
- Bison Ticket and Group Coordinator – position helps with organizing of selling tickets at various locations and works with local community groups to engage them to come to bison events
- Billy the Bison – do you like to dance and be the centre of attention? You can be Billy and promote our games!
- Team Managers, equipment managers, statisticians
Info to share with students:

Bison Video
http://www.youtube.com/watch?v=2DZjewkNgtE

Pre-season Pep Rally
http://umanitoba.ca/student/studentlife/bisonpride.html

Spirit Cup Events – Rez nights
http://player.vimeo.com/video/40530995
Follow Us

Website – gobisons.ca
Youtube – umbisons
Instagram - @umbisons
Twitter - @umbisons
Facebook - umbisons
CELEBRATING
50 YEARS
1964-2014
FACULTY OF KINESIOLOGY AND RECREATION MANAGEMENT

Dr. Sarah Teetzel
Associate Dean (Academic)
KRM is an Integrated Faculty

In addition to academics (teaching and research) our students engage with:

• Bison Sports
• Recreation Services
• Athletic Therapy Centre
• Athletic Facilities
• Mini U / Children’s Programs
Academic Programs: Degrees Offered

• Bachelor of Kinesiology (BKin)
• Bachelor of Kinesiology – Athletic Therapy (BKin-AT)
• Bachelor of Physical Education (BPE)
• Bachelor of Recreation Management and Community Development (BRMCD)

• Master of Science (MSc) in Kinesiology and Recreation
• Master of Arts (MA) in Kinesiology and Recreation
• PhD in Applied Health Sciences
Karin Nowak-Bailey
Undergraduate Program Administrator
About Our Faculty

- Close-knit Faculty with great students, faculty members, support staff and student council (SAHPER)
- We take pride in being welcoming and resourceful for our students
- Approximately 500 students registered in our UG programs in Fall 14 / Winter 15
- Good graduation rates (~90%) with very good academic performance
Bachelor of Physical Education (BPE)

- Three-year program (102 credit hours)
- Followed by two years in the Faculty of Education (BEd Degree)
- Accredited by the Canadian Council of University Physical Education and Kinesiology Administrators (CCUPEKA)
- Focused on teaching and learning theory (pedagogy)
- Combines theoretical with practical
- Must choose a second teachable area to apply to Education
What courses would I take in the BPE Program?

Some of the required courses include:

- Growth and Motor Development (PHED 2550)
- Human Anatomy (KIN 2320)
- Biomechanics (KIN 2330)
- Human Movement Principles (PHED 2710)
- Active Health and Human Potential (PHED 3710)
- Motor Control and Learning (KIN 3450)
- Developmental Games and Activities (PHED 2720)
- Sociology of Physical Activity and Leisure (PERS 3460)
- Culturally Relevant Physical Education and Health (PHED 3360)
BPE
What can I do with a BPE degree?

- Teach K – S4 upon completion of the B.Ed. after-degree
- Coach
- Sport Instructor
- Community Leader
- Entrepreneur
- Special Education
Bachelor of Kinesiology (BKin)

- Four-year program (120 credit hours)
- Accredited by the Canadian Council of University Physical Education and Kinesiology Administrators (CCUPEKA)
- Broad focus, allowing a student to specialize in an area of interest, which may include: Aging, Culture and Diversity, Community Development and Wellness, Fitness Professional, and Coaching to name a few
- Opportunity for a Fieldwork Experience
What courses would I take in the BKin Program?

Some of the required courses include:

• Human Anatomy (KIN 2320)
• Biomechanics (KIN 2330)
• Human Physiology 1 & 2 (BIOL 2410 & 2420)
• Psychology of Sport and Physical Activity (KIN 2540)
• Resistance Training and Conditioning (KIN 3740)
• Philosophy of Physical Activity and Leisure (PERS 3340)
• Motor Control and Learning (3450)
• Principles of Fitness Training (KIN 3512)
• Exercise Physiology (KIN 3470)
• Physical Activity and Aging (KIN 4500)
BKin

Faculty of Kinesiology and Recreation Management
What is a Kinesiologist?

- Study all aspects (psychological, physiological, biomechanical, historical and sociological) of human movement in home, work, sport and recreational environments
- Work closely with other health and sport professionals
What can I do with a BKin degree?

- Corporate Wellness
- Disability Management
- Health Promotion and Education
- Certified Exercise Physiologist (CSEP-CEP)
- Exercise Specialist
- Ergonomics
- Fitness Consultant
- Special Populations Adaptive Specialist
- Fitness and Health Program Manager/Director

- Excellent choice as first degree for:
  - Occupational Therapy
  - Physical Therapy
  - Medicine
  - Graduate Studies
  - Etc.
Duties and responsibilities vary in this multi-disciplinary field – Kinesiology graduates may:

- Assess client ability and fitness levels to develop appropriate physical activity programs
- Provide leadership in community wellness programs
- Design athletic equipment
- Provide assistance in sport management and promotion
- Conduct fitness and mobility programs to reduce accidents among the elderly
- Conduct workplace programs and assessments to reduce losses due to injury and to increase worker productivity
BKin – Athletic Therapy

- Four-year program (126 credit hours)
- Eligible to become certified by the Canadian Athletic Therapists Association (CATA) once completed
- Combination of theoretical and practical education
- Obtain 1200 Practicum Hours while in program (both field and clinic)
- Write CATA certification exams upon graduation
- Our program is one of seven CATA accredited institutions in the country with high success rates in the National CATA exams each year.
BKin-AT
What courses would I take in the BKin-AT Program?

Some of the required courses include:

- Human Anatomy (KIN 2320) & Advanced
- Biomechanics (KIN 2330) & Advanced
- Athletic Therapy Skills (KIN 2750)
- Basic Trauma and Life Support (KIN 3200)
- Therapeutic Modalities (KIN 3400)
- Functional Assessment and Restoration A & B (KIN 3330 & KIN 3332)
- Pathology and Sport Medicine (KIN 3160)
- Motor Control and Learning (KIN 3450)
- Principles of Fitness Training (KIN 3512)
- Advanced Pathology and Sport Medicine (KIN 4160)
- Therapeutic Exercise Rehabilitation (KIN 4400)
Bachelor of Recreation Management & Community Development (BRMCD)

- Four-year program (120 credit hours)
- Understand the role of leisure and recreation in a changing society
- Plan and implement recreation and sport programs/special events
- Advocate for and develop strategies for equity, diversity, inclusivity and accessibility
- Plan, manage and maintain recreation, cultural and sport facilities; natural resources; tourism destinations; and leisure spaces
- Opportunity for a Fieldwork Experience
What courses would I take in the BRMCD Program?

Some of the courses include:

• Management and Marketing of Leisure Services (REC 2400)
• The Planning of Recreation Areas and Facilities (REC 3850)
• Foundations of Sustainable Nature-Based Tourism (REC 3090)
• Inclusive Physical Activity and Leisure (PERS 3100)
• Community Development and the Leisure Service Delivery System (REC 4070)
• Advanced Program Planning and Leadership (REC 3200)
• Philosophy of Physical Activity and Leisure (PERS 3340)
• Sport Management (REC 4170) - elective
• The Administration of Special Events (REC 4400) - elective
• Leisure and Aging (REC 4250) - elective
Reasons Students Choose a Degree from the Faculty of Kinesiology and Recreation Management:

- High demand for expertise in fields of human movement, leisure, health and well-being
- Excellent fieldwork placements
- Award-winning professors and instructors
- Classes taught by world-renowned researchers
- Undergraduate research opportunities
- Great student life and SAHPER council
- Supportive faculty community & environment
- Integrated Faculty (Active Living, Bison Sports, Children’s Programs, Bison Athletic Therapy Centre and Facilities) with student opportunities for fieldwork, practicum and employment.
- Scholarships and bursaries
- Two Master’s degree programs (M.A. and M.Sc.) and multi-faculty Ph.D. in Applied Health Sciences
Supervised Fieldwork Experience

- Meets academic requirements
- Eases into the SAE program
- Provides additional applied learning opportunities
- Exposes students to professional practices
- Involves hands-on experience and real-world application

How it works:

1. Meet with academic advisor/mentor to identify fieldwork opportunity.
2. Complete course and submit application to the University of Manitoba.
3. Attend orientation sessions.
4. Secure a fieldwork experience placement with an employer.
5. Schedule interviews with prospective employers.
7. Attend a fieldwork meeting to confirm field placement.

Requirements:

- Approval of faculty member.
- Completion of prerequisite courses.
- Successful completion of the course.
Supervised Fieldwork Experience

• Provides our BKin and BRMCD students with experience upon which they can build their professional careers by assisting them in integrating theory with practical applications.
• Helps them develop their skills and knowledge within their areas of professional interest.
• Participating organizations not only help prepare future professionals but also keep the university in touch with recent developments in the workplace.
Getting In: High School Subjects

Direct Entry from High School with Final Admission: In addition to the general U of M admission requirements for high school students, to be considered for Direct Entry into the Faculty of Kinesiology and Recreation Management you will require 85% average over the following courses, with no less than 60% in each individual course:

Kinesiology / Physical Education (Direct Entry Category 2)
- English 40S
- Applied Mathematics 40S or Pre-Calculus Mathematics 40S
- One of Biology 40S (recommended for B.Kin.), Chemistry 40S, Physics 40S, or Computer Science 40S

Recreation Management and Community Development (Direct Entry Category 3)
- English 40S
- Applied Mathematics 40S or Pre-Calculus Mathematics 40S
- A third 40S course

***Should the number of eligible candidates exceed the number of available spaces, an average higher than the 85% minimum will be required to be competitive

Note: The Athletic Therapy program is only available through Advanced Entry and is not open to Direct Entry applicants.

- Advanced Entry students require one year of post-secondary study (24-30 credit hours) in order to apply into all of these programs.
- University entrance courses are sufficient to apply to the Faculty of Kinesiology and Recreation Management. First-year Biology is required to apply to Athletic Therapy.
- Certain courses may be required for specific areas of study, i.e. Chemistry for Human Nutrition and Metabolism minor, subjects related to a teachable minor, etc.
- Math 40S is required for BKin and BRMCD and Biology 40S (or equivalent) and one of 40S Chemistry or 40S Physics (or equivalent) is required for BKin and BPE when taking university Biology with a lab.
Getting In:

• Check out programs ahead of time and the application deadlines.
• For Sept: Now through May 2014. Early: in March!
• Ensure you have the correct pre-requisite courses and admission requirements. The Applicant Bulletin is available online:
  http://www.umanitoba.ca/student/admissions/
• Speak with professionals to understand the fields and the diversity within each. First year courses are also helpful.
## Getting In:

### Direct entry application deadlines & fees:

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<th>Scholarship Deadline</th>
<th>Final Application Deadline</th>
<th>Application Fee:</th>
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*Faculty of Kinesiology and Recreation Management*
## Fall 2014 Intake Final Stats:

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<td><strong>Direct Entry</strong></td>
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Related Links:

- CSEP – Canadian Society for Exercise Physiology (www.csep.ca)
- NSCA - National Strength & Conditioning Association (www.nsca-lift.org)
- CATA - Canadian Athletic Therapists Association (www.athletictherapy.org)
- MPETA - Manitoba Physical Education Teachers Association (www.mpeta.ca)
- MKA – Manitoba Kinesiologists Association (http://manitobakinesiologists.ca)
- REC CONNECTIONS (www.recconnections.com)
- MFC – Manitoba Fitness Council (www.manitobafitnesscouncil.ca)
- CAHPERD – Canadian Association of Health, Physical Education, Recreation and Dance (www.cahperd.ca)
- ACSM – American Council on Sports Medicine (www.acsm.org)
- NRPA – National Recreation and Parks Association (www.nrpa.org)
- FKRM – Faculty of Kinesiology and Recreation Management (www.umanitoba.ca/kinrec)
Available for academic advising and more information:

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