

SCHOOL OF KINESIOLOGY

The School of Kinesiology is an innovative program designed to explore the science and art of human movement through sports and physical activities. This program integrates Health Science, Physical Education, and Exercise Science. School of Kinesiology provides students the opportunity to develop better understanding of human movement within physiological, biomechanical and psychological principles. Kinesiology is a field that interests high school graduates as it is a pathway for many careers, including physical and health education; medicine; dentistry; recreation and leadership; and sports administration. This 3-credit course is designed to give students who may be interested in pursuing a Kinesiology degree and also for students who are interested in exploring health science through the sports and physical activity lens.

COURSES

Health Science 20

Physical Education 20

Exercise Science 30

COMMUNITY CONNECTIONS

Students in this program will connect with community experts in Kinesiology related professions such as physiotherapy, chiropractic, occupational therapy, medicine, dentistry, athletic therapists and physical education.

ADDITIONAL LEARNING, SERVICE, AND LEADERSHIP

This program includes hands-on learning experiences and community-based excursions to enhance the classroom learning. Students will also explore Kinesiology programs at Universities. Students will develop leadership skills by working with elementary and middle level students within LCSD.

