



Class name	Did the course require additional resources aside from Lecture Notes available through Avenue To Learn?	Which method of note taking would you recommend for this class?	Please briefly explain why you chose this course.	Please provide any additional comments and feedback on the course.	Please provide some highlights of the course that you found to be interesting.	If you enjoyed this course, what other courses would you recommend that are similar?	Does this course material build on/relate with other courses?
<b>KIN 3AA3- Biomechanics II (J. Dowling)</b>	<ul style="list-style-type: none"> <li>- No</li> </ul>	<ul style="list-style-type: none"> <li>- Writing notes by hand</li> <li>- Typing the notes on a laptop</li> <li>- Didn't need to take notes</li> <li>- Just sit and listen. He gives you the full notes to look at later.</li> </ul>	<ul style="list-style-type: none"> <li>- Expand on my biomechanics knowledge</li> <li>- Interested in continuing in biomechanics post grad</li> <li>- This course piqued my interests and delves deeper into human kinetics which you would learn a lot more about in the 4th year biomechanics courses.</li> <li>- After enjoying biomechanics in second year, thought this would be a good course.</li> <li>- I like biomech</li> <li>- Interested in expanding knowledge in biomechanics</li> <li>- biomechanics is pretty cool</li> <li>- Biomech is core</li> </ul>	<ul style="list-style-type: none"> <li>- Though the content of this course was half a review from Biomechanics I, it is useful as a refresher and extra practice if you are planning on continuing with biomechanics. Lectures can be choppy and hard to follow at times (tangents mixed with solving math problems) but the lecture notes for the entire term are provided to you on the first day via USB from Dowling, and they provide detailed explanations of each lecture. If you do miss lecture, the notes are enough to catch you up BUT he does once in a while add some information about the theory that is not included in the notes which he then tests on. Its important to understand the theory from lecture as half, if not more, of the tests are based off applied knowledge.</li> </ul>	<ul style="list-style-type: none"> <li>- Last unit on the structure of bone</li> <li>- Dowling tends to go off on tangents, some are actually helpful to understanding &amp; humorous</li> <li>- Midterm is very straight forward as long as you practice a bit it is easy to get good marks.</li> <li>- The section on 3D moments was interesting and the way they can be applied to analysis of force plate data</li> <li>- how anthropometrics were calculated</li> <li>- lab exam, has a little more application</li> </ul>	<ul style="list-style-type: none"> <li>- Fourth year biomechanics courses, Ergonomics</li> <li>- Applied Biomechanics (KIN 4AA3)</li> <li>- Kin 4AA3 Applied Biomechanics</li> <li>- Any of the fourth year biomechanics courses</li> <li>- 4th year biomechanics</li> <li>- adv biomech</li> </ul>	<ul style="list-style-type: none"> <li>- Biomechanics 2A03</li> <li>- Relevant to physiology courses-- helps to expand understanding</li> <li>- The beginning of this course is a review from 2nd year biomechanics and after that we build on the knowledge that you learned to delve further into more conceptual and fewer mathematical questions.</li> <li>- Need it for other upper year biomechanics courses</li> <li>- yup any biomech ones</li> <li>- Builds on Biomechanics 2A03</li> <li>- very independent from other subfields in kinesiology</li> <li>- related to Biomech 1</li> </ul>

				<ul style="list-style-type: none"> <li>- Good course, easier than expected</li> <li>- Be prepared to teach yourself a lot of the material as content is difficult to absorb during lecture.</li> </ul>			
<b>KIN 3B03- Physical Activity for Challenged Populations (R. Calvert)</b>	<ul style="list-style-type: none"> <li>- All you need are the Lecture Notes from Avenue!</li> </ul>	<ul style="list-style-type: none"> <li>- Typing the notes on a laptop</li> <li>- Depends on your preference!</li> <li>- Writing notes by hand</li> </ul>	<ul style="list-style-type: none"> <li>- I am interested in working with challenged populations in the future, whether it be those affected by dementia or a genetic disease (down syndrome). I think knowing how to work with these certain populations is key to a successful career because for example, you need to know and get used to not identifying people by their disease, but instead looking at it as just another daily obstacle in their lives that is not something to dwell on, but to work with so as to give them that feeling of capability of goal setting and achievement in life.</li> <li>- Thought it would be interesting to</li> </ul>	<ul style="list-style-type: none"> <li>- Randy is an awesome professor, but don't underestimate the content! Still dedicate time to go over lecture notes lots, because even if he is fair (doesn't use a lot of numbers), I find his wording of questions to be a bit tricky sometimes!</li> <li>- Overall, I thought the course was slightly disorganized and I didn't learn as much as I wanted to. Most of the course was dedicated to presentations by your peers, which I felt were sort of pointless to attend. Wish we could have delved more into the pathologies and different populations, however, I think that was not the purpose of this course. Isn't terribly difficult to achieve a reasonable grade in this course, but content can be dry and it's a night class.</li> <li>- The organization surrounding assignment/distribution of group project topics</li> </ul>	<ul style="list-style-type: none"> <li>- The group project was definitely an interesting experience. It required a lot of creativity and thinking outside of the box, which isn't really something I had gotten a lot of opportunity to do so far in my undergrad. It was rewarding at the end to realize just how capable you are of problem solving when you bring creativity into the picture.</li> <li>- There were bits of very interesting material, especially when learning about specific populations such as: ASD, spina bifida populations.</li> <li>- The group presentations were a good addition to the class besides just</li> </ul>	<ul style="list-style-type: none"> <li>- There are no classes that were similar.</li> <li>- Kin 3U03</li> <li>- 4S03</li> <li>- 4s03</li> <li>- Randy's growth course (kin 3U03)</li> </ul>	<ul style="list-style-type: none"> <li>- Builds from Growth and Maturation and Epidemiology concepts.</li> <li>- No</li> <li>- Some material overlap with Abnormal Psychology (Psych 2AP3)</li> <li>- Some material overlap with Abnormal Psychology (Psych 2AP3)</li> <li>- pre req for 4s03</li> <li>- Yes, some material overlapped with the content in kin 3Q03 (motor)</li> <li>- not really</li> <li>- Kindof on growth</li> </ul>

			<p>learn about how to cater PA to those with (dis)abilities of different types.</p> <ul style="list-style-type: none"> <li>- Interested in working with challenged populations post-grad</li> <li>- I had the instructor before and liked him</li> <li>- The material seemed interesting and sounded helpful if interacting with populations you'd likely deal with in OT/PT/health care professions.</li> <li>- Interested in PA for challenged pops</li> <li>- Love randy</li> <li>- I enjoyed the class project (designing your own game)</li> <li>- I really liked having Randy in 2nd year and I heard it was an easy course.</li> <li>- Easy mark with a low time commitment</li> <li>- Randy :)</li> <li>- Interest in Special pops.</li> </ul>	<p>wasn't the best, so there may be repeated presentations on the same topic, and your presentation material might overlap with another group's.</p> <ul style="list-style-type: none"> <li>- Entertaining</li> <li>- Slides need to be organized better but the content is straight forward. As long as you study the details, you're set for the exams</li> <li>- One midterm and one final. Plus a group presentation and 3 page paper. One of the easiest &amp; interesting kin classes.</li> <li>- I thought there was a TON of potential for this course, but I didn't end up learning much. He makes it easy to get good grades, but I don't think I actually retained anything of the course material. Everyone will have their own opinion though, I have friends who really enjoyed it!</li> <li>- Randy's really chill but the exam had too much memorization to do super well on</li> <li>- Group presentation was highly stressed for this course. It involves a presentation to the whole lecture. not much content was gone through besides the presentations</li> </ul>	<p>midterms because they allowed students to apply what they learn, do research and share what they learned.</p> <ul style="list-style-type: none"> <li>- The group research project was fun to work on.</li> <li>- Presentations were fun and took up a lot of class time, the only downside was that Randy would lecture after the presentations at night so we'd already be tired</li> <li>- You learn about different disabilities and how physical activity can be adapted for their specific needs.</li> <li>- Presentation on whatever u want</li> </ul>		
--	--	--	--	---	---	--	--

<p><b>KIN 3E03- Neural Control of Human Movement</b></p>	<p>-He photocopied the parts of the textbook we had to have and posted on avenue -Textbook -All you need are the Lecture Notes from Avenue!</p>	<p>-Depends on your preference! -Typing the notes on a laptop</p>	<p>-I find the neuro aspect of kinesiology interesting -Had an interest in the material (neurophysiology), and it's a prerequisite for a 4th year course. -I have an interest in neural control/neurophysiology and its application -I am really interested in neuroscience and how the brain works so this class seemed very interesting to me. -The brain is fascination to be so combing this with movement seemed really cool to me! -Interested in further studies of individuals with neurological disorders -thought it would be interesting and I enjoy psychology</p>	<p>-The professor I had (Vesia) was not a great lecturer, BUT the content wasn't too difficult when you went home and learned it yourself. You still need the notes from in class, but you'll leave feeling boggled by info. When you sit down to study it though it's all pretty comprehensive -I wouldn't recommend taking the course if it's a night class, because the lecture material tends to be dense. -I believe that some background knowledge would have made the course content less confusing when trying to understand the course material. -Instructor: M. Vesia; if you enjoy the content, then the prof's messy teaching is not as bad -The content was interesting, but the prof did make it extremely confusing and difficult to understand most of the time</p>	<p>-Learning about the movement pathways in the brain allows for some discussion into the pathophysiology of movement disorders, which I found interesting -The material was definitely interesting at some points, but dry at other points. If you are geared towards research, especially in neuroanatomy and neurophysiology, I'd recommend the course because the prof included material from very new research and findings. -The prof included some really interesting TedTalks and videos to show the types of neural control disorders we were talking about in class, and that was really helpful. -We learned how the body actually produces movement and</p>	<p>-I have not taken courses similar to this one. -Fourth year neuro 4CN3</p>	<p>-A little bit of health psych (2G03), and first year psych (1XX3) -Relevant to some parts of Health Psychology (2G03) and Neuromuscular Exercise Physiology (2C03) at the beginning of the course. You may have an easier time if you have some neuroanatomy/neurophysiology background from other science/psych courses. -I did not take courses in which I felt that this really built off of them. -A little related to PSYCH 1XX3 -There were few things that have been touched on before but for the most part I found this to be new material -Somewhat builds on second year neuro but much of the material is new. -Some psychology and health psychology</p>
--	---	---	--	---	---	---	--

					<p>parts of the brain that are involved with that. As well, which pathways in the brain are used when processing objects location or physical features.</p> <ul style="list-style-type: none"> <li>-Learning the diversity of the brain and its ability to adapt Learning exactly what occurs in your brain from the time you decide to move until you actually move.</li> <li>-Learning about disorders like Neglect and optic ataxia both of which I had never heard of. Also getting to learn about new techniques of using implants in the posterior parietal cortex to allow individuals with spinal cord injuries to move robotic limbs.</li> <li>-Certain concepts were interesting to learn. Cool ted talks.</li> </ul>		
<p><b>KIN 3F03- Athletic Training and Conditioning (S. Lidstone)</b></p>	<ul style="list-style-type: none"> <li>-Textbook</li> <li>-Research articles provided</li> </ul>	<ul style="list-style-type: none"> <li>-Writing notes by hand</li> <li>-Depends on your preference!</li> </ul>	<ul style="list-style-type: none"> <li>-Interested in the nervous system and how we work.</li> <li>-Interested in learning the</li> </ul>	<ul style="list-style-type: none"> <li>-Though a large amount of new research is coming out with new discoveries in regards to Athletic training and</li> </ul>	<ul style="list-style-type: none"> <li>-Practical component of the course was the most beneficial</li> </ul>	<ul style="list-style-type: none"> <li>-Kin3L03, Kin3K03</li> <li>-4th year Rehab course, 4th year Functional course, 3RP3 in an</li> </ul>	<ul style="list-style-type: none"> <li>-Kin3L03</li> <li>-Pretty unique, there is a small amount of overlap with health psych</li> </ul>

			<p>fundamental science of athletic training that led to the current exercise guidelines</p>	<p>condition, stick with what the professor presents in class and you'll do well</p>	<p>and facilitated the most learning -Lots of information but super useful for sport, rehab and general population. Learn a lot - very application based. Very fun and interesting, instructor and TAs very helpful and knowledgeable. Gets you ready for CSCS exam</p>	<p>Exercise metabolism lab, Kin 4EE3 placement in a health care professional setting that works with athletes, and if you're more interested in biochemistry Kin 3Z03 Neuromuscular plasticity in health and disease is a tough but very well taught course</p>	<p>as well as a small amount with 2c03. -Built upon 2nd year Neuromuscular Physiology course, and touched on topics including 1st year Anatomy and Physiology and the 2nd year Cardiorespiratory course</p>
<p><b>KIN 3H03- Exercise Psychology (M.J. Perrier)</b></p>	<p>-Courseware -Textbook -All you need are the Lecture Notes from Avenue!</p>	<p>-Writing notes by hand -Typing the notes on a laptop -Depends on your preference!</p>	<p>-Interested in learning about exercise psychology -I enjoyed Health Psych (2G03) and so I wanted to take another Kin Psych course. I know a lot of people found Health Psych last year hard- but trust me Exercise Psych isn't that HARD. The content is easy - and as long as you understand it all and know everything you will be ready for the midterm! -Interested in Psychology as it was a pre-requisite for</p>	<p>-It is very theory based, you learn all the different models to change peoples behaviour, and it had little at the end about how exercise impacts you psychologically -Warning - Textbook readings are long, and need to be done. -Professor was really awesome and engaging with the class. I just personally did not enjoy the content. Assessment methods are one midterm, one assignment and a final exam. -Definitely take this course!! AND READ the textbook- trust me it helps a ton. -Personally thought it was a fun course, although challenging</p>	<p>-The assignment was fun because you really got to get creative with your answers, and unless you treated it like an actual real life possible project rather than just an assignment, you won't really think it was all that great. -definitely take this course if you're interested in exercise and the determinants and behaviour associated with it! If you want to learn interventions about exercises and have to successfully</p>	<p>-Sport psych -Kin 4H03 -I though Sports Psych was obviously going to be similar .. and it was! BUT I definitely enjoyed Exercise Psych more than Sports Psych. Sports psych is more on the competitive level and Exercise psych is more general - about leisure time physical activity. - But regardless if you enjoyed Exercise Psych - take Sports Psych (overlapping material) and you may even be able to do 3RP3 or</p>	<p>-Builds on 2G03 only a little bit -Relates to Health Psych and Sports Psych. Also a little bit of material from Psych 2B03 - personality comes in Exercise Psych. -Kin 4H03, Kin 3V03 -I believe it relates to 3V03 -NOT very closely related to second year health psych.</p>

			<p>another course I wanted to take</p> <ul style="list-style-type: none"> <li>-It was a prerequisite for the fourth year course Cognitive Neuroscience of Exercise</li> <li>-I was interested in learning about different psychological methods behind exercise prescription</li> <li>-Interest in psychology</li> <li>-I really enjoyed health psych and i thought this would be similar but more in depth but it wasn't</li> </ul>	<ul style="list-style-type: none"> <li>-Lots of repetition, going through a strict method of developing an exercise program for someone keeping in mind their motivation and goals. It seemed very "stiff". But the content was somewhat interesting.</li> </ul>	<p>implement an exercise regimen - this course is for you! First half of the course you learn about the theories and the second half of the course you implement the theories into interventions. check out the course outline for more details on the topics!!</p> <ul style="list-style-type: none"> <li>-Theories of Exercise</li> <li>-Different models that modelled human behaviour with regards to willingness or lack thereof towards exercise</li> <li>-I enjoyed the tutorials and the assignment about the intervention</li> </ul>	<p>thesis with Exercise Psych.</p>	
<p><b>KIN 3K03- Sports Injuries (K. Madsen)</b></p>	<ul style="list-style-type: none"> <li>-All you need are the Lecture Notes from Avenue!</li> </ul>	<ul style="list-style-type: none"> <li>-Depends on your preference!</li> <li>-write if you can write fast, if not, type</li> <li>-Adding notes to the slides that are given</li> <li>-Typing the notes on a laptop</li> <li>-Writing notes by hand</li> </ul>	<ul style="list-style-type: none"> <li>-I wanted to explore a Sports Medicine career pathway.</li> <li>-interesting</li> <li>-I love krista as an instructor, and I'm interested in rehab</li> <li>-Prereq. for functional anatomy and fundamentals of rehabilitation which were</li> </ul>	<ul style="list-style-type: none"> <li>-This is very content heavy and almost as hard as MSK, so make sure you take the time to go through practice problems and understand concepts!</li> <li>-I found the written tests to be more difficult...</li> <li>Madsen has a very specific marking style where you need to know exactly what was said in class.</li> </ul>	<ul style="list-style-type: none"> <li>-The pictures she uses of injuries are pretty great and give you a good idea of the damage that can be done. Sports inj brought some things together (practically) in terms of Kin, but I still found it difficult to understand at times, just</li> </ul>	<ul style="list-style-type: none"> <li>-krista courses</li> <li>-intro to rehab and functional anatomy</li> <li>-Functional anatomy, fundamentals of rehabilitation</li> <li>-Rehab</li> <li>-Functional Anatomy</li> <li>-Kin 4KK3</li> </ul>	<ul style="list-style-type: none"> <li>-yes - rehab 4KK3</li> <li>-slightly with MSK</li> <li>-Yes! It builds on anatomy learned in second year</li> <li>-yes! But I wouldn't say you need to have taken other courses to be successful</li> <li>-A bit from MSK, in terms of the injured structures and the</li> </ul>



			<p>important to me looking to pursue a career in RMT, physio. or chiro.</p> <p>-Professor Madsen is a wonderful lecturer and her course content is always so interesting and hands on.</p> <p>-Interested in post grad options involving rehabilitation.</p> <p>-Just to learn about sports injuries and maybe apply them and have it as an asset for sports medicine!</p> <p>-It was a prereq for Fundamentals of Rehab</p> <p>-It provided application-based learning and hands-on practicals that were applicable to clinical work</p> <p>-Interested in rehabilitation</p> <p>-I'm very interested in rehabilitation and wanted to learn more about the processes of healing, and how to deal with injuries.</p>	<p>-While professor Madsen is a great lecturer, her test writing methods are very vague while she expects specific answers. If you usually do well in her classes and with her testing style then this class is really great.</p> <p>-This course requires a lot of supplementary knowledge that you need to work on during your own time. Krista provides the basic backbone knowledge but you need to learn how to apply it in a test setting to do well. You also need to be aware that her marking keys are pretty rigid. You need specific key words in your short answers or you will be awarded no marks.</p>	<p>because you had to really picture scenarios and how you would go about them in real life, but in a methodical way (at the same time using an open mind of what could be wrong- a variety of things that is)</p> <p>-lectures well taught - yay Krista!</p> <p>-the head injury stuff I didnt expect to learn and really enjoyed it</p> <p>-The lab practicals were a lot of fun; we got to learn different taping and tensor wrap techniques.</p> <p>-All of the injuries you learn about are interesting</p> <p>-the material was interesting and although detailed I didn't find it overwhelming or a lot!</p> <p>-Learning to tape/wrap injuries</p> <p>-The practical labs were really interesting and a new experience compared to the traditional labs we've had in the past.</p>		<p>movements that would cause them</p> <p>-Knowledge from anatomy and MSK is helpful!</p> <p>-Anatomy and physiology, MSK</p> <p>-Yes, it builds off of MSK in second year.</p> <p>-Neuromuscular Exercise Physiology and MSK (definitely built from this). Also relates to Fundamentals of Rehab quite strongly and Functional Anatomy really strongly as well.</p>
--	--	--	--	--	--	--	--

					-I really enjoyed the labs, and having that hands on context.		
<b>KIN 3L03- Exercise Testing and Prescription (K. Howarth)</b>	<ul style="list-style-type: none"> <li>-Textbook</li> <li>-All you need are the Lecture Notes from Avenue!</li> <li>-Courseware</li> </ul>	<ul style="list-style-type: none"> <li>-Depends on your preference!</li> <li>-Typing the notes on a laptop</li> <li>-Writing notes by hand</li> </ul>	<ul style="list-style-type: none"> <li>-Might want to get certified as a Personal Trainer and found course material useful to real life</li> <li>-I liked anything to do with training and performance. This course is basically personal training so it matched with my interest</li> <li>-I am interested in exercise prescription.</li> <li>- very practical and useful course</li> <li>- material was very interesting</li> <li>- labs were amazing... They complimented what we were learning so well</li> <li>-Dr. Howarth is a fantastic professor and I wanted to take her course. Likewise, after the completion of the course you are able to take an exam that, if passed, qualifies you to be a certified personal trainer, which is awesome!</li> </ul>	<ul style="list-style-type: none"> <li>-Great applicable course. Definitely take it.</li> <li>-This material is something that people have to be interested in learning about. It is heavily concentrated on the CSEP-PATH book, which is interesting to some people and boring to others. Make sure this is something you really want to learn about!</li> <li>-Howarth is an amazing professor!</li> </ul>	<ul style="list-style-type: none"> <li>-The labs were actually doing exercise tests and analyzing your personal results and it was really cool to learn from your own results!</li> <li>-The labs were great as you got to put into practice the information discussed in lecture.</li> <li>-labs!</li> <li>-The labs were a great way to learn how to do the exercise tests that you would actually do as a CEP/CPT.</li> <li>-The prescription report. Although it required a lot of effort, it was a great learning experience</li> <li>-Labs are fun and interesting, you can get your own fitness data. Prepares you for CSEP-CPT exam. No final exam instead a final project that is based on the cumulation of all lab data from the term - prescribing</li> </ul>	<ul style="list-style-type: none"> <li>-I would not compare this to other courses I have taken.</li> <li>-Biomechanics!</li> <li>-I think this course is unique!</li> </ul>	<ul style="list-style-type: none"> <li>-It contains aspects in it that relate to basic human anatomy, cardiology, etc. in terms of exercise and the human response</li> <li>-Second year cardio</li> <li>-Not that I can recall</li> <li>-Kin3F03</li> <li>-Kin 3H03, Kin 4B03</li> </ul>

					exercise plans with the data collected. -Most labs were really good		
<b>KIN 3N03- Ergonomics I: Workplace Injury Risk Assessment (Nicholas La Delfa)</b>	-Courseware	-Writing notes by hand	-Everyone said it was one of the easier Kin courses, and it is! However, they throw a lot of information at you in the beginning which is very confusing because we've never had a course like this/been exposed to ergonomics before. After some practise with the assessment tools though, it gets very easy, just basic math. -Ergonomics interested me and the tests are open book! -Ergonomics is a very different stream that a lot of Kinesiology students don't even consider. I took the course cause I wanted to get an idea of what other options were available. I also wanted to increase the span	-Instructor: Nicholas La Delfa; he left after our semester for a more permanent position at Waterloo; Very application based, even during the midterms. Basically no memorization if you don't like that. -Would definitely recommend this course, its going to be a new instructor this year so hopefully they keep the same outline -The course is worth taking a chance on. Ergonomics often has a bad reputation from undergrads as being boring, but can actually be very interesting, and very different from other Kinesiology courses. It relates to many prior courses but instead of the typical sports/growth/aging focus examines and applies everything to help determine why workplace injuries occur.	-The term project provides students the opportunity to actually get out into the workplace and apply the ergonomic tools that are studied. As the course goes along students are able to advance their knowledge and advise the business about how they can improve the workplace to reduce the ergonomic risks present. -I really enjoyed the labs, and the final project was fun and gave some practical experience -We did a group project where we analyzed how ergonomic a work environment was using the assessment tools we learned in class. -Group project and labs	-Fourth year ergonomics, biomechanics -Ergonomics II (Kin 4BB3)	-Slightly on biomechanics, but you don't need to be good at biomech to do good in this course -Base knowledge of biomechanics is beneficial but not necessary. The course relates to topics from many lower level Kinesiology courses but provides the first real look into the field of ergonomics.

			<p>of topics that I had experience in and heard that through the course you get hand-on experience conducting ergonomic assessments.</p> <p>-Ergonomics is an interesting course, and the material is unique compared to the rest of the kin courses.</p>		<p>-Group project which requires you to go out into the real world and perform an ergonomic assessment.</p>		
<p><b>KIN 3P03- Sport and Social Development (P. White)</b></p>	<p>-Courseware</p>	<p>-Depends on your preference! -Typing the notes on a laptop</p>	<p>-Sociology is really interesting and it was a great change of pace from courses that were pure memorization.</p> <p>-Was curious to learn about sociology from a kin perspective</p> <p>-Super easy course and Dr. White's a really easy marker. Definitely take all his courses.</p> <p>-I wanted to see what sociology would be like</p>	<p>-If you're interested in the topics, you'll do well and enjoy the class</p> <p>-Dr.White teaches this course in a sort of casual way, makes you actually want to go to class and learn and participate in discussion</p> <p>-Overall, awesome course. It is very different from other kin courses and extremely reading heavy (be prepared). There is also a big group project. You learn a lot about how we view our worlds and the biases and stereotypes that are out there. You learn to not take things for face value. Thought it is one of the most valuable courses in Kinesiology and Dr. White is a hilarious prof. If you don't like reading, don't take this course.</p>	<p>-A lot of talk about body dysmorphia, body building, gendered stereotypes that are pervasive in the sports world. You learn about WHY things are today and how we are influenced by society.</p> <p>-Really funny, eye-opening, thinking outside the box</p> <p>-interesting topics</p>	<p>-white's two fourth year courses -Kin 4T03 -Kin 4L03</p>	<p>-No -Prereq for 4T03, other than that not really -white's two fourth year courses</p>

				Midterm/Final are based off readings and lectures, and all the readings are self-guided. However, the testing was fair and did test major concepts instead of minute details.			
<b>KIN 3Q03- Motor Development (J. Lyons)</b>	-Textbook -All you need are the Lecture Notes from Avenue!	-Depends on your preference! -Typing the notes on a laptop -Writing notes by hand	-Thought it would be interesting -I really enjoyed the content from 1E03 back in first year. I wanted to take a course that would expand on the topics 1E03 touched upon. -Working with children on motor skills for occupational therapy -It fit into my timetable nicely	-Group assignment was poorly laid out and Dr. Lyons did not put exceptional time and energy into teaching. I did not enjoy this course and would not recommend it. -I believe the course is going to be temporarily discontinued. -I would definitely recommend this course with Dr. Lyons. He is a great prof and the material was very interesting. However, interest level depends on the person. If you are interested in knowing and learning about the development of motor tasks from newborns to adolescence, then you would enjoy this class! -Wasn't a terribly difficult course, but felt that a lot of the testing focused on minute details. Especially on the exam. A fair amount of content is based out of the textbook, so I would highly recommend it. If you don't enjoy rote memorization, probably	-Developmental stages and incorporation of visual information in movement -Learning about motor abilities in newborns and children was very interesting and applicable to your family life. -I personally enjoyed the group project (essay + presentation). Dr. Lyons gave us little guidelines so we had the opportunity to explore a topic of our choice and take it into whatever direction we wanted to. -Learning motor development from birth up to adult development gave a full overview as to how children grow - useful for working in the field as well as your own kids!	-4V03 (Human Factors) -3B03, sports psych. -Aging (4SS3)	-Probably a few things from 1E03 -It is the more advanced and more interesting version of Kin 1E03 -Unfortunately, because the nature of 3Q03 is so different from the other courses, I didn't find much overlap. However, I think it really helped me to understand the foundation of human movement, reflexes and general behaviour. -Related to Motor Control in first year

				shouldn't take this course. Can be extremely frustrating to find questions about a minor detail from the textbook on a midterm/exam.	-I did not really enjoy it.		
<b>KIN 3Q03- Motor Development (P. White)</b>	-Courseware	-Typing the notes on a laptop	-I took it because it sounded really interesting and it fit well in my schedule.	-One midterm, annotated bibliography, group research project (proposal, paper, presentation) and final. Tests based on in class material and readings)	-It's more of a sociology class and course themes were really interesting (gender, violence in sports, the body, etc. ..)	-3B03, sports psych.	-N/A
<b>KIN 3RP3- Kin Research (C. Cupido is the instructor but you will have various Supervisors depending on your placement)</b>	-All you need are the Lecture Notes from Avenue! -journal article readings -PBL	-No real note taking for this course -Depends on your preference! -Typing the notes on a laptop	-Interested in post-undergraduate studies, potentially in research -Was interested in getting some lab experience and help with the deciding if I would like to do a 4th year thesis and possibly a masters in Kin research -I wanted to understand what research was all about. As undergraduates, there is little opportunity to do so and a lot of my friends recommended the course. -Wanted to gain lab experience to explore interest for potential post grad options	-I worked with Dr. MacDonald in the vascular dynamics lab. I was responsible for compiling ultrasound images taken during the lab sessions -Requires a lot of self-directed learning and reflection of lab experience. There were lecture components involved at the beginning and before reflections were due so we could have a guideline of how to reflect. Lab placements varied and depends on which experience/lab you're placed in. When I got placed in my lab it was the data collection phase, so I did a lot of participant training, sample analysis, and physical function testing. -Overall, the what you get out of 3RP3 is what you put in. If you are	-highlights were definitely getting involved in the lab and seeing your knowledge from class applied to the real world -Really great opportunity to get hands on experience! -By taking this course, I got the chance to get to know a lot of the grad students as well as the professor. This has lead to future opportunities. -There's a lot of time spent in the lab and doing hands on learning and participant interaction. -Hands-on experience	-Gives you an idea on whether or not you should go on to do a thesis or masters -thesis or placement -This course leads up to 4RR6 (Thesis) - super relevant.	-This course seems like a great lead up to Kin 4RR6 - the thesis course -Depends on your instructor and their area of research -The basic skill sets you learn during the practicum can virtually be applied to every course (ie. time management, critical thinking, reading literature, writing quality papers, problem solving, etc). -Sort of, if you're supervisor taught a course in first or second year it might relate a bit -It would depend on what lab you are in and what

			<p>-Interested in the hands-on experience you get to have with well-experienced seniors.</p> <p>-interested in research</p> <p>-To gain experience in research in kin specifically</p> <p>-I worked in a lab and really enjoyed that setting so I decided to continue with my project.</p>	<p>proactive in the lab and effectively communicate with your supervisors, you will have a wonderful experience and learn a lot. I took this course during Spring 2016...I recommend taking it during the year because you'd have more time in the practicum.</p> <p>-The research practicum placement gives you the opportunity to experience what it would be like to conduct research in various fields within the Kin. You have the opportunity to learn valuable lab techniques such as western blotting and gain experience in data analysis.</p> <p>Alternatively, you may be given the opportunity to help out with training subjects and data collection. This course is different from most others offered as you will get out of it what you put in, be prepared to spend time reading articles and at your placement in order to get a grasp of the research being done at your placement.</p> <p>Although, you may be given tasks that seem boring and repetitive do not be discouraged, keep in mind that a lot of time</p>	<p>Potential workplace experience</p> <p>New setting of learning</p> <p>Different technique of learning</p> <p>-very practical and interesting</p> <p>-Experience in the lab</p> <p>-My research combined many classes that I had taken before so it was really cool to see tests and things that I had learned in class put to a practical use.</p>		<p>you are working on.</p>
--	--	--	--	---	--	--	----------------------------

				<p>and money goes into conducting studies and most likely you will not be assigned to the bad ass parts of the project right at the start. The placement provides a friendly environment and great learning opportunity. Have a positive attitude and your placement will be one of the best courses you take! Overall, I would highly recommend this course, especially if you are looking into taking 4RR6 or post-grad studies in Kin.</p> <p>-My 3RP3 experience was quite enjoyable as I got placed in a lab looking at the enjoyment that the SCI population can obtain from exercise. I would definitely recommend this course but I would consider if you want to take the course during the summer. The reflection papers were helpful but in the summer were very close so there was less time between them. I would recommend taking this course during the school year to obtain it's full benefit.</p> <p>-Protein metabolism and sarcopenia in older adults</p>			
--	--	--	--	---	--	--	--



<p><b>KIN 3U03- Human Growth and Maturation (R. Calvert)</b></p>	<p>-All you need are the Lecture Notes from Avenue!</p>	<p>-Typing the notes on a laptop -Depends on your preference!</p>	<p>-Interested in learning more about growth and development. - I took this course because I knew it was a low commitment course. No textbook needed. Easy content. Night class= so only 1 class in the week - Love randy's courses - I had enjoyed Randy's courses in the past and my friends were taking it as well. - the topic seemed interesting</p>	<p>-I didn't find that I took much away from this course. Not much new content and the answer to everything seems to be "it depends". Would only recommend if it's a prerequisite for another course or if you really enjoyed the second year course. -Lots of information that is needed to be memorized for the midterms and exams. Randy Calvert is a great prof and will make lectures enjoyable with his stories! -You can easily get a 10 and above in this course- but you have to go to class and listen. Randy's notes will NOT make sense if you don't go to the lecture. Aside from that, the material is a little dry to be honest. It's a lot of overlap from 2nd year growth. It's usually a night class too- so Its good to have just one class per week . -Great course, put in the work and you'll see results (Y) -Had bi-weekly tests along with one midterm and final. It was interesting but frustrating at times because his slides were messy and could make</p>	<p>-Course content is interesting and useful for outside of kin studies (ex.MCAT) -Randy is always an interesting lecturer and really cares about his students. -build up on stuff you already know</p>	<p>-N/A</p>	<p>-Advanced version of Kin 2F03 -Yes it builds on material from KIN 2F03 - Growth -Second year growth (2F03 i think) -Some same content from 2nd year growth./ builds on introduced concepts. -Builds on 2nd year Growth, Maturation and Development with the same professor.</p>
--	---	---	---	---	---	-------------	--

				<p>the content confusing. Overall a good course.</p> <p>-I liked this course mostly because of the testing layout. There was one midterm (MC) and 5 short answer tests throughout the year and a final exam. I found the tests were a great opportunity to raise your mark as they were relatively easy and forced you to review the material throughout the term.</p> <p>-there were biweekly quizzes that make sure you stay on top of your material</p>			
<p><b>KIN 3V03- Sport Psychology (S. Bray)</b></p>	<p>-Textbook</p>	<p>-Depends on your preference! -Typing the notes on a laptop</p>	<p>-I loved Exercise Psychology and thought this course would also be good. It was a fairly good course as well.</p> <p>-I enjoyed taking first year psych and health psych so I thought I would enjoy sport psych.</p> <p>-I have always liked psychology and I felt that this course would be a nice combination of psychology and sport (based on the name!). I have been an athlete my entire life and the psychological</p>	<p>-Overall, I thought it was going to be VERY similar to Exercise Psych however it wasn't BUT regardless I still enjoyed the course. It was very interesting. The prof is great but sometimes the delivery of the material can be dry. Although, he's great to talk in person with and is ready to help when needed. The midterms are short answer and M/C. The textbook is helpful- read it! The assignment can be tricky if you don't know what you're doing. Overall I would take it if you are ONLY really interested in the topic at hand. If not, it's not just a bird course- because if</p>	<p>-Topics and highlights I found to be interesting included: Team Structure, Team Building, Team Cohesion, &amp; the sections on Coaching and Leadership in Sport. VERY practical in real life- not only in sport settings but also in organizational business settings.</p> <p>-Course content was interesting but I found the way Dr Bray presented the content to be dry and monotone.</p>	<p>-If you take Sports Psych, and haven't taken Exercise Psych then I would do so! Overlapping material - For example you learn a lot about self efficacy in Exercise Psych and there was a short answer question on the final exam in Sports Psych about self efficacy as well.</p>	<p>-Yes Exercise Psychology. -Some overlapping content with exercise psych and health psych.</p>

			<p>aspect behind what influences sporting behaviours is something I wanted to learn more about.</p> <p>-Heard it was a good course, good prof etc.</p>	<p>you're not interested in it then it won't be easy- just boring &amp; dry.</p> <p>-Two midterms, a final and a small project. The midterms were a mix of multiple choice and short answer and were difficult but fair.</p>			
<p><b>KIN 3Y03- Human Nutrition and Metabolism (Danny M. Pincivero)</b></p>	<p>-All you need are the Lecture Notes from Avenue!</p>	<p>Depends on your preference!</p>	<p>-I was interested in nutrition from first year and I wanted to expand on the knowledge I already had on human nutrition and metabolism.</p> <p>-I just find nutrition an interesting topic</p>	<p>- The prof at the time for this course was Danny M. Pincivero. He was amazing. Unfortunately, he won't be here at Mac with us next year - he's going to UGuelph. The course will be different next year because it's not the same prof. But it should not be too difficult - the material is NOT hard to grasp at all. If you actually sit down to study and devote time - it won't be hard at all.</p>	<p>-There was no exam when we took the class with Pincivero. Instead, there was a literature review/research paper- which is the first time ever I've had to do one with Kin - so good experience on that.</p> <p>-There was group project where you had to analyze a nutritional claim of a product which was pretty fun</p>	<p>-N/A</p>	<p>-Material builds on from first year Nutrition-which is great! So you basically already have the fundamentals of the course down packed! - Can be a good thing or a bad thing. Although there was a new section of Alcohol - a lot of material is overlap. Some people found this to be boring- others didn't care as much because it was a good refresher.</p> <p>-Builds on first year nutrition</p>
<p><b>KIN 3Z03- Neuromuscular Plasticity in Health and Disease (V. Ljubicic)</b></p>	<p>-All you need are the Lecture Notes from Avenue!, articles that the prof gave to help supplement what was taught in class</p> <p>-Readings posted on Avenue</p>	<p>-Depends on your preference!</p>	<p>-When i read the course handbook the content really intrigued me. It was a lot of bio which i love and the content was really really interesting.</p>	<p>- I think this course has a bad rep for being extremely difficult/intimidating. Although it was challenging and I had to take a little extra time to look back at first year bio notes, I found this course extremely interesting.</p>	<p>-The prof was very engaging, he was one of the best profs I have had in university thus far. The content was interesting which made me want to come to class.</p>	<p>-N/A</p>	<p>-Combination of cell biology (BIO 1A03) and course material from KIN 1A03/1AA3 and KIN 2C03</p> <p>-It builds a little bit on Biology 1A03 content - discussion of the</p>

	<p>-Additional Articles to read provided by instructor</p>		<p>-Covers interesting topics, shows steps involved in research          -Honestly it just sounded interesting          -I have an interest in neuroplasticity          -This course opened my eyes to entirely new way of approaching rehabilitation and diseases. It can be applied to almost any avenue of kin you decide to pursue as it speaks about how exercise changes the physiology of the body. Specific to muscle diseases but the basic concepts can be applied anywhere.          -Interested in biology, the nervous system and diseases.          -I heard great reviews of this course and had a keen interest in neuromuscular physiology so decided to enrol.          -The course content seemed extremely interesting from</p>	<p>Professor L is an excellent teacher and very willing to put in extra time in you need help. If you are interested in learning/discussing new technologies, treatments related to neuromuscular diseases while challenging yourself this is the course for you!          -The prof is a very knowledgeable man who is up-to-date with this field of science. However, there is a great deal of content and assessments are not easy. The midterms were a mix of m/c, t/f, fill in the blank, and quite a few short answers. Many people felt short for time and found them to be quite specific. Since there is no final exam, the midterms are a significant part of your mark. In addition, the course focused a lot on the studies involving rats/mice and the methods for this research, down to the cellular level. If this is not interesting to you, then do not take this course, because it is not fun/easy to read if you do not enjoy it.          - if you want to have your mind blown and</p>	<p>- Very organized lecture presentation, presentations once a week for an easier/more entertaining lecture, really nice prof          - I loved being able to learn about different neuromuscular diseases and how they occur at a cellular level. The class is about 40 people which allows for good group discussions.          -We talked about a lot of different neural disorders, and then discussed roughly 2 treatments occurring for each.          -Understanding pathways in the body and cell changes and how to read pub med articles. You will not leave the course bored every... maybe mentally exhausted but never bored          -The pathology of the diseases taught are interesting as the</p>		<p>cell structure, i.e. mitochondrial structure and function.          -Related to Biology 1AA3 and touches upon some pathways from Nutrition (if you ever took it with Pincivero) but can be applied to most physiology courses.          -The course content is somewhat unique in kinesiology in my opinion, it perhaps has some overlap/ builds on bio 1A03 or bio 2B03. Even with those courses, its more of just a base, takes off in its own direction.          -Built off basic biology (cell biology) and neuromuscular exercise physiology (2C03)          -Does build somewhat on second year neuro however most of the information is new.</p>
--	--	--	---	---	--	--	---

			<p>the previous outline. Mostly for personal interest.</p> <ul style="list-style-type: none"> <li>-Heard that Vlad was a great prof</li> <li>-Interested in Neuromuscular physiology and post grad options relating to this field</li> </ul>	<p>value being able to read research papers and or enter a lab setting career this career will set you up beautifully.</p> <p>Regardless if you pursue a career in this area it looks at an new area of research and will put you on the cutting edge of science. The course is based around paper released within the past 2 years and the prof is a true genius and gem.</p> <ul style="list-style-type: none"> <li>-Don't be scared to take this course because you have heard its hard, it is very interesting and well taught, and possible to do well in if you put the effort. If you are interested in research i would suggest taking it (even if interested in research in a different field) because it helps you become familiar with research methods, questions and things like that.</li> <li>-Great professor, really take advantage of this opportunity if you take this course</li> <li>-This course has a project where Dr. Ljubicic assigns groups to you and you are given 2 weeks to meet with your group and form the presentation. Its a ~20 minute presentation in front of the class where</li> </ul>	<p>professor explains the disease on a molecular as well as in the big picture on what happens, and then explains possible therapeutic methods that are being investigated. He teaches in a very research paper based fashion, which is very interesting and unique way to learn.</p> <ul style="list-style-type: none"> <li>-The comprehensive nature of the course taking the students from activity that occur at the DNA level to how our body type and behaviour a change on the surface level</li> <li>-Everything was very current. Dr. Ljubicic would often change the lecture to reflect the most current research (sometimes only a month or two after it was published).</li> <li>-You really learn how to better understand and</li> </ul>		
--	--	--	--	---	--	--	--

				<p>you will explain a protein/disease/other related material. -Definitely a lot of work. Much more "science-y" than other kin courses, but Vlad is a great prof.</p>	<p>analyze scientific papers -The in-depth analysis of a disease using various studies to explain what changes it causes to the neuromuscular system. Also the different types of experimental treatments that are being introduced to treat these diseases many of which have no cure. -- This course was one of my favourite course ever taken in Kin. However it is very hard. I would definitely take it again but be prepared to ask questions, pay attention and stay on top of work. Djbuicic has the best sense of humour.</p>		
<p><b>KIN 4AA3- Applied Biomechanics (J. Dowling)</b></p>	<p>-Courseware</p>	<p>-Depends on your preference!</p>	<p>-N/A</p>	<p>-N/A</p>	<p>The tutorials were really interesting</p>	<p>Clinical biomechanics</p>	<p>The other biomechanics classes</p>
<p><b>KIN 4B03- Cardiovascular Disease: Pathophysiology &amp; Rehabilitation</b></p>	<p>-All you need are the Lecture Notes from Avenue!, some online</p>	<p>-Typing the notes on a laptop -Depends on your preference!</p>	<p>-Cardiac rehabilitation was a career path I was interested in. Pathology of the</p>	<p>-The prof was Macdonald's Phd student I believe but she was so amazing! I don't think she will be teaching</p>	<p>-The course focused on cardiovascular disease and also focused on</p>	<p>N/A</p>	<p>-Kind of builds on some material from first year Epidemiology. You learn a lot about</p>

	journal articles posted on avenue	-Writing notes by hand	<p>cardio-respiratory system plays a huge role in morbidity and mortality in the population, and its important to know what causes these diseases and how to prevent them (from a rehabilitation point of view).</p> <p>-I wanted to explore my interest in Cardiovascular disease and pursuing it in research or for a career (having volunteered at PACE with cardiovascular patients as well). It was inspiring, we touched on a lot of interesting and current research that is relevant to all age groups in society and I'm definitely keeping it open as an option for a future career path! It's something that commonly affects people (everyone has a loved one or knows of someone affected</p>	it anymore, but her name was Dr.Currie	<p>prevention techniques and rehabilitation techniques.</p> <p>-There were a few guest lecturers that were pretty interesting and the prof Dr. Currie did a pretty good job of keeping the class engaged (especially for a night class).</p> <p>-I love how the prof included so many research studies. She did one or two per lecture and expanded on them afterwards. She always chose them so that they were somewhat interesting to us too. I remember there was one on coffee drinking and I found that particularly interesting because it's something that's always debated when it comes to heart health. She also had a guest speaker come in and talk about Women's Cardiovascular Health and she showed a really</p>		<p>cardiovascular diseases, how they occur, the prevalence, how they're treated etc.</p> <p>-Yes! Definitely relates to material from Anatomy, Epidemiology, Cardiorespiratory and Metabolic Exercise Physiology and Nutrition.</p> <p>-Anatomy 1AA3 (cardio respiratory anatomy)</p>
--	-----------------------------------	------------------------	--	--	---	--	---

			<p>by cardiovascular) and it is so easily preventable, which is why I am motivated to work with this disease group to try and implement simple and effective ways (exercise and diet wise) to help manage the huge presence of it in society right now.</p>		<p>great video on how women are often set aside when it comes to cardiovascular disease because men are at higher risk and women brush heart attack symptoms off as no big deal. But post-menopausal women and men I believe are eventually at the same risk. Her tests were also fair and she did a great review session before all of them.</p>		
<p><b>KIN 4C03- Integrative Physiology of Human Performance (M. Gibala)</b></p>	<p>-All you need are the Lecture Notes from Avenue!</p>	<p>-Typing the notes on a laptop</p>	<p>- Seemed interesting, wanted Gibala as a prof. -I chose this course to decide whether a masters degree interested me. This course evaluated my ability to design experiments and "think like a scientist". It was heavily based on new research and how to analyze research.</p>	<p>-N/A</p>	<p>-This course evaluated whether students UNDERSTOOD the material, as opposed to whether students could memorize concepts or facts. There was never one "right answer". It was also interesting having Dr. Gibala as a professor, because he is extremely knowledgeable in high intensity interval training and exercise physiology.</p>	<p>-Thesis course or senior project course</p>	<p>-Some content from 2CC3 and 2C03 I think. -This course builds on 2CC3. You need to have a solid understanding of those concepts to excel in this course.</p>



					It facilitated a new way of thinking -- designing experiments to test every theory we had. Concepts were interesting.		
<b>KIN 4CN3- Clinical Neurophysiology</b>	-All you need are the Lecture Notes from Avenue!	-Depends on your preference!	-Interested in post grad in neuroscience	-N/A	-Learned about different types of neurological diseases	-Kin 3E03 Neural Human Control and Learning	-KIN 3E03
<b>KIN 4EE3- Professional Placement in Kinesiology (C. Cupido)</b>	- All you need are the Lecture Notes from Avenue!, Records of personal experience from placement	-Depends on your preference! -Typing the notes on a laptop	-Interested in seeing how the theories we studied were utilized in a real world health setting -I wanted practical experience in the rehabilitation field	-Great opportunity to learn how to use your knowledge to aid various populations in their rehabilitation process	-Intentional find a placement that you want to learn from. Don't take this course if you just want a decent grade, this is a great opportunity to learn from experts in a field of interest. If you go put in the effort you can gain a great deal of hands on experience that can transfer to many health care professions and potentially set you up for a job at the clinic afterwards. -My placement provided me with hands on experience working under a physiotherapist in a hospital setting. This was by far my best physiotherapy	-KIN 3RP3	-It depends on where you do your placement but generally a good understanding of anatomy (maybe MSK and potential strength and conditioning fundamentals) and social skills will do you wonders for this opportunity -This course can be whatever you make it. Each placement is very different so you can apply prior knowledge to your placement (depending on which placement you pick).  This course builds on the knowledge from the third year research practicum course

					experience and enhanced my understanding of the profession.		(in terms of self directed learning, problem based learning, lifelong learning, learning objectives)
<b>KIN 4J03- Functional Anatomy (K. Madsen)</b>	-Textbook -Self guided research	-Writing Notes by hand -Depends on your preference!	-If you are entering any career which requires you to have a strong working understanding of anatomy no other course will set you up better. Very hands on and one of the most fun courses I have taken and it really builds your confidence in this scope of practice. -For massage therapy, enhancing my palpate on techniques and getting a better understanding of where everything is in the body! -Interested in post grad involving anatomy -Interested in post grad rehabilitation -U enjoy krista's courses and this was very hands on in a small class. The material is also very useful	-Prepare to work, you cannot cram in this course and keep in good communication with Krista the whole time and you will enjoy and get a lot out of. Create a google doc to swap pics and answers with your classmates sooner then later and really embrace this unreal opportunity. -The written test component required extensive knowledge. Lots of memorization! And then practical testing was a bit nerve racking but not nearly as bad as it seems. -A lot of people are intimidated by this course because it is one of the harder kin classes, don't let that stop you from taking it! So worth it and very possible to do well if you put in a bit of practice time. Best class of my undergrad! -I wish there was more instruction for the independent course work, like maybe a tutorial every other week with a TA and we could discuss some of it. I dont think the course	-Working hands on with your peers in class. Bragging about what you have learned at family functions. This course is so exciting and applicable in so many areas. -Being in such a small class size allowed awesome one on one time with Krista Madsen and the TAs. Course content was also really fun! - Trip to human cadaver lab in the hospital -Learning to palpate the muscles is defintely a great skill to learn and makes classes fun. The anatomy lab was also cool -The whole palpating and having to draw structures (Muscle, bone, tendon, ligament) accurately really put your hands	-Sports Injuries 3K03, Rehab 4KK3 -Fundamentals of Rehab	-MSK -Built on MSK and a bit with sport injuries -Fundamentals of Rehab

			<p>-I was interested in furthering my understanding of anatomy and I knew it would be a helpful basis no matter what direction I went for a career.</p>	<p>weight 60% for independent material and 40% for practical represents what the course was based on. I think it should be reversed 40 for independent and 60 for practical. Definitely spend lots of time doing the independent work, and don't fall behind on it -I took Functional Anatomy at the same time as Fundamentals of Rehab, and I would actually recommend that as crazy as it sounds. For me, Krista Madsen taught both so it was nice. She does a really good crossover in terms of areas of the body, so for example if we were covering the upper body (shoulders and neck) in rehab, I would have a good understanding of the structures already (and their function) because we'd be covering upper body anatomy simultaneously in Functional. Although it is quite the workload, as long as you stay on top of it you'll find taking them both quite helpful!</p>	<p>and understanding of the human body to the test. Some structures you picture a lot differently than how they actually feel or their actual size on a real person. This course I would say is one that all Kin students should take because it makes all those years of memorizing and reading about anatomy come into play. After this course you will for sure have a new and better understanding of where structures are in the body, how they can vary from person to person, and how they can be manipulated with exercise and positioning to help with rehab or just test for certain injuries.</p>		
<p><b>KIN 4KK3- Fundamentals of Rehabilitation (K. Madsen)</b></p>	<p>-MSK Textbook -All you need are the Lecture Notes from Avenue!</p>	<p>-Depends on your preference! -Typing the notes on a laptop -Writing notes by hand</p>	<p>-Knew it'd be helpful for post-grad options involving rehabilitation/PT, and I really like</p>	<p>-Grading on midterms/exams has been said to be very subjective. -Overall, I loved the course but the marking</p>	<p>-If you're interested in any form of rehabilitation at all, you would love the course. Labs</p>	<p>-Sport Inj, Functional Anatomy</p>	<p>-Built on some things from MSK (2E03) and material from Sports Injuries (3K03), since</p>

			<p>Krista's teaching style.</p> <p>-4KK3 is the next logical step after 3K03. The content is also very applicable to any clinical experience you will encounter.</p> <p>-Was told it's a good intro to physio and could help you decide if that's what you want to do, and it's extremely accurate! She literally teaches you how a physio would approach each situation and goes through the treatment plan</p> <p>-Interested in a Rehabilitation type post grad</p> <p>-Interested in further exploring injuries and conditions and how to treat them.</p> <p>-I was interested in exploring a career in Rehab (physiotherapy, occupational therapy etc)</p>	<p>system screwed me over. The material was straightforward, tests were fair, but I didn't do too hot. Although, I leave the course with no regratz fam cause I enjoyed Krista's lectures and I learned a lot.</p> <p>-Very interesting! Krista's testing is pretty much the same as her other classes, but involves a bit more critical thinking - which some people get frustrated with.</p> <p>Definitely a possibility to do really well in the class if you're comfortable with the fact that memorizing every word on a slide will definitely not get you a perfect mark on the test. Much more of an understanding and applying type class than memorization.</p> <p>-The testing was very hard. Requires a lot of studying and memorization. Madsen's testing and the marking is very specific and you need to be able to know the course content like the back of your hand and draw connections. But a very useful tool!</p> <p>Just be aware of the amount of studying you'll need todo for it.</p> <p>-It was one I found really brought everything from</p>	<p>and lecture material are very interesting, and help you develop real life skills that you may need later if you choose to pursue rehabilitation as a career.</p> <p>-I appreciated that Krista tried to make the course engaging. We had a few group activities during lecture. Overall, the content was great if you are interested in the "what now?" after 2E03, 3K03. If you are volunteering/work ing in a clinic, you will find that this course will help you interact with your clients/patients.</p> <p>-Thinking about injuries in a dynamic way, and focusing on how to approach the treatment plan in the most comprehensive way.</p> <p>-Really awesome knowledge gained from this course. Went through treatments for lots</p>	<p>they're both technically prerequisites.</p> <p>-3K03, 2E03</p>
--	--	--	---	--	---	---

				<p>previous years (first 2 years of undergrad) together. It allowed you to apply your knowledge of the body and how it responds to exercise. It involved problem-solving and being creative, which is something we science students sometimes miss! It's a great course to explore physio or any career that involves prescribing exercise programs. Challenges your mind again like Sports Inj to keep an open mind and accept that every body is going to be different and every situation is going to have different needs.</p>	<p>of different issues and the various techniques and methods used. -The labs were really great! A lot of fun and helpful for tests/understanding lecture material. We also did some great demos with partners in lecture (exercises and tests) and that helped to really feel and picture what was supposed to go on with the body.</p>		
<p><b>KIN 4L03- Sociology of the Body (P. White)</b></p>	<p>-Courseware</p>	<p>-Writing notes by hand</p>	<p>-It was the course that followed 3P03, which I greatly enjoyed. It was also a smaller seminar course, which was enticing.</p>	<p>-Has multiple presentations and a big individual paper that is year long. The course really is a bit of an independent study project. There isn't much direction, it is a lot of self learning. The small seminar class allows for constant class discussion and participation. Every week, 2 classmates presents questions for the articles that had to be read for the week. No midterms/exams. If you don't like reading, do not take this course. The readings are long, dense, and often complicated. Overall, one of my</p>	<p>-Great course. Helped developed critical reading and analysis skills. The readings were difficult and different from traditional kinesiology courses, but were very interesting. A lot of cool sociological theories were examined and the content was always related back to current day events.</p>	<p>-Kin 3P03</p>	<p>-Kin 3P03</p>

				favourite kinesiology courses, really challenged me.			
<b>KIN 4S03- Physical Activity in Chronic Health Impairments (R. Calvert)</b>	-All you need are the Lecture Notes from Avenue!	-Typing the notes on a laptop -Depends on your preference!	-Wanted a continuation of 3B03 because it seemed fairly straightforward -The topic sounded interesting -Seemed easy and interesting. -I always enjoy classes that are taught by Randy. He's very passionate about what he lectures on and is also very helpful if you ever need any help/guidance. His tests are all straight forward and as long as you study for them, you should be fine.	-Really chill, Randy even lets you present on a topic outside the course scope if you've always wanted to do some research but were never able to take the course for it/didnt have time -has a group component	-Presentations were so much fun, there were only a few actual lectures, midterms were super tough but as long as you put in the memorization time you're good -very applicable -This class has a group presentation project that you need to complete. I found all of the presentations very informative and interesting.	-3B03 (prereq)	-Yes, built on 3B03 -Some of the physiological concepts discussed in this class does overlap with a few other courses.
<b>KIN 4SS3- Human Aging: Biological and Lifestyle Influences (A. Hicks)</b>	-Courseware, +Lecture Notes from Avenue!	-Depends on your preference! -Typing the notes on a laptop	-Interested in the course material -I am interested in working with the aging population. -Interested in geriatrics, thought this would be applicable for potential career exploration -It sounded interesting and I loved Hicks in 2nd year Neuro. It also	-Quite a bit of the info in this course are things you have seen before, so you are well-prepared to do well! And if you enjoy learning about aging pops, then this is a super interesting course for you! -Dr. Hicks has a specific testing style with her multiple choice, if you usually do well then I recommend this course. She also had us do two	-Aging and Skeleton, Aging and Cognition -I really enjoyed everything we learned in the course, and the publications that we had to read along with it were quite interesting! -We went through the different body systems and talked about what	-N/A	-Kin 1A03, Kin 4B03, Kin 2C03 -Some content from second year Health Psych, Anatomy/Physiology from first year, and even information from cardio and neuro from second year. -Builds on a lot of information from the first two years of the program.

			<p>doesn't have any tutorials, and was just 3 lectures a week. Also may be interested in working with geriatrics in the future.</p> <p>-Human aging sounded interesting and applicable to rehabilitation in senior populations.</p> <p>-Interested in post grad options involving studying aging populations</p> <p>-Pursuing a minor in Health and aging and this course serves as a credit towards both my minor and towards my major. (Please refer to an academic counsellor about this).</p> <p>-Average booster.. even though it didn't raise my average</p>	<p>reading tests, short answer, which required memorization of some specific details from selected journal articles. This might deter some people from taking this class.</p> <p>-The reading tests are way too picky and a horrible evaluation of actual learning...basically you memorize facts from 6 research articles and are asked to regurgitate random ones</p> <p>-There were two short answer tests based on required readings (which were quite interesting and were linked with course content) and a multiple choice midterm and final. Dr. Hicks' tests can be challenging but are fair and you can do well if you study appropriately.</p> <p>-</p>	<p>age related deficits can occur.</p> <p>-She went into detail about different aspects of aging and how they could be delayed/effected by exercise. It was a pretty interesting course in all!</p> <p>-Getting to learn all the ways our bodies change as we age and what we can do to mitigate these changes.</p> <p>-You learn about all the body systems and how they are impacted by aging. (Musculature, Skeleton, cognitive ect...)</p> <p>-</p>		<p>-Heavy on physiology of aging- doesn't rely on info from prior phys classes (KIN 2C03/2CC3) but adds to knowledge gained in them.</p> <p>-A bit of the aging stuff you learn about in other classes.</p>
<b>KIN 4T03- Gender, Sport and Leisure (P. White)</b>	-Courseware	-Typing the notes on a laptop	-I love the behavioural science aspect of kinesiology!	N/A	--Very research and sociology based. Seminar format and presentations. Informal.	-Kin 3P03, Kin 4L03	-Kin 3P03
<b>KIN 4V03- Human Factors and</b>	-Courseware, +Lecture Notes from Avenue!	-Depends on your preference!	-Interested in a potential career in ergonomics.		-The end of term project is vague but basically you	-KIN 4N03, KIN 4Q03	-Ergonomics 2 (4BB3), KIN 4Q03

<p><b>Cognitive Ergonomics (J. Lyons)</b></p>			<p>Readily applicable to everyday life.</p>		<p>get to write up a research proposal of anything you want that has some relation to anything you learned in the course. I personally became very invested in my project because it was relevant to my own life, as Lyons encouraged your topic be. This also gave me to chance to practice my writing and reading of literature of my own finding, which I had not had the opportunity to do up until this point. Overall, even though it was a bit of a hefty project/presentation, it was super enjoyable to carry out.</p>		
<p><b>KIN 4Y03- Cognitive Neuroscience of Exercise (J. Heisz)</b></p>	<p>-Mostly presentation and labs compose of course assignments this it required a lot of self teaching/learning -research papers</p>	<p>-Depends on your preference!</p>	<p>-Interested in the learning how exercise affects our cognition and fascinated by the nervous system -class discussion based course. focuses on analyzing research and presentations</p>	<p>-Great course structure with the grading scheme and effectively developed presentation skills, however fails to effectively test and facilitate proper understanding of how exercise affects our cognitive neuroscience in addition to not breaking</p>	<p>-Great course to develop presentation and lab skills however failed to effectively facilitate learning about the cognitive neuroscience</p>	<p>-Kin 3Z03</p>	<p>-Psych 1XX3, Kin 1A03/1AA3, Health psych (2nd year kin)</p>



			rather than midterms/exams	down the fundamentals of cognitive neuroscience to a greater extent than the 2nd year kin course, health psychology. Ultimately now, I feel much more comfortable presenting self- researched material than before, which I think is the main point of this course so I'd say it's a success. However more lecturing on the significance of fundamental cognitive neuroscience and how exercise affects it would be a great addition.	that's affected by exercise. -discussion, how to read papers, thesis prep		
--	--	--	-------------------------------	--	---	--	--