

## Positions Available for 2025-2026

### Fall 2025

#### HLTH courses

##### **HLTH 101/3.0: Social Determinants of Health, Fall 2025**

This course introduces students to basic concepts in public, population, and global health, and introduces social determinants of health, such as poverty, income inequality, and racism, in Canadian and global contexts.

*Instructor:* Kasie Murphy

*Positions available:* 7 TAs at 120 hours

##### **HLTH 102/3.0: Personal Health and Wellness (Arts and Science Online), Fall 2025**

This course introduces the variety of factors which could affect a person's health and wellness.

*Instructor:* Dr. Jennifer Tomasone

*TA allocation:* 1 Admin TA at 60 hours; 2 TAs at 60 hours

##### **HLTH 200/3.0: Physical Fitness and Wellness (Arts and Science Online), Fall 2025**

An overview of principles of physical fitness and wellness with an emphasis on the planning and implementation of a personalized physical fitness program.

*Instructor:* Nicole Beamish

*TA allocation:* 5 TAs at 60 hours

##### **HLTH 205/3.0: Introduction to Health Promotion, Fall 2025**

This course provides students with a broad overview of the practice of health promotion. Topics range from the practicalities of designing, delivering, and evaluating health promotion interventions, to consideration of how health promotion practice intersects with issues of health equity and the social determinants of health.

*Instructor:* Dr. Joseph Kangmennaang

*Positions available:* 3 TAs at 120 hours

##### **HLTH 230/3.0: Basic Human Nutrition, Fall 2025**

Study of macronutrients, selected micronutrients, energy needs for human performance, relationship of nutrient metabolism to health, consequences of nutrient deficiencies and excesses. Examine how student's own food intake may influence present and future nutritional well-being.

*Instructor:* Jeffrey Lalonde

*Positions available:* 4 TAs at 60 hours

##### **HLTH 237/3.0: An Introduction to Drugs, Drug Use and Drug Dependence, Fall 2025**

This course provides students with a contemporary and evidence-informed perspective on drugs, addiction, harm reduction and treatment. From pharmacokinetics to public policy, and from psychedelics to behavioural addictions, the course examines the timeless human interaction with these peculiar substances.

*Instructor:* Dr. Stevenson Fergus

*TA allocation:* 2 TAs at 120 hours

**HLTH 270/3.0: Movement Behaviours and Health, Fall 2025**

This course will study the movement behaviour levels and characteristics of the population, the influence that movement behaviours have on maintaining good health and preventing chronic disease, the determinants of movement behaviours, and interventions that can be used to impact movement behaviours.

*Instructor:* Ian Janssen

*Positions available:* 2 TAs at 120 hours

**HLTH 315/3.0: Theory and Practice of Health Behaviour Change, Fall 2025**

Survey of the theories and the complimentary behaviour change techniques that have been developed to help change people's unhealthy behaviours and encourage healthy choices.

*Instructor:* Dr. Eun-Young Lee

*Positions available:* 3 TAs at 120 hours

**HLTH 323/3.0: Introduction to Epidemiology, Fall 2025**

The course offers epidemiological ways of understanding threats to population health. Such threats may include the history of colonialism, inequitable access to public goods, healthcare, education, housing, clean water, etc., wealth gaps, and intrapersonal, interpersonal, institutional, and systemic mechanisms that organize the distribution of power and resources differentially across lines of race, gender, class, sexual orientation, gender expression, and other dimensions of individual and group identity.

*Instructor:* Dr. Eun-Young Lee

*Positions available:* 4 TAs at 60 hours

**HLTH 332/3.0: Foundations for Understanding Disability: A Health Perspective, Fall 2025**

This course provides upper-year students with a solid understanding of disability. Key disability concepts, such as definitions and models of disability, attitudes, human rights, accessibility, policy, and barriers are introduced and their relevance to health, quality of life and participation in several life domains are examined.

*Instructor:* Dr. Jennifer Tomasone

*Positions available:* 3 TAs at 120 hours, 1 TA at 60 hours

**HLTH 334/3.0: Health, Illness and Society, Fall 2025**

Explores cultural meanings of health and illness, the power dynamics through which these meanings are constructed, and related injustices in bodily experiences.

*Instructor:* Dr. Elaine Power

*Positions available:* 4 TAs at 120 hours

**HLTH 397/3.0: Indigenous Health, Fall 2025**

*Instructor:* Dr. Jodi John

*Positions available:* 2 TA at 120 hours

**HLTH 416/3.0: Program Planning and Evaluation, Fall 2025**

An examination and application of the principles of program planning in a variety of settings. Topics will include needs assessment, intervention design and implementation, and evaluation. Students will develop a program plan.

*Instructor:* Dr. Lucie Lévesque

*Positions available:* 1 TA at 120 hours; 2 TAs at 60 hours

## KNPE courses

### **KNPE 153/3.0: Introductory Biomechanics, Fall 2025**

The purpose of this course is to learn the fundamentals of analyzing human movement in a quantitative manner. Learn basic mechanics of rigid body motion and how they are applied in the context of human movement (i.e. how forces generate movement) to understand whole body movement and interaction among body segments.

*Instructor:* Dr. Pouya Amiri

*Positions available:* 3 TAs at 120 hours

### **KNPE 225/3.0: Advanced Human Physiology, Fall 2025**

This course is designed to develop an understanding of the concept of homeostasis and the integrated control of cellular and organ responses involved in regulation and maintenance of homeostasis. Special emphasis will be placed on the systems that respond to exercise stress.

*Instructor:* Dr. Michael Tschakovsky

*Positions available:* 3 TAs at 120 hours

### **KNPE 251/3.0: Introduction to Statistics, Fall 2025**

An introduction to the analysis of data from real life situations. Covers study design, descriptive and inferential statistics. Topics include probability, t-tests, regression, Chi-square tests, analysis of variance. Emphasis is in the foundation of statistical inference and practical application of statistical methods using statistical software.

*Instructor:* TBD

*Positions available:* 5 TAs at 120 hours

### **KNPE 255/3.0: Physical Activity, Fitness and Health, Fall 2025**

Introduction to the interrelationships between physical activity, inactivity, cardiorespiratory fitness and health. Current knowledge with respect to the identification of health-related fitness components, cardio metabolic risk factors among adults with various phenotypes are considered.

*Instructor:* TBD

*Positions available:* 2 TAs at 120 hours

### **KNPE 261/3.0: Theory of Motor Behaviour and Motor Learning, Fall 2025**

This course will explore the acquisition of motor skills. The principles and theories outlined in this course will provide students with a basic knowledge of sensorimotor behaviour for applications in physical education, kinesiology, and rehabilitation.

*Instructor:* Dr. Gerome Manson

*Positions available:* 3 TAs at 120 hours

### **KNPE 265/3.0: Psychology of Sport and Exercise, Fall 2025**

This course will provide you with a broad introduction to sport and exercise psychology. Specific focus will be placed on the theories and frameworks that help us understand behaviours related to sport and exercise participation and performance. We will discuss seminal and current research in the field, and you will be provided with opportunities to think about and apply the information to real life contexts.

*Instructor:* Dr. Jean Côté

*Positions available:* 3 TAs at 120 hours, 1 TA at 60 hours

### **KNPE 327/3.0: Exercise Physiology Laboratory, Fall 2025**

This lecture/laboratory experience is designed to establish student understanding of, and technical skills in, the measurement of human physiological responses and performance capacity in exercise. Students will learn the

technical and theoretical basis for such measurement and develop familiarity with tests of physiological function during rest and exercise.

*Instructor:* Dr. Brendon Gurd

*Positions available:* 2 TAs at 120 hours; 1 TA at 60 hours

### **KNPE 330/4.5 and KNPE 430/4.5: Athletic Therapy Mini-Stream, Fall 2025 – Winter 2026**

Students will work under the supervision of a certified athletic therapist and provide practice and game coverage for their designated team.

*Instructor:* Ryan Bennett (Athletics), Dr. Nicole Beamish

*Positions available:* 1 TA at 120 hours (KNPE 330/430 combined full year position)

*Special note:* TAs in this course must have previous experience in athletic therapy.

### **KNPE 335/3.0: Healthy Aging, Fall 2025**

An introduction to the theories, frameworks, and research within the various realms of aging. Students will be encouraged to investigate how these realms interconnect and relate to physical activity, mental health, and social relationships, and what barriers and stereotypes are related to healthy aging.

*Instructor:* Madison Robertson

*Positions available:* 2 TAs at 120 hours; 1 TA at 60 hours

### **KNPE 336/3.0: Community Field Placement in Disability and Physical Activity, Fall 2025**

Students gain experience assisting adults with a disability to engage in exercise. Students develop an understanding of the nature of disability, the benefits of exercise, factors that promote exercise participation, and appropriate exercise prescription.

*Instructor:* Dr. Amy Latimer-Cheung

TA allocation: 2 TAs at 60 hours

*Special note:* TAs in this course must have previous experience with exercise programming for people with disabilities.

### **KNPE 338/3.0: Fall 2025**

*Instructor:* Dr. Courtney Szto

TA allocation: 1 TA at 30 hours

### **KNPE 346/4.5 and KNPE 446/4.5: Strength & Conditioning Mini-Stream, Fall 2025 - Winter 2026**

Working with the Strength and Conditioning Head Coach in Queen's Athletics, students will complete a field placement that involves a range of practical experiences in the area of strength and conditioning programs for elite athletes. Practical sessions will be rotated weekly in order to provide students with a variety of experiences in program delivery, training sessions, and testing.

*Mini-Stream Coordinator:* Colin McAuslan (Athletics), Dr. Nicole Beamish

*TA allocation:* 1 TA at 120 hours (KNPE 346/446 combined full year position)

*Special note:* TAs in this course must have previous experience in strength and conditioning.

### **KNPE 355/3.0: Lifestyle and Cardiometabolic Assessment Laboratory, Fall 2025**

A lecture/laboratory experience designed to help prepare students to participate in a variety of multidisciplinary clinical and/or professional environments. Concept and skill development pertaining to exercise/lifestyle for general as well as selected special populations will prepare students for experiences in clinical and medical settings.

*Instructor:* Dr. Nicole Beamish

*TA allocation:* 3 TAs at 120 hours; 1 TA at 60 hours

**KNPE 365/3.0: Motivational Interviewing for Physical Activity Behaviour Change, Fall 2025**

The study of strategies to enhance intrinsic motivation and self-regulation for physical activity and health behaviour change in clinical settings. Students will learn and practice motivational interviewing skills for behaviour change in intensive weekly tutorial sessions.

*Instructor:* Dr. Lucie Lévesque

*TA allocation:* 3 TAs at 120 hours; 1 TA at 60 hours

**KNPE 400/3.0: Professional Issues in Allied Health, Fall 2025**

Through problem-based learning, students will gain an understanding of what it means to be an applied health care professional. Students will work collaboratively on case studies and develop critical thinking skills to prepare them as they transition to their careers as health care practitioners.

*Instructor:* Dr. Nicole Beamish

*TA allocation:* 4 TAs at 120 hours

**KNPE 436/3.0: Advanced Placement in Disability and Physical Activity, Fall 2025**

Students gain leadership experience in an exercise program for adults with a disability. Students develop an understanding of the operational considerations to run an adapted exercise program including the necessary human and financial resources, and the skills to develop, implement, and evaluate exercise opportunities for persons with a disability.

*Instructor:* Dr. Jennifer Tomasone

*TA allocation:* 2 TAs at 60 hours

*Special note:* TAs in this course must have previous experience with exercise programming for people with disabilities.

## WINTER 2025

### HLTH courses

**HLTH 101/3.0: Social Determinants of Health, Winter 2026 (*Arts and Science Online offering*)**

This course introduces students to basic concepts in public, population and global health, and introduces social determinants of health, such as poverty, income inequality, and racism, in Canadian and global contexts. Online.

*Instructor:* Alhassan Siiba

*TA allocation:* 5 TAs at 120 hours

**HLTH 102/3.0: Personal Health and Wellness, Winter 2026**

This course provides an introduction to the variety of factors which could affect a person's health and wellness.

*Instructor:* Kelechi Kemnele

*TA allocation:* 1 TA at 120 hours; 4 TAs at 60 hours

**HLTH 200/3.0: Physical Fitness and Wellness, Winter 2026 (*Arts and Science Online Offering*)**

An overview of principles of physical fitness and wellness with an emphasis on the planning and implementation of a personalized physical fitness program. Online.

*Instructor:* Dr. Nicole Beamish

*TA allocation:* 6 TAs at 60 hours

**HLTH 205/3.0: Introduction to Health Promotion, Winter 2026 (*Arts and Science Online [ASO] Offering*)**

A survey of the practice of health promotion. Topics include the field's history, philosophies of health promotion, the social ecological framework, program planning and evaluation, practitioner skills and competencies, cultural competence, ethics, the use of theory, community organizing, social marketing, harm reduction, information literacy, and health promotion practice in selected settings. Online.

*Instructor:* Dr. Lucie Lévesque

*TA allocation:* 2 TAs at 120 hours

### **HLTH 235/3.0: Food Systems, Winter 2026**

This course will introduce students to some of the ways in which colonization, globalization, and capitalism have shaped contemporary food systems, and how relations of power, including those of gender, race, and class, are produced and reproduced in food production, distribution, and consumption.

*Instructor:* Dr. Elaine Power

*Positions available:* 2 TAs at 120 hours

### **HLTH 252/3.0: Introduction to Research Methods, Winter 2026**

This course provides an introduction to methods, techniques and approaches to research. The course will explore the formulation of research questions, experimental design, interpretation of results, and the use of statistical analysis in experimental research. Ethical issues in research will also be discussed.

*Instructor:* Dr. Eun-Young Lee

*Positions available:* 1 head TA at 70 hours, 4 TAs at 80 hours

### **HLTH 300/3.0: Community-Based Practicum, Winter 2026**

HLTH 300 provides students with a community-based practical placement opportunity related to their field of study, including but not limited to: fitness facilities, community health centres and allied healthcare clinics (e.g., physiotherapy, occupational therapy, chiropractic, athletic therapy, etc.).

*Instructor:* Michelle Shorey

*Positions available:* 1 TA at 30 hours

### **HLTH 305/3.0: Fundamentals of Health Policy, Winter 2026**

An overview of the fundamentals of health policy with an emphasis on the Canadian context. Topics to be discussed include history of the Canadian public health care system; the Canada Health Act; the political and economic environment of the Canadian health care system; issue and challenges in Canadian health policy; and comparative perspectives.

*Instructor:* TBC

*TA allocation:* 2 TAs at 120 hours

### **HLTH 331/3.0: Advanced Human Nutrition, Winter 2026**

Current issues relating to nutrition and health promotion/disease prevention. Such topics as cardiovascular disease, weight control, eating disorders, nutrient needs during the life cycle, fads and quackery, sociocultural, economic and media influences. Topics may vary.

*Instructor:* Emily Ferguson

*TA allocation:* 2 TAs at 120 hours; 1 TA at 60 hours

### **HLTH 350/3.0: Topics in Global Health, Winter 2026**

This course examines global health from a variety of perspectives, including anthropological, epidemiological, and sociological, to help understand the cultural and historical patterns shaping global health inequalities. With an emphasis on resource-poor countries, specific topics may include infectious and non-communicable diseases, nutrition and maternal health.

*Instructor:* Dr. Elijah Bisung

*TA allocation:* 1 TA at 120 hours; 1 TA at 90 hours

## KNPE Courses

### **KNPE 125/3.0: Introduction to Human Physiology, Winter 2026**

This course provides an introduction to human physiology from the cellular to the systemic level with special emphasis on the systems that adapt to exercise stress. The following areas will be covered: the cell, nervous system, skeletal muscle system, respiratory system, cardiovascular system, neuroendocrine system, and renal system.

*Instructors:* Brendon Gurd

*TA allocation:* 1 Head TA at 60 hours

### **KNPE 167/3.0: Socio-Cultural Dimensions of Sport and Physical Activity, Winter 2026**

An introduction to sociological thinking about sport and physical activity. Among the topics to be discussed are: an exploration of what constitutes sport and under what conditions; how social relations of class, race, gender, and sexuality shape sport experiences; the business of sport; and the relationship between the media and sport.

*Instructor:* Dr. Courtney Szto

*TA allocation:* 6 TAs at 120 hours

### **KNPE 227/3.0: Exercise Physiology, Winter 2026**

An introduction to the basic components of physiology as they apply to health, fitness and exercise physiology.

*Instructor:* Dr. Michael Tschakovsky

*TA allocation:* 2 TAs at 120 hours; 1 TA at 60 hours

### **KNPE 254/3.0: Biomechanical Analysis of Human Movement, Winter 2026**

Students will learn to apply the knowledge and skills acquired in KNPE 153 to conduct detailed analyses of human movement including how to analyze human movement using information obtained from different measurement tools. Examples will be used to demonstrate how biomechanics can be used to enhance and maintain human health, fitness and performance.

*Instructor:* Dr. Jessica Selinger

*TA allocation:* 3 TAs at 120 hours

### **KNPE 303/3.0: Coaching and Leadership in Sport, Winter 2026**

This course aims to introduce the theory and methods of coaching and leadership. This course addresses topics such as athlete development, skill acquisition, coaching and leadership theories, coach education, coach behaviours, interpersonal relationships, and contextual influences on coaching. This course also reflects on methodological issues related to coaching research. A central aim of this course is to encourage students to reflect on how they might apply course content to real-life situations.

*Instructor:* Dr. Jean Côté

*TA allocation:* 1 TA at 60 hours

### **KNPE 331/3.0: Care and Prevention of Athletic Injuries, Winter 2026**

The care and prevention of common athletic injuries with emphasis placed on the practical portion of taping and wrapping of athletic trauma.

*Instructor:* Jean Soleyn

*TA allocation:* 3 TAs at 60 hours

*Special note: TAs in this class must have previous experience with taping athletic injuries.*

**KNPE 336/3.0: Community Field Placement in Disability and Physical Activity, Winter 2026**

Students gain experience assisting adults with a disability to engage in exercise. Students develop an understanding of the nature of disability, the benefits of exercise, factors that promote exercise participation, and appropriate exercise prescription.

*Instructor:* Dr. Amy Latimer-Cheung

*TA allocation:* 2 TAs at 60 hours

*Special note: TAs in this course must have previous experience with exercise programming for people with disabilities.*

**KNPE 345/3.0 The Science and Methodology of Sport Training Conditioning Programs, Winter 2026**

This course focuses on the development of sport conditioning programs from periodization concepts to specific training components and how the components can be integrated to create a comprehensive and balanced athlete training plan. Laboratory sessions will work on skill development applicable to conducting training and conditioning programs.

*Instructors:* Colin McAuslan & Evan Karagiozov

*TA allocation:* 1 TA at 60 hours

**KNPE 353/3.0: Experiments in Neuromechanical Kinesiology, Winter 2026**

This laboratory course will focus on advanced principles and techniques used in experiments in Neuromechanical Kinesiology, including applications in biomechanics, motor control, and neurophysiology. The objective of the course is to provide students with hands on experience in scientific study design, human instrumentation and data collection, signal processing and data analysis, and scientific report writing.

*Instructor:* Dr. Jessica Selinger

*TA allocation:* 1 TA at 120 hours

**KNPE 356/3.0: Exercise Prescription, Winter 2026**

An introduction to occupational biomechanics and physical ergonomics. The course will apply principles of biomechanics to describe relationships between job demands, functional/tissue capacities and work-related injury. Demand, capacity and injury risk evaluation tools will also be presented.

*Instructor:* Dr. Nicole Beamish

*TA allocation:* 1 TA at 120 hours

**KNPE 363/3.0: Team dynamics in Sport: Theory and Practice, Winter 2026**

The purpose of this course is to have undergraduate students recognize the inevitability of group dynamics in sport. It will involve the integration of theory, research, and practice as they pertain to team dynamics. Students will be exposed to topics involving a team's structure (e.g., roles), its processes (e.g., communication), and emergent states (e.g., cohesion), and will be encouraged to critically analyze the body of research and discuss relevant practical implications.

*Instructor:* Mitchell Profeit

*TA allocation:* 2 TAs at 120 hours

**KNPE 436/3.0: Advanced Placement in Disability and Physical Activity, Winter 2026**

Students gain leadership experience in an exercise program for adults with a disability. Students develop an understanding of the operational considerations to run an adapted exercise program including the necessary human and financial resources, and the skills to develop, implement, and evaluate exercise opportunities for persons with a disability.



*Instructor:* Dr. Amy Latimer-Cheung

*TA allocation:* 2 TAs at 60 hours

*Special note:* TAs in this course must have previous experience with exercise programming for people with disabilities.

**KNPE 447: Advanced Exercise Physiology Laboratory, Winter 2026**

The physiological systems involved in exercise will be explored in weekly laboratory experiments by imposing experimental disturbances during exercise. Students will develop skills in reading and interpreting research, predicting the effects of experiment disturbances, and testing, analyzing and interpreting physiological responses in their experiments. The course format is intended to prepare students for knowledge consumption, application, and creation in the field of exercise physiology.

*Instructor:* Dr. Michael Tschakovsky

*TA allocation:* 1 TA at 120 hours