

Fall 2026

HLTH 101: Social Determinants of Health, Fall 2026

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.

Positions available: 7 TAs at 120 hours

Instructor: TBC

On Campus

HLTH 205: Introduction to Health Promotion, Fall 2026

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.

Positions available: 4 TAs at 130 hours

Instructor: Dr. Joseph Kangmennaang

On Campus

HLTH 210: Introduction to Experiential Learning Courses, Fall 2026

This foundational experiential learning course introduces students to essential practical and professional skills for careers in kinesiology, athletic therapy, strength and conditioning, community health, and allied care. By the end of this course, students will be prepared for experiential opportunities in clinical, high-performance, or community-based settings. This course is mandatory for all students commencing level one of an SKHS mini-stream in Athletic Therapy, Strength and Conditioning, or Disability and Physical Activity.

Positions available: 2 TAs at 120 hours

Instructor: Dr. Nicole Beamish

On Campus



Queen's
UNIVERSITY

**KINESIOLOGY AND
HEALTH STUDIES**

HLTH 230: Basic Human Nutrition, Fall 2026 Online

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.

Positions available: 5 TAs at 70 hours

Instructor: Jeffrey Lalonde

Online

HLTH 235: Food Systems, Fall 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.

Positions available: 2 TAs at 120 hours

Instructor: TBC

On Campus

HLTH 315: Theory and Practice of Health Behaviour Change, Fall 2026

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.

Positions available: 3 TAs at 120 hours

Instructor: TBC

On Campus

HLTH 323: Introduction to Epidemiology, Fall 2026

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.

Positions available: 4 TAs at 60 hours
Instructor: TBC
On Campus

HLTH 332: Foundations for Understanding Disability: A Health Perspective, Fall 2026

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.

Positions available: 3 TAs at 120 hours, 1 TA at 60 hours
Instructor: Dr. Jennifer Tomasone
On Campus

HLTH 397: Indigenous Health, Fall 2026

This course provides historic, contemporary, and conceptual foundations for understanding Indigenous health on Turtle Island today. Through readings, lectures, discussions, and class activities we will critically examine key determinants of Indigenous health including the historic and ongoing impacts of settler colonialism. By engaging with multiple Indigenous perspectives, worldviews, values, and ways of being we will center Indigenous-led solutions to persistent Indigenous health disparities.

Positions available: 1 TA at 120 hours, 1 TA at 60 hours
Instructor: Dr. Jodi John
On Campus

HLTH 416: Program Planning and Evaluation, Fall 2026

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.

Positions available: 1 TA at 120 hours; 2 TAs at 60 hours
Instructor: Dr. Lucie Lévesque
On Campus

KNPE 153: Introductory Biomechanics, Fall 2026



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.

Positions available: 3 TAs at 120 hours

Instructor: Dr. Pouya Amiri

On Campus

KNPE 225: Advanced Human Physiology, Fall 2026

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.

Positions available: 2 TAs @ 145 hours

Instructor: Dr. Brendon Gurd

On Campus

KNPE 251: Introduction to Statistics, Fall 2026

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.

Positions available: 5 TAs at 120 hours

Instructor: TBD

On Campus

KNPE 255: Physical Activity, Fitness and Health, Fall 2026

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.

Positions available: 2 TAs at 120 hours

Instructor: Dr. Robert Ross

On Campus

KNPE 261: Theory of Motor Behaviour and Motor Learning, Fall 2026

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.

Positions available: 3 TAs at 120 hours

Instructor: TBC

On Campus

KNPE 265: Psychology of Sport and Exercise, Fall 2026

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.

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

Instructor: Dr. Luc Martin

On Campus

KNPE 327: Exercise Physiology Laboratory, Fall 2026

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.

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

Instructor: TBC

On Campus

KNPE 330/430: Athletic Therapy Mini-Stream, Fall 2026 and Winter 2027

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

Positions available: 1 TA at 60 hours per term (120 hours total)

Instructor: Ryan Bennett (Athletics), Dr. Jennifer Tomasone

On Campus

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

KNPE 335: Healthy Aging, Fall 2026

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.

Positions available: 1 TA at 120 hours; 3 TAs at 60 hours

Instructor: Dr. Madison Robertson

On Campus

KNPE 336: Community Field Placement in Disability and Physical Activity, Fall 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.

Positions available: 2 TAs at 60 hours

Instructor: Dr. Jennifer Tomasone, Amanda Cunningham

On Campus

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

KNPE 346/446: Strength & Conditioning Mini-Stream, Fall 2026 and Winter 2027

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 strength and conditioning programs for elite athletes. Practical sessions will be rotated weekly to provide students with a variety of experiences in program delivery, training sessions, and testing.

Positions available: 1 TA at 60 hours per term (120 hours total)

Instructor: Colin McAuslan, Dr. Jennifer Tomasone

On Campus

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

KNPE 349: Sports Nutrition, Fall 2026



The aim of this course is to provide foundational knowledge regarding the basic physiological pathways that support energy production during endurance-type and resistance-type exercise. After establishing this knowledge, you will then investigate and critically evaluate nutritional interventions to potentiate these energy systems and promote post-exercise recovery.

Positions available: 2 TAs at 60 hours
Instructor: Dr. Chris McGlory
On Campus

KNPE 355: Lifestyle and Cardiometabolic Assessment Laboratory, Fall 2026

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.

Positions available: 3 TAs at 120 hours; 1 TA at 60 hours
Instructor: Dr. Nicole Beamish
On Campus

KNPE 363: Team Dynamics in Sport: Theory and Practice, Fall 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.

Positions available: 2 TAs at 120 hours
Instructor: Dr. Luc Martin
On Campus

KNPE 436: Advanced Placement in Disability and Physical Activity, Fall 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.

Positions available: 2 TAs at 60 hours

Instructor: Dr. Jennifer Tomasone, Amanda Cunningham

On Campus

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

Winter 2027

HLTH 101: Social Determinants of Health, Winter 2027 Online

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.

Positions available: 7 TAs at 60 hours

Instructor: TBC

Online

HLTH 102: Personal Health and Wellness, Winter 2027 Online

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

Positions available: 1 Admin TA at 60 hours, 2 TAs at 60 hours

Instructor: Dr. Jennifer Tomasone

Online

HLTH 200: Physical Health and Exercise Programming, Winter 2027 Online

This course introduces students to the principles of planning and implementing a personal fitness program. Students will gain an understanding of the importance of physical activity in relation to health and wellness and the adaptations and benefits to exercising. The students will learn how to design and implement an effective training program.

Positions available: 6 TAs at 60 hours

Instructor: TBC

Online

HLTH 237: Introduction to Drugs, Drug Use and Drug Dependence, Winter 2027

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, we examine the timeless human interaction with these peculiar substances.

Positions available: 2 TAs at 120 hours

Instructor: TBC

On Campus

HLTH 252: Introduction to Research Methods, Winter 2027

This course introduces methods, techniques, and approaches to research in kinesiology and health studies. 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.

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

Instructor: Dr. Amy-Latimer Cheung

On Campus

HLTH 305: Fundamentals of Health Policy, Winter 2027

This course is intended to provide you with a general overview of policy and policy change, with a focus on Canadian health care policy. We will study the history and current structure of Canada's health care system, and analyze current debates about how Canadians access health care.

Positions available: 2 TAs at 120 hours

Instructor: TBC

On Campus

HLTH 331: Advanced Human Nutrition, Winter 2027

The aim of this course is to provide students with a framework for understanding human nutrition. Specifically, students will learn how manipulating various components of nutrition can impact human health and as well as mitigate declines in human health during disease and aging. Given the wealth of nutrition-related information in social media (Twitter/Facebook etc.), another key aspect of this course will be the development of skills required to identify scientifically supported health claims of products vs. 'hype' and 'myth'. A primary focus of the



course aims of utilizing evidence-based nutritional interventions to optimize human health at various stages of life (e.g., aging, pregnancy).

Positions available: 2 TAs at 120 hours, 1 TA at 60 hours

Instructor: Dr. Chris McGlory

On Campus

HLTH 334: Health, Illness and Society, Winter 2027

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

Positions available: 3 TAs at 120 hours, 1 TA at 90 hours

Instructor: Dr. Samantha King

On Campus

HLTH 350: Topics in Global Health, Winter 2027

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.

Positions available: 1 TA at 120 hours, 1 TA at 90 hours

Instructor: Dr. Elijah Bisung

On Campus

HLTH 495: Special Topics in Health Studies: Gender and Health, Winter 2027

Positions available: 1 TA at 60 hours

Instructor: Sarah Blackner

On Campus

KNPE 125: Introduction to Human Physiology, Winter 2027

This course introduces 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.



Positions available: 1 TA at 60 hours

Instructor: TBC

On Campus

KNPE 167: Socio-Cultural Dimensions of Sport and Physical Activity, Winter 2027

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.

Positions available: 8 TAs at 120 hours

Instructor: Dr. Courtney Szto

On Campus

KNPE 227: Exercise Physiology, Winter 2027

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

Positions available: 2 TAs at 120 hours, 1 TA at 60 hours

Instructor: Dr. Eric Hedge

On Campus

KNPE 254: Biomechanical Analysis of Human Movement, Winter 2027

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.

Positions available: 3 TAs at 120 hours

Instructor: Dr. Jessica Selinger

On Campus

HLTH/KNPE 300: Community-Based Practicum, Winter 2027

HLTH/KNPE 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.).

Positions available: 1 TA at 30 hours

Instructor: Michelle Shorey

On Campus

KNPE 331: Care and Prevention of Athletic Injuries, Winter 2027

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

Positions available: 3 TAs at 60 hours

Instructor: Jean Soleyn

On Campus

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 2027

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.

Positions available: 2 TAs at 60 hours

Instructor: Dr. Jennifer Tomasone, Amanda Cunningham

On Campus

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

KNPE 345: The Science and Methodology of Sport Training Conditioning Programs, Winter 2027

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.

Positions available: 1 TA at 60 hours

Instructor: Colin McAuslan & Evan Karagiozov

On Campus

KNPE 353: Experiments in Neuromechanical Kinesiology, Winter 2027

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.

Positions available: 1 TA at 120 hours
Course instructor: Dr. Jessica Selinger
On Campus

KNPE 356: Exercise Prescription, Winter 2027

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.

Positions available:
Instructor: Dr. Nicole Beamish
On Campus

KNPE 400: Professional Issues in Allied Health, Winter 2027

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.

Positions available:
Instructor: Dr. Nicole Beamish
On Campus

KNPE 436: Advanced Placement in Disability and Physical Activity, Winter 2027

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.

Positions available: 2 TAs at 60 hours

Instructor: Dr. Jennifer Tomasone, Amanda Cunningham

On Campus

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