

STRENGTH & CONDITIONING MINI-STREAM

EARN CREDITS WHILE GAINING VALUABLE PRACTICAL EXPERIENCE

This three-year mini-stream is offered through a partnership between the SKHS and Queen's Athletics and Recreation for students in the KIN or PHE program. Mini-stream students are immersed in the Gaels Strength & Conditioning Program, gaining invaluable hands-on experience and a total of 12.0-course units.

Students apply at the end of 1st year to enter level 1 of the mini-stream.

LEVEL 1

ADMISSION REQUIREMENTS

*Successful application and interview
& minimum cumulative GPA of 2.70
Current First Aid, CPR & CPIC
Note: 15 spaces available each year*

EXPECTATIONS

*Students will be expected to
complete 35-40 practicum hours
with the Strength & Conditioning
program*

KNPE 345 / 3.0

*Students will take a foundation
course KNPE 345/3.0 (Science &
Methodology of Training) in the
winter term*

LEVEL 2

ADMISSION REQUIREMENTS

*Minimum cumulative GPA of 2.70
Permission from S&C Coordinator
Current First Aid & CPR
Prerequisites: KNPE 345 & ANAT 315*

EXPECTATIONS

*Students can expect to be involved in
teaching one-on-one sessions, assisting
in team training sessions, weight room
supervision, functional screens, injury
prevention programs, and more*

KNPE 346 / 4.5

*Students will be in KNPE 346/4.5
(Field Placement in Strength &
Conditioning) and will be expected
to complete at least 120 practicum
hours, as well as, attend a weekly
group learning session throughout
the fall and winter terms*

LEVEL 3

ADMISSION REQUIREMENTS

*Minimum cumulative GPA of 2.70
Permission from S&C Coordinator
Current First Aid & CPR
Prerequisite course: KNPE 346*

EXPECTATIONS

*Students will assist with the design and
implementation of a training program
for one varsity team. They will be given
the independence to coordinate the
training requirements, workouts, and
successes of their team!*

KNPE 446 / 4.5

*Students will be in KNPE 446/4.5
(Internship in Strength &
Conditioning) and will be expected
to complete at least 120 practicum
hours, as well as, attend a weekly
group learning session throughout
the fall and winter terms*