

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 Kinesiology. 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- 20 spaces available each year*

KNPE 345 / 3.0

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

EXPECTATIONS

Students will be expected to complete 48 practicum hours with the Strength & Conditioning program

LEVEL 2

ADMISSION REQUIREMENTS

*Minimum cumulative GPA of 2.70
Permission from the Head Coach:
Strength & Conditioning
Current First Aid & CPR
Prerequisites: KNPE 345 & ANAT 315*

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

EXPECTATIONS

Students can expect to support varsity athletes in the daily training environment, including coaching speed and agility, return to play, resistance training, athlete monitoring and warmup and recovery components.

LEVEL 3

ADMISSION REQUIREMENTS

*Minimum cumulative GPA of 2.70
Permission from the Head Coach:
Strength & Conditioning
Current First Aid & CPR
Prerequisite course: KNPE 346*

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

EXPECTATIONS

Students will be work directly with one varsity team, integrating into their culture and supporting the delivery of the head coach's performance plan. They will lead the physical development sessions, both in practice and the High Performance Centre while also supporting the development of the level 2 interns.