

# FIRST YEAR REGISTRATION GUIDE

# DEPARTMENT OF KINESIOLOGY 2022-2023

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#### **General Information**

The Department of Kinesiology First Year Registration Guide contains important information that will assist you in registering for the 2022-2023 academic year. Be sure to review the information in this guide carefully. This Guide is designed to provide you with program specific information to supplement the information in the Brock 2022/23 Year One Registration Guide and Timetable on the Registrar's website, which you should review thoroughly.

Undergraduate Registration - Registration Guides and Timetables (brocku.ca)

You can also reference the upper year registration timetable <u>Timetables - Registration Guides and Timetables</u> (<u>brocku.ca</u>) to see course times for the first year classes with a second year code (KINE 2P08 and 2P41 for Bachelor of Kinesiology Majors).

You will find information on the first year requirements for your program in the Kinesiology First Year Registration Guide below, including which courses you are required to take and minimum grades/averages you are required to obtain in order to continue in your program after your first year. You should review the full requirements for your degree program in the 2022-2023 Undergraduate Calendar. You will also find additional information in the Undergraduate Calendar about your courses (e.g. course descriptions, prerequisites and restrictions, etc.)

You will be following the program requirements outlined in the 2022-2023 Undergraduate Calendar. You need to satisfy the program requirements outlined in this Calendar in order to graduate from your program.

Brock University 2022-2023 Undergraduate Calendar

# **Credit System**

What is a credit vs. a course? How many courses do I have to take each year? How much is each course worth? How long will a course last?

Each course at Brock is worth either a full credit or a half credit. Students typically take 5.0 credits each year. A combination of full credit courses and half credit courses can be combined to total 5.0 credits. All of the degrees offered from the Kinesiology Department - BPhEd, BKin, and BSc(Kin) - are 20.0 credit degrees.

- FULL CREDIT = 1.0 credit
  - Denoted by an 'F' (i.e. 'full credit') in the course code. E.g. FREN 1F90
  - Usually run for the entire Fall/Winter, beginning in September and ending in April
- HALF CREDIT = 0.5 credit
  - Denoted by a 'P' (i.e. 'partial credit') in the course code. E.g. KINE 1P90
  - Usually run for one term a Fall term courses begins in September and ends in December; a Winter term course begins in January and ends in April

#### **Durations**

#### How long are the courses? When do they begin/end?

The Fall/Winter academic session at Brock begins in September and ends in April and is divided into 3 possible terms, or 'durations'.

- D1 = September April (aka 'Fall/Winter term')
  - Usually only full credit courses are scheduled for D1 (e.g. FREN 1F90)
- D2 = September December (aka 'Fall term')
  - Usually only half credit courses are scheduled for D2 (e.g. KINE 1P90, KINE 1P93)
- D3 = January April (aka 'Winter term')
  - Usually only half credit courses are scheduled for D3 (e.g. KINE 1P90, KINE 1P93)

Students should plan their Fall/Winter schedule to ensure that they are only taking 5 courses each term. See examples below:

• Recommended (5 courses in the Fall and 5 courses in the Winter)

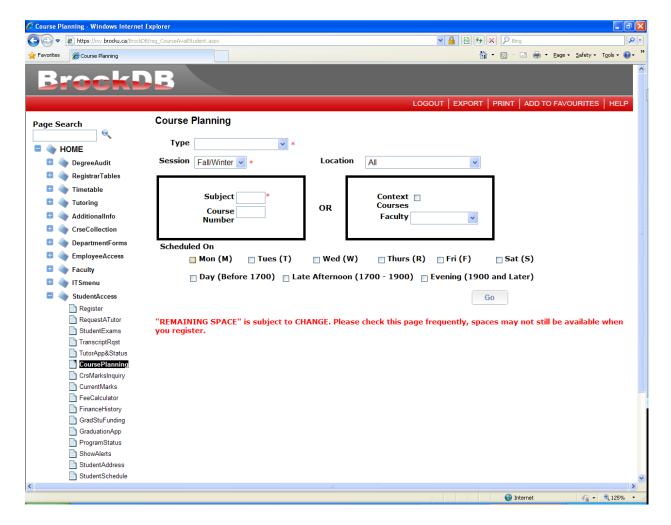
courses in the miner,		
Fall term	Winter term	
KINE 1P90	KINE 1P93	
BIOL 1P91	BIOL 1P92	
PSYC 1F90		
HIST 1P98	CLAS 1P91	
GEOG 1F90		

• Not Recommended (4 courses in the Fall and 6 courses in the Winter)

Fall term	Winter term
	KINE 1P90
	KINE 1P93
BIOL 1P91	BIOL 1P92
PSYC 1F90	
HIST 1P98	CLAS 1P91
GEOG 1F90	

# How can I plan my courses?

Under your **Student Self Serve** in your portal (my.brocku.ca) there is a **Course Planning** feature. You can use this before registration opens to help plan your schedule. It will list the Course Code, Duration, Type of Course, Days and Times running as well as the Remaining Space available. If a class fills it will show you so you can plan an alternative ahead of time.



### **Context Credits**

#### What are context credits? What counts as a context credit?

In order to graduate you must successfully complete (pass) 1.0 credit (either 1 full credit course or 2 half credit courses) from each of the context areas: Humanities, Social Sciences and Science. A list of courses which will satisfy the context credit requirements can be found on the Registrar's website:

https://brocku.ca/contextcredits

**NOTE:** You will be required to take **BIOL 1P91 and 1P92** in your first year as part of your program requirements. Successful completion of these courses will satisfy the Science context credit requirement.

Another way to search for Context Credits it to go to **Course Planning** in your Student Portal (my.brocku.ca). There, select *Undergraduate* from the **Course Type** drop down box. Then in the box on the right hand side of the screen click on **Context Courses** and then choose either *Humanities* or *Social Sciences* from the drop down box. Then click **Go**. This will provide you with a list of available courses that satisfy your Context Credits. When you hover over the course code the title of the course will be displayed.

This is a planning page only. For registration, click on Register in the Navigation Menu.			
Year: 2022			
Course Type Undergraduate	*	Session Fall/Winter ✓ *	
Delivery Method:	(Click for Definitions)	Location All	
Subject ** Course Number	OR	Context Courses  Faculty Humanities	
Scheduled On	· 		
□Sun (U) □ Mon (M)	Tues (T)	Wed (W) □Thurs (R) □Fri (F) □Sat	t <b>(S)</b>
☐ Day (Before 1700) ☐	Late Afternoon (170	00 - 1900) Evening (1900 and Later)	
			Go

#### **Electives**

#### What are electives?

Course Planning

Electives are courses which you can take in any subject area at Brock. In first year, you should take an elective at the year 1 level (XXXX 1P00 - XXXX 1P99). **NOTE:** In your upper years some electives must be taken at the 2P00+ level. Check the requirements for your degree program in the 2022-2023 Undergraduate Calendar.

# **Program Requirements**

The courses you are required to take in order to complete your degree and graduate are outlined in the Undergraduate Calendar.

Students should follow the program requirements in the Undergraduate Calendar corresponding to the year they entered their program. For you, this means you must follow the requirements for your program outlined in the **2022-2023 Undergraduate Calendar**. Even if the requirements change in later years, you **must** follow the requirements outlined in the **2022-2023 Undergraduate** Calendar.

2022-2023 Undergraduate Calendar - Kinesiology (brocku.ca)

2022-2023 Undergraduate Calendar - Physical Education (brocku.ca)



# **BACHELOR OF PHYSICAL EDUCATION (BPHED)**

BPhEd YEAR 1	
CREDIT VALUE	COURSES
0.5	KINE 1P90 (SEE ADDITIONAL INFO) Human Systems Anatomy
0.5	KINE 1P93 (SEE ADDITIONAL INFO) Foundations of Movement Studies
0.5	KINE 1P88 (SEE ADDITIONAL INFO) Foundations of Human Anatomy
0.5	BIOL 1P91 (SEE ADDITIONAL INFO) Introduction to Biology I
0.5	BIOL 1P92 (SEE ADDITIONAL INFO) Introduction to Biology II
1.0	Humanities Context Credit (see the Content Credits section of this Guide)
1.0	Social Science Context Credit (see the Content Credits section of this Guide)
0.5	Elective (see the <i>Electives</i> section of this Guide)

Students wishing to proceed to year 2 as a BPhEd major must have achieved:

- a minimum 65% major average;
- a minimum 65% in KINE 1P90;
- a minimum 65% in KINE 1P93;
- a minimum 60% non-major average; and
- a minimum 60% overall average

## ADDITIONAL INFORMATION:

- KINE 1P90, KINE 1P93 & KINE 1P88: These courses are only offered in one term. You will have KINE 1P88 and KINE 1P93 in D2(first term) and KINE 1P90 in D3(second term).
- BIOL 1P91 & 1P92: Registration for this course will open to BPhEd students on Monday July 18<sup>th</sup> at 12:00am (July 17<sup>th</sup> at midnight). You should attempt to register in this course on this date/time. This date is subject to change. Please check Timetable listing (<u>Timetables Registration Guides and Timetables (brocku.ca)</u>) for BIOL 1P91 (under the 'Notes' column) to determine when you can register in this course.

**Remember:** Make sure that you schedule yourself in 5 classes per term (see the *Durations* section of this Guide for more information).

You can find the full listing of the courses you are required to complete to earn a BPhEd degree in the *Physical Education* section of the 2022-2023 Undergraduate Calendar:

2022-2023 Undergraduate Calendar - Physical Education (brocku.ca)



# **BACHELOR OF KINESIOLOGY (BKIN)**

BKin YEAR 1		
CREDIT VALUE	COURSES	
0.5	KINE 1P90 (SEE ADDITIONAL INFO) Human Systems Anatomy	
0.5	KINE 1P88 (SEE ADDITIONAL INFO) Foundations of Human Anatomy	
0.5	KINE 2P41 Health & Physical Activity Promotion	
0.5	KINE 2P08 Research Design in Kinesiology	
0.5	BIOL 1P91 (SEE ADDITIONAL INFO) Introduction to Biology I	
0.5	BIOL 1P92 (SEE ADDITIONAL INFO) Introduction to Biology II	
1.0	Humanities OR Social Sciences Context Credit (see the Content Credits section of this Guide)	
1.0	Elective (see the <i>Electives</i> section of this Guide)	

Students wishing to proceed to year 2 as a BKin major must have achieved:

- a minimum 65% major average;
- a minimum 65% in KINE 1P90;
- a minimum 65% in KINE 1P88;
- a minimum 60% non-major average; and
- a minimum 60% overall average

#### **ADDITIONAL INFORMATION:**

- KINE 1P90, KINE 1P88: These courses are offered once this year. You will have KINE 1P88 in D2(first term) and KINE 1P90 in D3(second term). You do not need to complete KINE 1P90 and KINE 1P88 before you take KINE 2P08 and 2P41, these are all introductory courses.
- BIOL 1P91 & 1P92: Registration for this course will open to BKin students on Monday July 18th at 12:00am (July 17<sup>th</sup> at midnight). You should attempt to register in this course on this date/time. This date is subject to change. Please check Timetable listing (<u>Timetables Registration Guides and Timetables (brocku.ca)</u>) for BIOL 1P91 & 1P92 (under the 'Notes' column) to determine when you can register in this course.

**Remember:** Make sure that you schedule yourself in 5 classes per term (see the *Durations* section of this Guide for more information).

You can find the complete outline of the courses you are required to complete to earn a BKin degree in the *Kinesiology* section of the 2022-2023 Undergraduate Calendar:

2022-2023 Undergraduate Calendar - Kinesiology (brocku.ca)



# **BACHELOR OF SCIENCE KINESIOLOGY (BScKIN)**

BSc (Kin) YEAR 1		
CREDIT VALUE	COURSES	
0.5	KINE 1P90 (SEE ADDITIONAL INFO) Human Systems Anatomy	
0.5	KINE 1P88 (SEE ADDITIONAL INFO) Foundations of Human Anatomy	
0.5	BIOL 1P91 (SEE ADDITIONAL INFO) Introduction to Biology I	
0.5	BIOL 1P92 (SEE ADDITIONAL INFO) Introduction to Biology II	
0.5	MATH 1P97 Calculus with Applications	
0.5	PHYS 1P91 Introductory Physics I with Laboratory	
1.0	Humanities Context Credit (see the Content Credits section of this Guide)	
1.0	Social Science Context Credit (see the Content Credits section of this Guide)	

Students wishing to proceed to year 2 as a BKin major must have achieved:

- a minimum 65% major average;
- a minimum 65% in KINE 1P90;
- a minimum 65% in KINE 1P88;
- a minimum 60% non-major average; and
- a minimum 60% overall average

### ADDITIONAL INFORMATION:

- KINE 1P90, KINE 1P88: These courses are offered once this year. You will have KINE 1P98 in D2 and KINE 1P90 in D3.
- BIOL 1P91 & 1P92: Registration for this course will open to BScKin students on Monday July 18th at 12:00am (July 17<sup>th</sup> at midnight). You should attempt to register in this course on this date/time. This date is subject to change. Please check Timetable listing (<u>Timetables Registration Guides and Timetables (brocku.ca)</u>) for BIOL 1P91 & 1P92 (under the 'Notes' column) to determine when you can register in this course.

**Remember**: Make sure that you schedule yourself in 5 classes per term (see the *Durations* section of this Guide for more information).

You can find the complete outline of the courses you are required to complete to earn a BSc (Kin) degree in the *Kinesiology* section of the 2022-2023 Undergraduate Calendar:

2022-2023 Undergraduate Calendar - Kinesiology (brocku.ca)

# **Registering for Courses**

# Where can I get information on what I need to do/how to register for the Fall/Winter?

The Brock 2022-2023 Year One Registration Guide and Timetable is on the Registrar's website under the Registration Guides and Timetables section (see link below). All the information on the registration process that you will need can be found on this website including:

- The Fall/Winter Timetable
- Important dates and deadlines
- Info on how to read the Timetable, course codes, etc.
- Information on how to select courses (course availability, eligibility)
- Instructions on how to register through your Brock Portal
- Links on how to pay your tuition and fees
- Worksheets to help you plan your timetable and check for scheduling conflicts

<u>Undergraduate Registration – Registration Guides and Timetables (brocku.ca)</u>

# How do I go to register in my courses?

Registering for your courses is done online through your **Brock Portal (my.brocku.ca)**. Your Brock Portal is the hub where all information about your student record is kept.

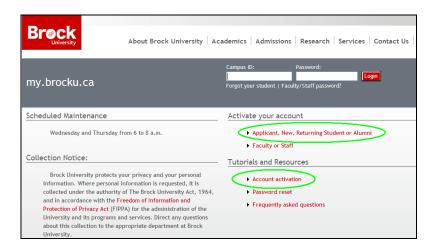
You can find instruction on how to register for your courses through your Brock Portal on the Registrar's website:

Undergraduate Registration – Registration Guides and Timetables (brocku.ca)

To log into your Brock Portal visit:

https://my.brocku.ca

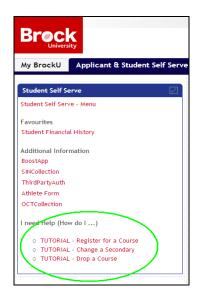
If it is your first time visiting your Brock Portal you will need to activate your account by clicking Applicant, New, Returning Student or Alumni under the Activate your Account section. For a step-by-step guide on how to activate your account click on the Account Activation under the Tutorials and Resources section.



Once you have entered your Campus ID and your password and logged in, click on the *Applicant & Student Self Serve* tab along the top of the screen.



The online tutorials under the *Student Self Service* area will show you exactly how to register for a course, change a secondary component (e.g. lab/tutorial/seminar), and how to drop a course.



# When can I register?

You can find the registration dates on the Registrar's website under the *Registration Guides and Timetables* section:

Registration & Important Dates – Registration Guides and Timetables (brocku.ca)

Registration for new first year students with no accumulated credits is Monday June 27<sup>th</sup>, 2022 at 6am. Registration is a first-come-first-serve process. Courses can and have been known to fill before the end of the registration period. It's strongly recommended that you register for your courses on the first day that the registration system opens to you. The registration system opens at 6am.

First year KINE courses are 'reserved' for students in our degree programs (and a couple of others) for most of the registration period. However, on July 22, 2022 registration in KINE 1P90 and KINE 1P93 and KINE 1P88 will open to non-majors and any remaining spaces will likely be taken by students in other programs. Therefore, it is very important that you register for your courses when the system opens! Once a course is full it is very unlikely that any additional spaces will be added. Registration in BIOL 1P91 & 1P92 is initially reserved for students in the Biology Department and will be opened to BPhEd, BKin and BSc(Kin) on July 18th at 12:00am. This date is subject to change. Please check Timetable listing for BIOL 1P91 & 1P92 (under the 'Notes' column) to determine when you can register in this course.

It is your responsibility to make sure that you register in the courses you need. The Academic Advisor cannot register for you.

# What courses should I register for?

Check the *Program Requirements* section of this Guide for information on which courses you should select based on which program you are in.

## What if a lecture/seminar/tutorial/lab is full?

If a lecture/seminar/tutorial/lab is full choose another section if there is one available. Once you have registered for the course you can then keep checking your Brock Portal for scheduling updates to see if any spaces open up in the section you prefer.

If the course is a <u>MAJOR REQUIREMENT</u> (i.e. KINE 1P90, KINE 1P93, KINE 1P88) and on a <u>WAITLIST</u> please add yourself to the waitlist and then contact the Kinesiology Academic Advisor <u>by email only</u> (<u>kinadvisor@brocku.ca</u>) for information on your next steps.

Please be aware that if a required course is full there are likely many students in the same situation as you. We will take care of this situation as best we can, however this sometimes takes time. Please be patient. Response times can be delayed during the registration period so expect to wait up to 7 business days for a response. If the course is a context credit or an elective start by selecting another context credit or elective that has space available. Once you have registered for the alternate course you can then keep checking your Brock Portal for scheduling updates to see if any space opens up in the course you prefer. If space opens up in the course you prefer register for that course and then immediately drop the alternate course you are currently registered in.

# What if I have a timetable conflict (e.g. 2 courses scheduled at the same time each week)?

Before registering for courses use the 2022-2023 Fall/Winter Timetable on the Registrar's website to create a 'mock' schedule that is free of conflicts. Remember that full credit courses (e.g. FREN 1F90) run for the whole academic year (September-April), whereas half credit courses (e.g. KINE 1P88, KINE 1P93) only run from either September-December (D2) or January-April (D3).

<u>Timetables – Registration Guides and Timetables (brocku.ca)</u>
<u>FALL-Timetable-Worksheet.pdf (brocku.ca)</u>
WINTER-Timetable-Worksheet.pdf (brocku.ca)

You should try to create your 'mock' schedule well in advance of the date that the registration system opens to you to ensure that you are ready to select your courses as soon as the system opens.

Try your best to register for the course sections (lectures, labs, tutorials, etc.) that you plotted on your 'mock' schedule. However, if your preferred section is full register in another section that doesn't conflict with your other courses and still has spaces available. (See the *What if a lecture/seminar/lab is full?* section of this Guide for additional information).

If an elective course conflicts with a required course (e.g. KINE 1P93, KINE 1P88 etc.) then you have to choose a different elective, or choose a less desirable class time(s) to avoid the conflict.

DO NOT REGISTER FOR 2 LECTURES/SEMINARS/TUTORIALS/LABS, ETC. THAT ARE SCHEDULED AT THE SAME TIME, REGARDLESS OF WHAT THE COURSES MIGHT BE.

# What if I have technical difficulties or questions about how to register through my Brock Portal?

If you have technical difficulties (e.g. forgot your campus ID or password, problems accessing your Brock Portal) please contact:

Registration Help:

central@brocku.ca

or

futurestudent@brocku.ca

TECHNICAL HELP WITH REGISTRATION IS <u>NOT</u> AVAILABLE THROUGH THE KINESIOLOGY DEPARTMENT OR THE KINESIOLOGY ACADEMIC ADVISOR.

# **Academic Advisor**

## How do I contact the Academic Advisor?

The Department of Kinesiology has two Academic Advisors. The Advisor for first years is Nicole Therrien, the Advisor for 2<sup>nd</sup> to 4<sup>th</sup> years is Katrina Bennie. Their contact information is:

Nicole Therrien

fahsadvisor@brocku.ca

Katrina Bennie

kinadvisor@brocku.ca

905-688-5550 ext. 3855

For issues with first year required KINE classes being full/waitlisted please reach out to kinadvisor@brocku.ca, other questions can be directed to fahsadvisor@brocku.ca.

**NOTE:** During the months of June-October the Academic Advisor is dealing with over 1000 students. This is an extremely busy time of year! If you have an issue and require assistance please **EMAIL FROM YOUR BROCK EMAIL ACCOUNT. PLEASE INCLUDE YOUR FULL NAME AND STUDENT NUMBER IN YOUR EMAIL WITH DETAILS REGARDING YOUR INQUIRY.** Emails that do not contain this information, or are not sent from a Brock email account will not receive a reply. During peak times it may take the Academic Advisor 7 business days to respond to your email. If you receive an automatic reply email from the Academic Advisor this is confirmation that your email has been received and it is in the response queue. Please read the automatic response email thoroughly (and this Registration Guide) to find answers to your questions or concerns.

Due to working remotely because of COVID-19 in person appointments are not available at this time. Most inquiries can be resolved through emails. If a meeting is required your advisor can schedule a meeting through Microsoft Teams, which you will have access to through your student portal.

## What should I NOT contact the Academic Advisor about?

Issues with courses in other departments (i.e. non-KINE courses)

The Academic Advisor only administers KINE courses. If you have questions or concerns about a course in another department you should contact the Academic Advisor in the other department. A listing of the Departmental Academic Advisors is available online:

Find Your Advisor – Academic Advising (brocku.ca)

Technical difficulties with your Brock Portal

All questions related to technical difficulties (e.g. forgot your campus ID or password, problems accessing your Brock Portal) should be directed to the Registration Help Service:

central@brocku.ca

Questions about your financial account (paying tuition and fees)

Information about your tuition and fees, including dates and instructions on how to pay your tuition and fees can be found on the Financial and Administrative Services website:

Tuition and fees overview – Student Accounts & Financial Aid (brocku.ca)

• Questions about student financial assistance (e.g. OSAP, bursaries, scholarships)

Information about government student assistance (e.g. OSAP), Brock bursaries and scholarships is available on the Student Awards & Financial Aid website:

Student Accounts & Financial Aid (brocku.ca)

Questions about what you will learn in your courses

You can find descriptions for all courses in the Undergraduate Calendar:

Brock University 2022-2023 Undergraduate Calendar

Where to find contact information for Kinesiology Faculty and Staff

The Kinesiology Department website has an up to date listing of the contact information for all Faculty and Staff:

Contact us – Kinesiology (brocku.ca)

For all other departments consult the online Undergraduate Calendar.

# Start your Brock Experience Early

Brock offers a Transition Program during the summer, Smart Start. You'll meet fellow students, maximize your Brock experience, and learn all of the essential information to make the transition to university life before Orientation week. If you would like to find out more about the program go to:

<u>Discover Brock University – Information for prospective undergraduate students of Brock</u>
University

# **Additional Resources**

# Brock Central (Registrar)

Student Self Serve forms, Admissions information, Course Calendar, Live Chat Office of the Registrar (brocku.ca)

#### Student Accounts and Financial Aid

Tuition Information, Due Dates, OSAP, Scholarships & Bursaries Student Accounts & Financial Aid (brocku.ca)

### Student Life and Success Centre

Learning Services, Tutoring, Faith and Life, Honour Societies, Drop in Support Student Life and Success (brocku.ca)

# Student Wellness & Accessibility Centre

Health Services, Counselling Services, Accessibility Services Student Wellness and Accessibility Centre (brocku.ca)

## Aboriginal Student Centre

Academic Support, Gathering Place, Cultural Support Aboriginal Student Services (brocku.ca)

## BUSU (Brock University Student Union)

Clubs, Bus Pass, Health & Dental Plan Home - BrockBUSU.ca

### Bookstore

Textbooks, Course Material, Technology, Brock Swag Home - Brock University Campus Store

#### **Health Services**

<u>Student Health Services – 905 688 5550 x3243 – Student Wellness and Accessibility Centre (brocku.ca)</u>

## Residence

On Campus living
Residences at Brock (brocku.ca)

# Off Campus Housing

Off-Campus Living - Student Life and Success (brocku.ca)

#### Athletics & Recreation

Varsity Sports, Intramurals, Gyms, Certifications

Brock University Athletics - Official Athletics Website (gobadgers.ca)

Recreation (brocku.ca)