



Faculty of Human Kinetics
Department of Kinesiology

UNDERGRADUATE HANDBOOK

2023-2024

DEPARTMENT OF KINESIOLOGY

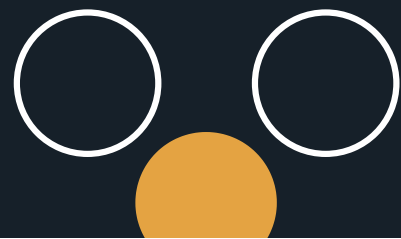
MISSION

TO ADVANCE THE MULTI-DISCIPLINARY STUDY OF HUMAN MOVEMENT THROUGH THE INTEGRATION OF INNOVATIVE RESEARCH, TEACHING AND LEARNING PRACTICES, AND BY FOSTERING COLLABORATIVE COMMUNITY PARTNERSHIPS TO ENHANCE HUMAN PERFORMANCE AND QUALITY OF LIFE.



STATEMENT OF ACADEMIC INTEGRITY

THE DEPARTMENT OF KINESIOLOGY SUBSCRIBES TO THE STRICTEST INTERPRETATION OF ACADEMIC INTEGRITY. FACULTY MEMBERS AND STUDENTS BEAR JOINT RESPONSIBILITY IN ASSURING THAT CHEATING ON ANY EXAMINATION AND ASSIGNMENTS IS NOT TOLERATED. LIKewise, PLAGIARISM IS CONSIDERED A SERIOUS ACADEMIC OFFENSE AND WILL BE HANDLED AS SUCH. BREACHES OF ACADEMIC INTEGRITY WILL BE HANDLED UNDER THE DISCIPLINARY PROCEEDINGS AS OUTLINED IN SENATE BYLAW 31.



WELCOME MESSAGES

Welcome to the University of Windsor!

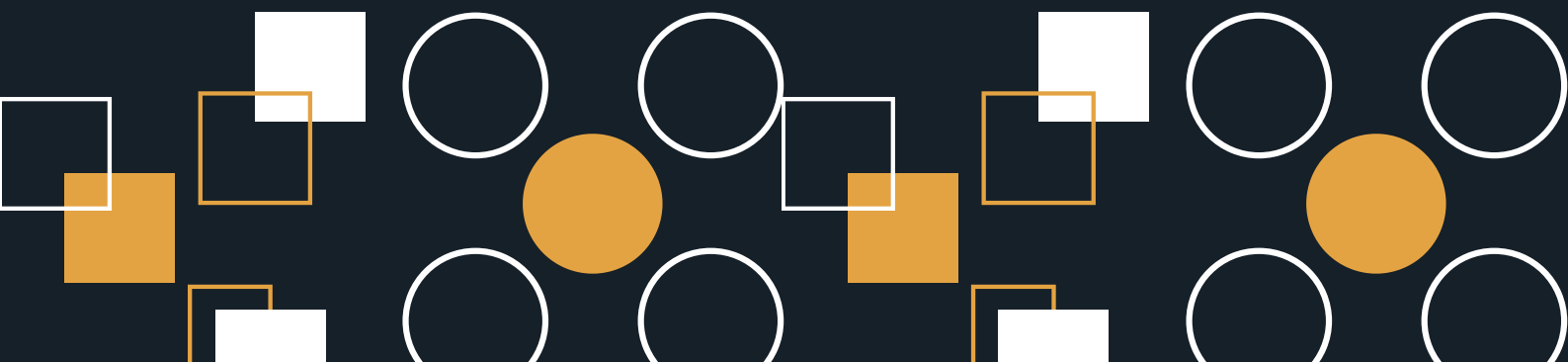
I am delighted you have selected the Faculty of Human Kinetics for your undergraduate studies. Starting your post-secondary education journey is both exciting and overwhelming. And given the enormous challenges over the recent past I am certain these emotions are amplified. I want to re-assure you that your HK family has been working very hard to ensure your transition to campus life is as smooth as possible. HK faculty and staff are excited to meet you.

I want to share three guiding principles I still use as I continue my learning journey. First, don't let opportunities pass you by. You will have many chances to get involved in activities, clubs, sports, and special interest groups where you will make lifelong friends and continue to grow as an individual. But if you don't embrace these opportunities, they are missed. Don't let there be missed opportunities. Second, find the balance. Being a student is tough. Guaranteed, there will be challenges at times. You will have to work hard in your courses. Midterms and final exams are stressful. And sometimes other challenges with family, friends, roommates, or others happen. It is incredibly important to find a balance in your time and energy. Make time for fun, for friendship and for yourself. A balanced, healthy lifestyle should be a high priority for everyone. And finally, show respect. Our understanding of the world has been shaped by our family, our teachers, and our lived experiences. Regardless of race, religion, gender, ethnicity, abilities, and age, everyone deserves to be treated with respect. The Faculty of Human Kinetics prioritizes a safe, productive, educational environment for all students, faculty, and staff.

You have joined an academic unit that prides itself on an impactful curriculum, extraordinary co-operative education opportunities, many undergraduate research pathways, and a demonstrated passion for helping students achieve their educational and career goals. I am excited to be part of your learning journey and look forward to meeting you soon.



Dr. Linda Rohr
Dean, Faculty of Human Kinetics



Welcome to Kinesiology!

As the Department Head and a proud alumnus, it is my pleasure to welcome you, the class of 2027, to the Department of Kinesiology. You are about to embark upon an incredible journey that will have a transformative impact on your professional (and often personal) futures. I can assure you that you have made a wise decision in joining our Bachelor of Human Kinetics (BHK) program. Regardless of your chosen degree (Kinesiology – Movement Science or Sport Management & Leadership) or career aspirations, our Kinesiology faculty and staff are committed to providing you with a first-rate educational experience and helping you achieve your personal and professional goals and objectives. But no matter how prolific we are as researchers, how gifted we are as teachers, how supportive and inspiring we are as student advisors, or how effective we may be as administrators, you will only get out of your post-secondary educational experience what you put into it.



Dr. Jess C. Dixon
Department Head, Kinesiology

During your time in Kinesiology, you will be furnished with a number of learning opportunities, including but not limited to: co-op and internship placements, individual studies and theses, study abroad opportunities, volunteering or working in research labs, the Division of Athletics & Recreational Services, or the Centre for Human Performance and Health (CHPH), participating in academic and/or practitioner-oriented conferences, mentoring other students as part of the KinOne Program, and serving as an elected official on the HK Society or as a student representative on other committees throughout the University. I strongly encourage you to take advantage of these opportunities during your time in the BHK program. Doing so will not only make for a more fulfilling and enjoyable under-graduate experience but will also help to differentiate you from others upon entering the workforce after graduating. GET INVOLVED - you'll be happy that you did!

The information presented in the remaining pages of this handbook is intended to help you navigate your way through the BHK program and get you across the finish line in a safe and timely fashion. Please take the time to read it carefully and save it on your desktop or some other safe place so that you can quickly reference it when the need arises. Beyond this handbook, our faculty and staff are always available to assist you with any questions or concerns that you may have along the way. Our faculty and staff have a wealth of knowledge and insights to share with you, but a limited number of classroom hours for doing so. We have chosen our careers because we want to help others be successful; however, it is difficult for us to develop relationships with our students over email. Thus, I encourage you to take advantage of our office hours to get to know us and pick our brains about our areas of expertise.

I look forward to meeting you in-person over the course of your time in Kinesiology. If I can be of any assistance along your journey, please do not hesitate to reach out. Be safe and best wishes with your studies!





Welcome to the HK Family!

My name is Danielle Matias (Handsor), and I am the new HK Student Success Coordinator! I am a proud UWindsor Alumna. I graduated from the Bachelor of Human Kinetics (Movement Science) program in 2006 and then completed a Bachelor of Education and eventually a Masters of Education. I have been a UWindsor employee for 16 years, with much of my work experience being in student success and working with Black and Indigenous communities, both on and off campus. Our campus is very diverse and celebrates cultural diversity and expression. By being of Black and Indigenous heritage myself, I have been given opportunities to engage in the development and delivery of new initiatives, student support services and cultural programming for our Black and Indigenous students.




Ms. Danielle Matias (Handsor)
Student Success Coordinator

In my current role, I will be providing academic advising, overseeing the KinOne Program, and engaging in a variety of recruitment, orientation, and retention efforts. However, most of my time will be spent doing what I am truly passionate about, academic advising! As an HK student, please reach out if you need help with course registration, or have questions about your degree requirements, contemplating dropping a course, or even finding yourself struggling academically or personally. If I can't assist you, I will be sure to refer you to one of our helpful student support services, to get your questions answered and the support you need.

Did you know that 98% of our graduates are employed within six months after graduation? Our HK program has an amazing reputation both on and off campus. I have been fortunate enough to have witnessed my peers make a living by doing what they love and flourishing in their careers. Our graduates go on to become registered Kinesiologists, Chiropractors, Physiotherapists, Occupational Therapist, Educators, facility owners, general managers of pro sports teams and marketing managers, just to name a few.

The best advice I can give you is to take full advantage of your HK experience! During my undergraduate years, I made lifelong friendships and wonderful memories. I strongly encourage you to get involved in campus activities, by join a club or engaging with a cause that you are truly passionate about. Enroll in electives that pique your interest. Explore internships, field placements, co-op, and go on student exchange. Explore volunteer opportunities in athletics and recreation and become a KinOne Leader. Be sure to stop by your professors' offices for a quick chat, or during their drop-in hours if you have a question about course material. Lastly, be sure to take care of your mind, body, and health. In the Toldo Lancer Centre (TLC) join a yoga class, work out in our state of the art, two floor, fitness centre, or maybe swim some laps in our new modern pool. In the new TLC building, there is truly something for everyone.

I am excited to be a part of your undergraduate experience and look forward to meeting each and every one of you!



Welcome Class of 2027!

Congratulations on being accepted into the University of Windsor's Kinesiology undergraduate program! We would like to take a moment to welcome you into our program. Over the next four years, you will embark on an exciting academic journey. This will include many highs and lows; however, the memories you make will last a lifetime. Our Kinesiology program is a unique program where you will be able to develop personal relationships with not just the students, but the faculty as well. As soon as you walk into the HK building, you will be welcomed into what we call our "HK Family." This program stands out because of the tight-knit connections between students and faculty. In HK, we have an open-door policy, and you can be assured that you will always have support for anything you need.



The Faculty of Human Kinetics takes deep pride in all the successes of its students, whether they be academic, athletic, or any other type of success. We focus on creating an environment that fosters creativity, diversity, and exploration. The Human Kinetics Society (HKS) is a student-led group created to give the undergraduate students the best experience possible. We are committed to helping provide a positive atmosphere to enrich your university experience. The way that we most often accomplish this is by organizing events throughout the year with the objective of providing fun breaks from academics. There is nothing we stress more than having a well-balanced lifestyle that includes proper physical and mental health. Hang out with your friends on a Friday night! Go play that sport that your friends have been encouraging you to try! Never forget to enjoy the little things during your undergraduate career because it will fly by with the blink of an eye.

Whether you're an incoming student or a long-standing veteran, we encourage everyone to step outside their comfort zone and get involved in something they feel passionate about. With the overabundance of options across campus for student involvement, including contributing to research, joining a sport team as a player or manager, joining a club, or even becoming a part of HKS, there is undoubtedly a space for everyone to find belonging and thrive. The sky truly is the limit, and we would love nothing more than to see all of you reach your full potential. We cannot stress enough that we hope you do not give up if at first you do not succeed. Staff and faculty, HKS members, and your peers will always be willing to provide support and assistance, all you need to do is ask. After all, the master has failed more times than the apprentice has tried, and we can only grow by learning from failure.

Finally, do not be afraid Class of 2027! Be adventurous, go on that trip, join that club, spend those extra hours studying. Don't ever be afraid to try something twice and save time for your mental health. Again, congratulations to you all Class of 2027 and may your University of Windsor Kinesiology experience be everything you hoped it would be plus more!

KINONE 1ST YEAR EXPERIENCE PROGRAM



All incoming Kinesiology students are automatically enrolled as a student in the KinOne Program. The KinOne is a First Year Experience program designed to help you get comfortable on campus, connect with other students, and start to think of Kinesiology as home away from home. We assist you by providing a network of peer support even before you are sitting in your first university class!

You will be randomly assigned to a group of other first year Kinesiology students and will be led by a KinOne Leader. Your KinOne Leader is an upper year Kinesiology student, who has made it through university successfully, and is there to provide support, advice, and basically "show you the ropes" for success in Kinesiology. Your KinOne Leader will communicate with you on a regular basis throughout your first year. This communication may be through email, phone, in class, or even grabbing a coffee on campus. They are there to ensure that you are adapting to university life, succeeding in classes, and having fun in the Kinesiology Family.

Along with regular communication with your KinOne Leader and group, you will also have access to the KinOne website (www.uwindsor.ca/kinone) and participate in KinOne Skills Workshops throughout the year. These workshops will be in areas of time management, taking notes in class, how to read your material effectively, study tips, exam preparation, preparing for multiple choice exams, writing skills and career seminars etc.

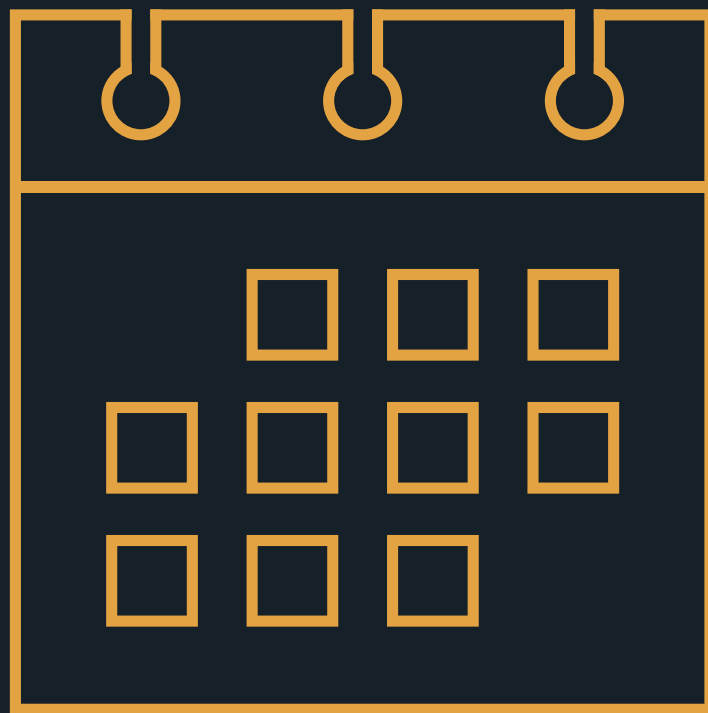
*Take a look around. Get involved. Ask questions.
And have a great first year!*

Danielle Handsor-Matias
Student Success Co-ordinator

Nancy Williams
Undergraduate Administrative Assistant

Contact: HK@uwindsor.ca

IMPORTANT ACADEMIC DATES



!!CLICK HERE!!

[HTTPS://WWW.UWINDSOR.CA/REGISTRAR/EVENTS-LISTING](https://www.uwindsor.ca/registrar/events-listing)





OUR HISTORY

In the spring of 1965 the following excerpt appeared in a brochure published by the University of Windsor:

The University of Windsor takes pleasure in announcing the introduction of courses leading to

**BACHELOR OF
PHYSICAL AND HEALTH EDUCATION**

and of

BACHELOR OF PHYSICAL EDUCATION

beginning in September 1965.

Courses in Arts and Physical and Health Education:

Beginning in September, 1965, the following four-year program will be introduced leading to the Bachelor of Arts degree with option in Physical Education at the end of three years and the Bachelor of Physical and Health Education on the completion of the fourth year. In 1965-66 the first year only will be available, with additional years being successively added.

Much has happened in the last 40 years as evidenced by the modern career-oriented curriculum taken by Kinesiology students in this Faculty. The name change in 1974 to Human Kinetics was a pivotal point in the history of this Faculty and was certainly a sign of what was to transpire over the next 3 decades.

While much has changed, certain factors have remained the same providing the solid undergirding for one of the top programs in Canada. Faculty expertise, first-class facilities, research opportunities and commitments to program excellence and innovation have established a solid reputation for Kinesiology at the University of Windsor.

During the four-year program, you will be exposed to a stimulating array of courses from both science and social science orientations. Graduates are prepared for challenging employment opportunities in such diverse areas as sports and recreation, education, health and rehabilitative care, community programming, and business and industry. Our grads are in demand – 98% are employed in the first six months after graduating.

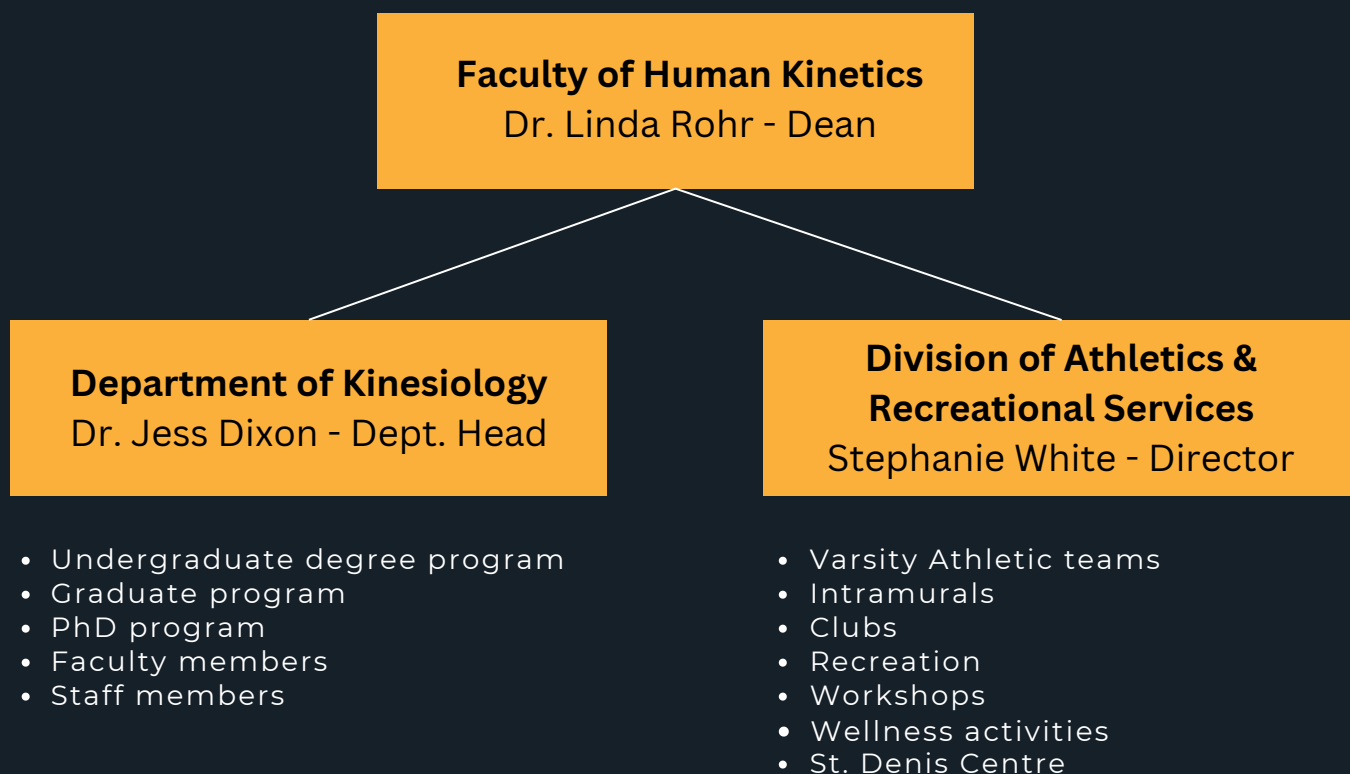
Approximately 5000 students have graduated with undergraduate degrees since the first class entered in 1965. Most are prominent members of society in a variety of career fields.



YOUR CHANCE TO GET INVOLVED!

The Department of Kinesiology operates as one of two administrative units within the Faculty of Human Kinetics.

It looks something like this:



The governance of the above units is democratic and participative and involves student representation. The following page shows Councils and Committees which have specific mandates and are comprised of varying combinations of faculty members, staff members and students.

COUNCILS & COMMITTEES



FACULTY COUNCIL

Meets at least once a year or at the call of the Chair. Deals with issues of policy that affect the entire Faculty of Human Kinetics. (4 student representatives—3 undergrad, 1 grad)

KINESIOLOGY COUNCIL

Meets monthly or at call of the Chair. Deals with all policy matters for Department of Kinesiology including curriculum, personnel matters, and future directions. (4 student representatives—3 undergrad, 1 grad)

PERSONNEL COMMITTEE

Meets when required. Deals with promotion, tenure, and renewal evaluations of current faculty members AND hiring of sessional instructors. (1 undergrad student representative)

CO-OP COMMITTEE

Meets once every two months. Deals with all matters related to the Co-op program. Committee includes faculty members, staff, students, and Co-op employers (3 undergrad Co-op students representing Year II, Year III, Year IV)

SPECIAL NOTES

1. Occasionally, students will be requested to serve on Appointments Committees for the hiring of new faculty members.
2. The Division of Athletics and Recreational Services has a number of opportunities for student representation.
3. For the above committees the nomination of undergraduate candidates is handled by the Human Kinetics Society (Undergraduate Student Association). Graduate student representatives are elected by the KGSA.





HUMAN KINECTICS EQUITY, DIVERSITY AND INCLUSION COMMITTEE



To facilitate a safe, productive, educational environment for all faculty, students and staff in the Faculty of Human Kinetics, through practices designed to eliminate discriminatory barriers regardless of gender, sexuality, age, ethnicity, race, religion, status and ability.

Website: https://www.uwindsor.ca/humankinetics/HKF_EDI-committee

Email: HKEDI@uwindsor.ca

Concerns: Please fill out this anonymous form to report any concerns or inquiries. [Concerns/Feedback Form](#)

HK EDI Committee Survey: Students, staff, faculty, and visitors are encouraged to share any equity-related feedback with the EDI Committee through the following online survey: [HK EDI Survey Form](#).

More information can be found under UWindsor's Office of Human Rights, Equity and Accessibility - [OHREA](#)

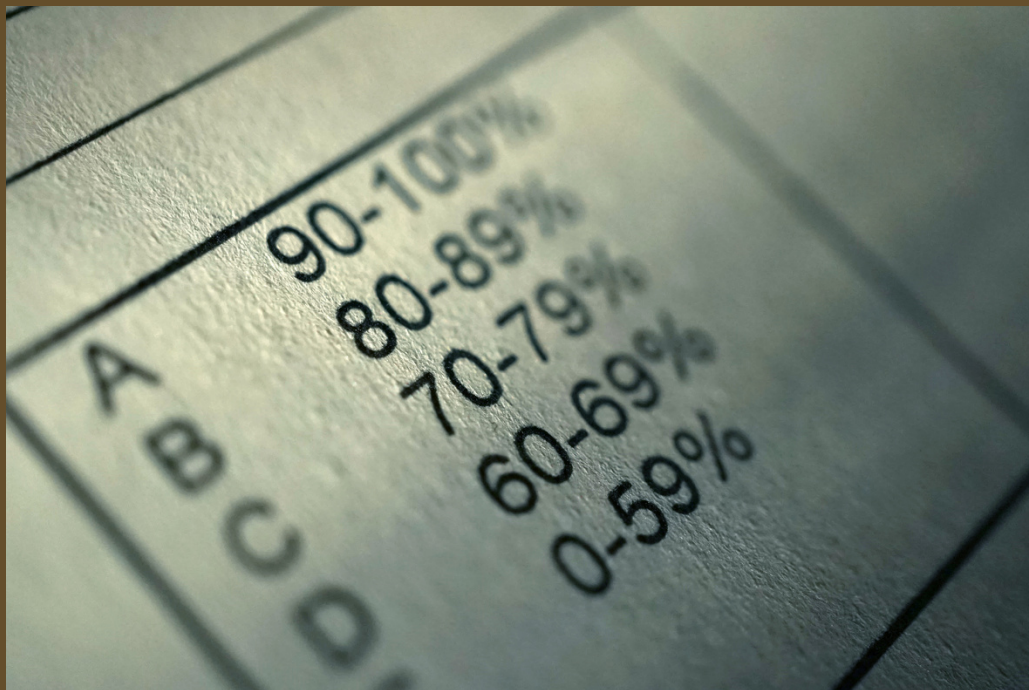


GRADE APPEALS

MORE INFO



[HTTPS://ASK.UWINDSOR.CA/APP/ANSWERS/DE
TAIL/A_ID/121/KW/HOW%20DO%20I%20APPEAL
%20A%20GRADE](https://ask.uwindsor.ca/app/answers/detail/a_id/121/kw/how%20do%20i%20appeal%20a%20grade)



ACADEMIC INTEGRITY STUDENT CODE OF CONDUCT AND BYLAW 31

MORE INFO



[HTTPS://WWW.UWINDSOR.CA/ACADEMIC-
INTEGRITY/306/STUDENT-RESOURCES](https://www.uwindsor.ca/academic-integrity/306/student-resources)



KINESIOLOGY GRADING CONVERSION SCALE

| University of Windsor Percentage Grade Range | Corresponding Undergraduate Letter Grade |
|--|--|
| 90-100 | A+ |
| 85-89.9 | A |
| 80-84.9 | A- |
| 77-79.9 | B+ |
| 73-76.9 | B |
| 70-72.9 | B- |
| 67-69.9 | C+ |
| 63-66.9 | C |
| 60-62.9 | C- |
| 57-59.9 | D+ |
| 53-56.9 | D |
| 50-52.9 | D- |
| 0-49.9 | F |



ACADEMIC PROBATION

Academic Probation occurs when a student's cumulative average is below 60%.

The Academic Standing Committee of the Department of Kinesiology is responsible for reviewing the academic standing of each student in the Faculty after the Fall and Winter semesters.

TERMS OF PROBATION

The minimum requirement for continuation "in good standing" is a cumulative grade point average of 60%.

If any student has not met the minimum cumulative requirement at the end of any semester they will be placed on academic probation and will receive a letter from the Department Head.

If at the end of the probation semester, noted in a letter, the cumulative average of 60% has not been met, the student's record will then be referred to the Academic Standing Committee with a recommendation that the student be Required to Withdraw from Kinesiology.

A student who is required to withdraw can typically reapply, after a 12-month absence, to Kinesiology. Students who choose to sit out this period are cautioned not to enroll in other post secondary programs. If that is the case these students will not be treated as "Readmittances" but will be considered "Transfer Students". Currently, it takes at least a 70% cumulative average to transfer into the B.H.K. degree program.

NOTIFICATION AND APPEALS

Notification of requirement to withdraw is included on the final grade report of each semester. This requirement may be appealed by the student in writing and submitted to the office of the Dean of the Faculty of Human Kinetics with supporting documents within 6 weeks of the release of the final grade.

The Academic Standing Appeal Committee of the Faculty meets when required and notifies students of the outcomes by mail. All appeals are determined on the basis of materials submitted to the committee. Personal interviews are not conducted.

If you are placed on Academic Probation, you should make an appointment with HK Student Success Coordinator, Ms. Danielle Handsor-Matias (danielle@uwindor.ca).

NOTE: The Senate Policy for first year students only is that, a student with a cumulative average between 55% and 59.9% at the end of year 1 will be allowed to remain in the program for one additional year on probation. If at the end of year 2 the cumulative average is still below 60% the student will be required to withdraw.

ACADEMIC PROGRESS

Students who are beginning the four-year Honours Bachelor of Human Kinetics degree should make sure they are familiar with all the academic regulations that govern the program. The on-line [University Calendar](#) contains information that all students should be familiar with. Some areas you should pay attention to are:

- Undergraduate Degree Regulation
- Examination and Grading Procedures
- Fee Regulations and Schedules
- Human Kinetics Specific Regulations

RELATED INFORMATION

1. Grades for each semester are often posted after final exams on the course websites. These grades are unofficial and are posted for your convenience. Official final grades appear on UWinsite.
2. Your Academic Advisement Report is also available on UWinsite. This form helps you determine requirements of your degree program that have been fulfilled and those that remain outstanding. Please refer to the Program Record Forms to ensure you are satisfying the requirements of the program. If you require assistance, contact our Student Success Coordinator, Ms. Danielle Handsor-Matias (danielle@uwindor.ca) or [Central Academic Advising](#).
3. Students who attain an 80% cumulative average in at least five courses in a semester are placed on the [Dean's Honour Roll](#).
4. Should you wish to *transfer* out of Kinesiology, this can be accomplished through UWinsite. Please be sure to contact Danielle Handsor-Matias (danielle@uwindor.ca) or [Central Academic Advising](#) prior to doing so.
5. In order to graduate on schedule, you should plan to take 5 courses per semester for 8 semesters. If you fail or drop courses that put you behind this pace, you can take courses during Intersession or Summer to get back on schedule. Students who wish to take an *overload* (6 courses) will be allowed to register for the 6th course on the first day of classes each semester with permission from the Department Head.
6. Students wishing to take one or more courses for transfer credit from another university must obtain a Letter of Permission *in advance* of registration. Only in this way can the student be assured in advance that the course, if successfully completed, will be credited to his/her program at the University of Windsor.

The application form for Letters of Permission can be [found here](#). Approval shall be based on (a) the student's overall academic record (i.e., student must be in good standing), (b) the appropriateness of the particular course to the student's program at the University of Windsor (i.e., the course must apply toward the program), and (c) other factors relevant to the student's particular situation.

Grades for courses taken on a "Letter of Permission" will not be included in a student's major or cumulative average.

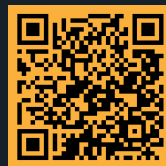
FACULTY OF HUMAN KINETICS DIRECTORY



University of Windsor

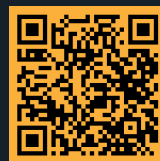
Faculty of Human Kinetics

[CLICK HERE FOR A FULL LISTING](#)



Faculty of Human Kinetics
Department of Kinesiology

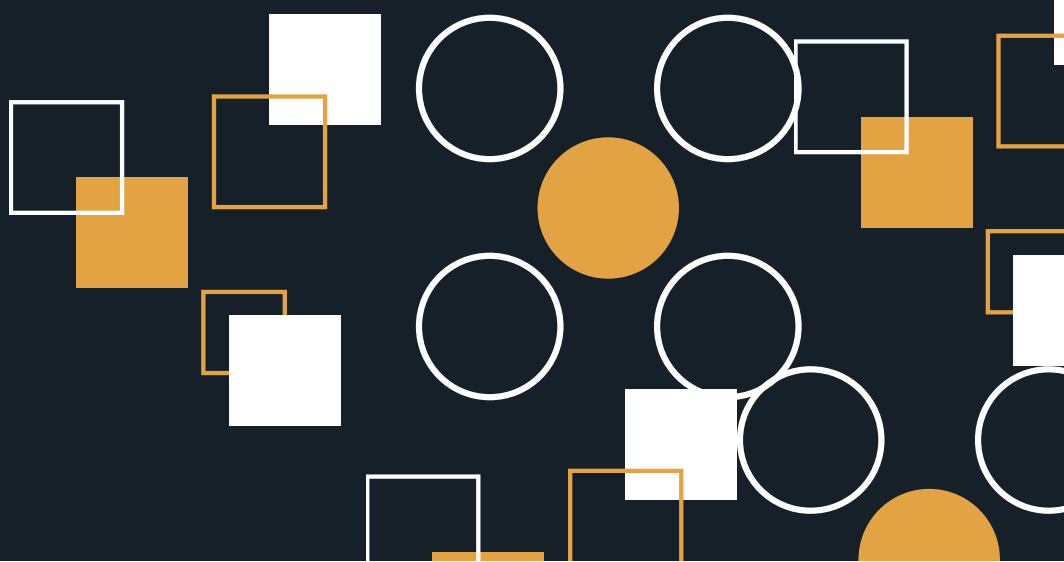
[CLICK HERE FOR A FULL LISTING](#)



[CLICK HERE FOR LANCER RECREATION](#)



[CLICK HERE FOR LANCER ATHLETICS](#)



STUDENT AFFAIRS



[HTTPS://WWW.UWINDSOR.CA/69/
STUDENT-AFFAIRS](https://www.uwindsor.ca/69/student-affairs)



ABORIGINAL EDUCATION CENTRE EXT. 3465 OR 3481 (VHECNAR@UWINDSOR.CA AND KATPASQ@UWINDSOR.CA)

- Serves as a bridge to other services on campus
- Students are informed about off-campus aboriginal happenings



CENTRAL ACADEMIC ADVISING EXT. 1414 (ADVISING@UWINDSOR.CA)

- Assistance with course selection
- Understand and discuss your Degree Audit
- Discuss choosing or changing your major
- Clarification on academic policies and procedures



STUDENT AWARDS & FINANCIAL AID EXT. 3300 (ASK.UWINDSOR.CA)

- Recognition of academic achievements through scholarships and awards
- Financial aid for students facing financial challenges through OSAP, Work Study, and Ontario Student Access Guarantee
- OSAP, Work Study, and Ontario Student Access Guarantee



STUDENTS ACCOUNT OFFICE EXT. 3307 (CASHIERS@UWINDSOR.CA)

- Tuition payments
- Account information



CAREER DEVELOPMENT & EXPERIENTIAL LEARNING EXT. 3900 (CAREERSERVICES@UWINDSOR.CA)

- Career development resources and support (e.g. advising, workshops, class presentations, events, job postings)
- Volunteer Internship Program
- Co-operative Education programs



CENTRE FOR ENGLISH LANGUAGE DEVELOPMENT EXT. 3425 (CELD@UWINDSOR.CA)

- Intensive English language programs for second language learners
- Bridge Program for academic admission
- English proficiency testing English programs for current UWindsor students



STUDENT HEALTH, COUNSELLING & WELLNESS EXT. 4616 ([HTTPS://WWW.UWINDSOR.CA/WELLNESS](https://www.uwindsor.ca/wellness))

- Free short-term counselling to UWindsor Students
- Crisis intervention
- Mental health consultation for faculty and staff



STUDENT SUCCESS AND LEADERSHIP CENTRE EXT. 1414 (JSANDO@UWINDSOR.CA)

- Disability Services- academic accommodations for documented disabilities
- Campus Life Line, S.T.E.P.S., Connecting4Success, LEAD Volunteer Program
- Student transition support and orientation



INTERNATIONAL STUDENT CENTRE EXT. 3938 (ISC@UWINDSOR.CA)

- Recruitment and assistance for international students
- Study Abroad (i.e. Exchange Program)
- Volunteer International Student Assistance (V.I.S.A)
- Arrival and transition support for new students



STUDENT AFFAIRS



[HTTPS://WWW.UWINDSOR.CA/69/
STUDENT-AFFAIRS](https://www.uwindsor.ca/69/student-affairs)



OFFICE OF HUMAN RIGHTS, EQUITY & ACCESSIBILITY (OHREA) EXT. 3400 (OHREA@UWINDSOR.CA)



- Education; Equity; Accessibility
- Government reporting
- Policy development
- Human rights inquiries and complaints
- Ombuds functions related to human rights
- Any other matters requiring accountability in these areas



REGISTRAR'S OFFICE EXT. 3315

- Registration and Admissions
- Application Information
- Questions of DARS, change of course forms



STUDENT ACCESSIBILITY SERVICES EXT. 6172

- services and supports to students who have registered with SAS, having documented disabilities including:
 - learning disabilities
 - attention deficit/hyperactivity disorder
 - acquired brain injuries
 - vision, hearing and mobility impairments
 - chronic medical conditions
 - psychiatric issues



SOCIAL MEDIA



INSTAGRAM
[@UWINKINESIOLOGY](https://www.instagram.com/uwinkinesiology)



TWITTER
[@UWINKINESIOLOGY](https://twitter.com/uwinkinesiology)



LINKEDIN
[UNIVERSITY OF WINDSOR HK](https://www.linkedin.com/company/university-of-windsor-hk)



TIKTOK
[@UWINKINESIOLOGY](https://www.tiktok.com/@uwinkinesiology)



MOBILE APPS FOR
CAMPUS COMMUNITY
[CLICK HERE](#)



POINTERS FOR ACADEMIC SUCCESS*

The following pointers have been proven to contribute to academic success in the Faculty of Human Kinetics. Read them carefully and apply them throughout your time at the University. With use, they will become habits, the kind that carries over into everything you do in life. The KinOne Workshops will elaborate on these success tips and provide useful strategies.

1. **Time Management** — Get organized! Read and periodically refer to the syllabus that was posted at the beginning of the class. Also use a daily planner to remind yourself of work to be completed.
2. **Read Assignments in Advance** — Read assignments before the lecture! Reading chapter summaries first will familiarize you with what the chapter is about. As you read, list questions about confusing material so that you can ask for clarification during class. Remember, if you have a question about something you do not understand, it will likely go unanswered throughout the semester unless you get it resolved.
3. **Class Attendance** — Go to class! University provides more free time than high school, making it more tempting to miss classes every once in a while. However, nothing can replace the learning that can occur in the classroom. Develop the habit of being present in class and participate. Be an active contributor to your education.
4. **Take Precise Notes** — Learn effective note-taking skills; listen for the main points that a professor emphasizes during class, pay attention to what a professor emphasizes, summarize class discussions, use the margins to add your own thoughts about the subject. After class rewrite and review your notes, identifying the key concepts, so you can understand how everything is related.
5. **Develop Exam Strategies** — Find out as much as possible about the type of exam that you are going to be taking. Concentrate on the material that you are unsure of or confused about when studying. During the exam answer the questions you are confident about first then return to the questions you are unsure about.
6. **Review** — Take a few minutes to review class notes on a daily basis. This emphasizes long term learning rather than having to cram before an exam. This process also assists in eliminating test anxiety because you come prepared for the test instead.
7. **Improve Writing Skills** — Make sure you understand what your professor has specified as the guidelines for the paper. Also ask someone to proofread one of your rough drafts so that you can make any necessary changes. If you do not wait until the last minute, often times professors are willing to review your rough draft and make suggestions. Learn the basics of A.P.A. style! (see next page)
8. **Get To Know Your Professors** — Visit them periodically before and after classes. Office hours are intended to assist you in getting to know your professors. Do not be afraid to ask for clarification during or after class, and do not be afraid to find out from your professor how you are doing in class.
9. **Collaborate** — Create a study group with classmates. Not only is it a great way to reinforce what you are learning in class, but it can also be a support system when something gets difficult for you. This is particularly useful for courses such as Human Anatomy.
10. **Academic Advisement** — When in difficulty please consult our HK Student Success Coordinator, Ms. Danielle Handsor-Matias (danielle@uwindor.ca).

*Adapted from Faculty of Arts & Social Sciences material.

APA REFERENCE SYSTEM

INTRODUCTORY INFORMATION

APA style is the style of writing specified in the Publication Manual of the American Psychological Association (7th ed., 2009), and is the approved style for all assignments produced within the Faculty of Human Kinetics.

Please visit the "[APA Reference Guide](#)" on your KinOne website.

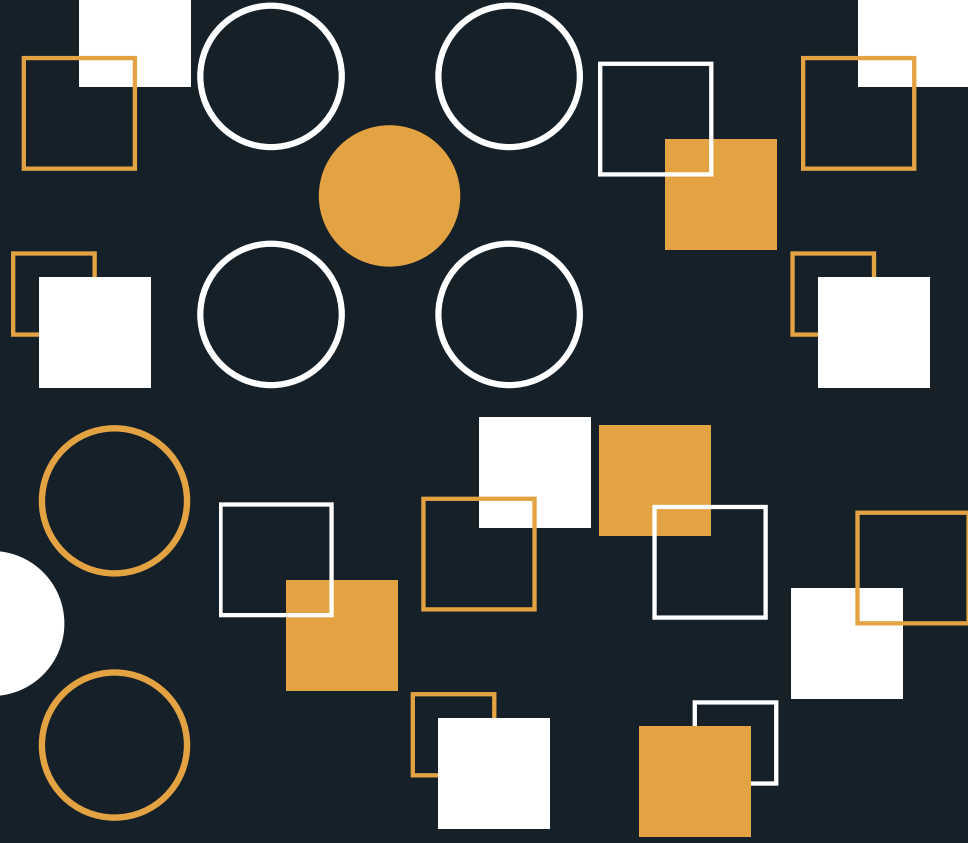
However, this overview is not a substitute for the manual itself, which should be purchased by any student in the Faculty of Human Kinetics. The current APA Manual can be found in the University of Windsor's campus bookstore, as well as in many large, general-purpose bookstores, in the reference and style guide section. It can be obtained directly from the APA order department at 1-800-374-2721, or online at <http://www.apastyle.org/manual/index.aspx>.

Sharon Munro is the librarian for Human Kinetics. You can reach her by e-mail at: smunro@uwindsor.ca and by telephone at **519-253-3000 ext. 3850**. Sharon can help you to find resources and show you the most effective way to use them for your papers and presentations. She will have office hours **Thursdays from 11am -1pm in the Human Kinetics building starting in the Fall semester (Room 141)**

There will also be library tours available for students in September - days and times also to be announced. More detailed information about the library and access to a wide range of library resources can be found via the Leddy Library's homepage [here](#).



SHARON MUNRO
HUMAN KINETICS LIBRARIAN



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