

### **KINE 4710 – Sport Science Seminar**

The purpose of this course is to provide students with the opportunity to learn about **sport science** and the role that it plays in coaching and athletic development. Students will learn about the physical, tactical, technical, and mental factors that affect athletic performance and injury and how to monitor those factors both qualitatively and quantitatively. Students will be provided direct examples of how to accurately measure these factors and how they may play a role in coaching strategy, and strength and conditioning programming. The course is designed to prepare **3rd year Kinesiology students** for a sport science internship with Dalhousie Varsity athletics (KINE 4711/4712: taken in their 4th year Fall/Winter). However, KINE 4710 is not specific to 3rd year students. Therefore, interested 4<sup>th</sup> year KINE students are encouraged to enroll if they are interested in sport science.

Format: Lectures, in-class tutorials, in-class labs

Pre-Requisites: KINE 2310, KINE 2320