KIN 484B: Indigenous Approaches to Sport and Exercise Medicine

Course Description

This course is designed for undergraduate and graduate students interested in gaining a better understanding of the lived and shared experiences of Indigenous peoples in sports and exercise medicine settings. This course uses diverse case studies involving Indigenous peoples and athletes from around the world. This course will incorporate Indigenous ways of understanding and doing taking a strengths-based approach to health, wellness, and sport performance. Key topics include elite sport performance, healthy ageing, and chronic disease prevention and treatment. Our course involves the latest advancements in blended, online learning. This includes online learning modules (and related resources) that are supplemented by a follow-up instructor facilitated tutorial.

RATIONALE

This course provides undergraduate and graduate students an opportunity to gain a better understanding of Indigenous experiences and approaches to sport and exercise medicine. Undergraduate and graduate students have an opportunity to gain critical competencies for working with Indigenous community leaders, Elders, and youth. This course supports the School of Kinesiology’s course offerings in Indigenous Studies in Kinesiology. This course will appeal to students in the Exercise and Health Sciences and those interested in working in the fields of Indigenous studies, health and wellness promotion, exercise science, sport, and/or exercise medicine.

AIMS AND OBJECTIVES

The ultimate goal of this course is to develop a student body that has the critical competencies to develop evidence-based, best practice exercise prescriptions within sport and exercise medicine settings taking a strengths-based approach consistent with Indigenous ways of being and doing. This course prepares students for a career in health promotion, exercise science, sport, and/or exercise medicine.