

## **1. What is Bachelor of Kinesiology ( BKin) program?**

- Kinesiology is the study of human movement and performance. After four years in our BKin program the student will understand how the human body can create movement, and how we can optimize the ability of the body for movement to improve health and function of an individual. Applications of this knowledge are plentiful, resulting in a vast array of career possibilities for the graduates of kinesiology programs.
- Two majors within the Bachelor of Kinesiology will be offered initially.
  - o The Human Kinetics major will prepare students to work in the areas of physical fitness appraisal, exercise rehabilitation, counseling, exercise leadership, lifestyle based programming, health promotion and wellness, lifestyle management, incorporating a strong understanding of physiology, biomechanics, and movement behaviour.
  - o Graduates in Human Kinetics can pursue careers as exercise therapists, health research scientists, wellness coordinators, ergonomic consultants, and more.
  - o The Gerontology program major focuses on the study of the social, psychological, and biological aspects of aging. This major takes an "active health" approach to anticipating the needs of an aging population.
  - o Graduates in Gerontology can pursue careers as advocates, adult day care program coordinators, active living specialists, non-profit association program directors and more.

## **2. What is the duration of the Program?**

The Bachelor of Kinesiology program requires the completion of 120 credit hours (40 course-equivalents) in core, major, and fieldwork.

## **3. Who is offering the program?**

The Bachelor of Kinesiology is offered in partnership between Karunya University, INDIA and the University of Regina, CANADA

## **4. What are the key highlights of the Kinesiology program?**

International degree – fully integrated curriculum between Karunya University, INDIA and University of Regina, CANADA

- o Students spend the first two years at Karunya University, INDIA, and the last two years at the University of Regina, CANADA. The degree is awarded by the University of Regina, CANADA
- o Growing emphasis of non-communicable diseases and lifestyle factors impacting the health of the Indian population provides a great opportunity for students with a background in kinesiology.
- o Students can choose whether they want to pursue a major in Human Kinetics (scientific application of movement) or Gerontology (the study of aging)
- o Gerontology will allow the student to understand how the aging process impacts human movement. It involves the study of the social, psychological and biological aspects of aging. This

program takes an “active health” approach to anticipating the needs of an aging population.

- Gerontology is a developing field, and an extremely important one, given the demographic shift to an older population in both India and Canada.

**5. Is this a fully residential program at Karunya University and University of Regina?**

The first two years at Karunya University are fully residential. On-campus housing is optional at the University of Regina, but strongly encouraged for at least the first year of study. Residence fees are in addition to tuition and course fees.

**6. When do I apply for the Program? When is the last date for submission of the application form?** Applications for admission to the first two years at Karunya University are due by 25<sup>th</sup> July 2011. Students will submit their application for admission to the University of Regina in September, following their first year of study. This will allow enough time for students to apply for on-campus housing, and to obtain their study visa, and have their admission finalized prior to the beginning of registration for fall classes (when they will begin studying at the University of Regina).

**7. What is the fees structure for the entire program?**

While studying at Karunya University, students can use the following as an estimate for expenses:

Course fee : First 2 years in India	₹3 Lakhs per year*
Course fee : Last 2 years in Canada	\$ 13500 per year
Admission Processing Fee	\$ 60 or ₹2500
Total Fees (Can be paid in Installments)	₹18,15,000/-

Note : \* Fees inclusive of University fees, hostel fees, exam fees and mess expenses

The following represents the estimated expenses for international students studying at the University of Regina, CANADA:

- Application for admission One-time \$100
- Tuition Basic full-time \$13,613 (10 classes)
- Course fees Vary with program \$348 - \$632

- Books and supplies Varies with program \$1,000 - \$1,600
- Accommodation Two semesters in campus residence; varies with residence and services \$3,768 - \$6,776
- On Campus Meal Plan Gold, Silver and Bronze plans \$2,000 - \$3,000
- Transportation Parking, two semesters \$260 Bus pass, two semesters \$384
- Entertainment and expenses \$1,097 - \$3,177
- Other fees For example, Student Union, recreation, and other related fees \$905
- Student Union health Students may opt out only with proof of and dental plan other health and/or dental coverage \$188

### **8. Can I avail bank loan?**

Representatives from Karunya University and the University of Regina are looking into loan options for students. Additional information will be provided once available.

### **9. What is the Quality of Life on University of Regina Campus?**

The University of Regina provides a dynamic, innovative and supportive learning experience with a growing national reputation for excellence in teaching and research. The University's comprehensive services and programs prepare students to excel in local and global communities, and its research opportunities attract the best and brightest minds.

Located in Regina, Saskatchewan – the sunniest capital in Canada, the University of Regina is situated on Wascana Park, the largest urban park in North America. Regina is a hub of activity with many cultural, community and recreational events and boasts one of the strongest economies in Canada – which provides many opportunities for our students and graduates.

Approximately 10% of all full-time students live on-campus in one of the five available residences.

UR International is the most important office on campus for international students, and will assist students in many aspects, including:

Pre-Arrival Preparation:

- On-campus residence application (UR Residence and/or Luther Residence)
- Off-campus housing suggestion and search
- Visa advice (if needed)
- Arrival date advice
- Link students with departments and faculties on campus
- Orientation registration
- "What to Pack" advice

Arrival Assistance:

- Airport pick up
- Delivery to "new home" on campus or off campus
- Link current students with new students for assistance

On campus:

- URI Orientation
- Campus tours
- Saskatchewan Health Card Application
- Banking
- URI Buddy Program
- UR Global Leadership Program
- URI Students' Events: workshops, tutoring, study groups, social events, weekend activities, etc.
- Immigration Advices:
  - renew Study Permit, Entrance Visa, apply for new Work Permits (Off-campus Work Permit and Co-op Work Permit), other Visas when applicable
- UR International Student Association
- URI Volunteer Team
- Working on campus advice
- Translation assistance

Off campus:

- City tours
- Link and connect students with the community
- Encourage participation in community events and festivals
- Job hunting, when applicable

When graduating:

- Pre-graduation advice: plan for the future
- Post Graduate Work Permit
- Saskatchewan Immigrant Nominee Program Information Session
- Invitation Letter (for family to come visit and/or attend convocation)

There are many opportunities available to become involved on campus, and in the community.

**10. Is there a cutoff mark or entrance test to qualify for the selection process?**

Students recommended by Karunya University will be accepted into the Bachelor of Kinesiology, Human Kinetics or Gerontology major, provided that all admission criteria have been met.

**11. What are the various majors or specialisations available in BKin?**

The Bachelor of Kinesiology at the University of Regina has four major options: Human Kinetics, Gerontology, Adapted Movement Science and Health Promotion. At present, the two major options available to students from Karunya University are Human Kinetics and Gerontology. It is also possible for students to complete a double major in both available majors.

**12. Briefly describe the subjects taught in BKin program in India and Canada.**

The core requirements for the program consist of study in the areas of social psychology, , growth and development, sociology of physical activity and sport, motor learning and control, human anatomy and physiology, lifestyle, health and wellness, recreation for persons with disabilities, statistics, research methods, and diversity issues

The majority of the core courses are completed in years one and two of the degree program. The major courses are completed in years three and four in Canada, and are different for the Human Kinetics and Gerontology majors.

Regardless of the major, students will spend one semester completing fieldwork in year four (either in India or Canada).

The fieldwork gives students the opportunity to apply what they have learned in their program, as well as learn through their experiences with practicing professionals.

### **13. How are credit transfers done from India to Canada?**

Transfer credit will be assessed by the Faculty of Kinesiology and Health Studies upon receipt of final transcripts from Karunya University. Given that the program at Karunya University is structured based on the University of Regina curriculum, credit transfer should not be a concern. Students will register for University of Regina classes in March of their second year of study at Karunya University (6 months prior to their anticipated start at the University of Regina).

### **14. Who employs students who pass out from the University of Regina? What are the various job opportunities available on successful completion of the Kinesiology program?**

Students are employed in corporate, government, community-based, health regions, rehabilitation centres, private clinics, and non-profit organizations. There are also a number of BKin graduates that have become entrepreneurs – seeing an opportunity in the marketplace and providing their specialized skills to a targeted audience. There are also many opportunities in further education – graduate school (Masters and Doctoral programs).

### **15. General information about the Faculty of Kinesiology and Health Studies at the University of Regina**

- The Faculty of Kinesiology and Health Studies has been in existence at the University of Regina for 25 years. However, academic programming in human movement can be traced back to the very beginnings of the university in 1912.
- After a quarter of a century in existence, the Faculty of Kinesiology and Health Studies at the University of Regina has a great deal of experience in the field of Human Kinetics.
- The Faculty of Kinesiology at the University of Regina boasts brand new, well equipped research laboratories, which allow our researchers to investigate a number of topics, including falls in the elderly, psychophysiological correlates of brain trauma, nutrition and exercise intervention on osteoporosis and ethical decision making by health professionals.

- The home of the Faculty of Kinesiology and Health Studies is the Centre for Kinesiology, Health and Sport, which includes multiple research and teaching laboratories, several new “smart” classrooms, a total of five gymnasia, a modern and fully equipped fitness and lifestyle centre with a 200 metre indoor running track, the Allied Health Centre, individual team rooms for all of the U of R’s interuniversity sports teams, and a state-of-the-art weight room.