**Bachelor of Kinesiology with Honours Degree Checklist (2020+)**

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| **✓** | **1st Year** | **Comments** |
|  | KINE 1013 – Foundations  |  |
|  | KINE 1113 – Research Methods in Kinesiology |  |
|  | KINE 1213/1210 Lab – Growth & Motor Development |  |
|  | KINE 1243 – Historical Aspects of Physical Activity & Sport In Canada |  |
|  | KINE 1333 – Care & Prevention of Athletic Injuries |  |
|  | KINE 1413/1410 Lab – Human Anatomy 1 |  |
|  | BIOL 1853/1850 Lab – Applied Human Biology 1 |  |
|  | BIOL 1863/1860 Lab – Applied Human Biology 2 |  |
|  | COMM 1013 – Communication for Kinesiology |  |
|  | MATH 1213/1210 Lab – Statistics |  |
|  | KINE1100 - First Aid & CPR (Non-Credit) |  |
|  | **2nd Year** |  |
|  | KINE 2033/2030 Lab – Biomechanics 1 |  |
|  | KINE 2253 – Sociological Aspects of Physical Activity & Sport |  |
|  | KINE 2413/2410 Lab – Applied Human Physiology 1 |  |
|  | KINE 2423/2420 Lab – Applied Human Physiology 2 |  |
|  | KINE 2433 – Psychological Aspects of Physical Activity & Sport |  |
|  | 2 Activity Labs |  |
|  | 3 hr Kine Elective |  |
|  | 3 hr Arts or Science Elective |  |
|  | 3 hr Arts or Science Elective |  |
|  | 3 hr University Elective |  |
|  | **3rd Year** |  |
|  | KINE 3013/3010 Lab – Exercise Physiology |  |
|  | KINE 3053/3050 Lab – Human Anatomy 2  |  |
|  | KINE 3213/3210 Lab – Motor Learning |  |
|  | KINE 3363 – Philosophical Aspects of Physical Activity & Sport |  |
|  | 3 hr Kine Elective |  |
|  | 3 hr Kine Elective |  |
|  | 3 hr Arts or Science Elective |  |
|  | 3 hr University Elective |  |
|  | 3 hr University Elective |  |
|  | 3 hr University Elective |  |
|  | KINE 3100 – Professional Development (Non-Credit) |  |
|  | **4th Year** |  |
|  | KINE 4633 – Senior Seminar |  |
|  | KINE 4996 - HonoursThesis |  |
|  | 3 hr Kine Elective |  |
|  | 3 hr Arts or Science Elective |  |
|  | 3 hr Arts or Science Elective |  |
|  | 3 hr Arts or Science Elective |  |
|  | 3 hr University Elective |  |
|  | 3 hr University Elective |  |
|  | 3 hr University Elective |  |
| **All CORE courses you need C- or better. Electives:** All students must complete a minimum of 27 hours of Arts or Science elective courses.  Of these, a minimum of 6 hours must come from the Faculty of Arts and a minimum of 6 hours must come from the Faculty of Pure and Applied Science (note that MATH 1213, BIOL 1853 and 1863 count toward these Science hours).  All students must also complete a minimum of 18 hours of KINE electives and at least 9 hours of these KINE electives must be at the upper level (3000 or 4000 level).  Finally, all students must complete 21 hours of University electives. **You require a D- or better in Electives.** |