

Course Plan: BKIN Exercise Science & Training
ES&T Start Year: 2022-2023

| Year 1 - Fall | |
|-----------------|--|
| KINE 1013 | Foundations |
| KINE 1100 | First Aid & CPR (Non-credit) |
| KINE 1213+1210L | Growth & Motor Development |
| KINE 1413+1410L | Human Anatomy 1 |
| BIOL 1853+1850L | Applied Human Biology 1 |
| COMM 1013 | Communication for Kinesiology |
| Year 1 - Winter | |
| KINE 1113 | Research Methods in Kinesiology |
| KINE 1243 | Historical Aspects of Physical Activity & Sport |
| KINE 1333+1330L | Care & Prevention of Athletic Injuries |
| BIOL 1863+1860L | Applied Human Biology 2 |
| MATH 1213+1210L | Statistics for Business and Behavioural Sciences |

| Year 2 - Fall | |
|------------------------------|--|
| KINE 2253 | Sociological Aspects of Physical Activity & Sport |
| KINE 2413+2410L | Applied Human Physiology 1 |
| 2 Activity Labs ² | 1.5h each - these may also be taken in winter |
| 6h | Electives ¹ |
| Year 2 - Winter | |
| KINE 2033+2030L | Biomechanics |
| KINE 2423+2420L | Applied Human Physiology 2 |
| KINE 2433 | Psychological Aspects of Physical Activity & Sport |
| 6h | Electives ¹ |

| Year 3 - Fall | |
|-----------------|---------------------------------------|
| KINE 3013+3010L | Exercise Physiology |
| KINE 3100 | Professional Development (non-credit) |
| KINE 3213+3210L | Motor Learning ² |
| KINE 3343+3340L | Fitness Programming |
| 6h | Electives ¹ |
| Year 3 - Winter | |
| KINE 3053+3050L | Human Anatomy 2 |
| KINE 3393+3390L | Physiological Assessment |
| KINE 4013+4010L | Training Methods |
| 6h | Electives ¹ |

| Year 4 - Fall | |
|-----------------|---|
| KINE 4193 | Exercise Science Training Practicum |
| KINE 4693 | Physical Activity for Chronic Conditions |
| KINE 4633 | Senior Seminar |
| 6h | Electives ¹ |
| Year 4 - Winter | |
| KINE 3363 | Philosophical Aspects of Physical Activity & Sport ² |
| KINE 4203 | Exercise Science Clinical Practicum |
| 9h | Electives ¹ |

Note 1: Recommended electives for ES&T -

- KINE 185B (1.5h) - Phys. Act. for Older Adults (AAA)*
- KINE 190A (1.5h) - Phys. Act. for Chronic Conditions (Cardiac Maintenance)*
- KINE 190B (1.5h) - Resistance Training*
- KINE 190C (1.5h) - Agility Quickness and Speed*

* Email kinesiology@acadiau.ca (Margo) for early enrollment in these classes

Other relevant electives -

- KINE 2133 - Coaching
- KINE 2493 - Health Promotion and Wellness
- KINE 3693 - Health Behaviour Change
- KINE 3853 - Wellness and Aging
- NUTR 1503 - Understanding Nutrition
- NUTR 3533 - Sports Nutrition
- KINE 4873 - Pharmacology

** Non-KINE electives, from the Faculty of Arts and Faculty of Pure and Applied Science, are also required. Refer to Degree Checklist.

Note 2: Courses in blue may be taken in other years

Other Notes:

- If you have to retake a KINE course, take it in the following year. Courses are only offered once per year.

- KINE 1993 & KINE 2993 are for non-KINE students and cannot be used for credit towards graduation requirements.