

Bachelor of Kinesiology with Honours (Exercise Science & Training Option) Degree Checklist

Graduation requirements 2022/23 Academic Calendar

Students must complete 120 credit hours (120h) as follows:

KINE Core - 51h (B- or better)		Credits	Communication Core - 3h (B- or better)		Credits
☐ KINE 1013 Foundations		3	☐ COMM 1013 Communication for Kinesiology		3
☐ KINE 1113 Research Methods in Kinesiology		3	Arts & Science Electives - 27h		Credits
☐ KINE 1213+1210L Growth & Motor Development		3	Statistics - 3h		
☐ KINE 1243 Historical Aspects of Physical Activity & Sport		3	☐ MATH 1253+1250L Statistics 1		3
☐ KINE 1333+1330L Care & Prevention of Athletic Injuries		3	Human Biology - 6h		
☐ KINE 1413+1410L Human Anatomy 1		3	☐ BIOL 1853+1850L Applied Human Biology 1		3
☐ KINE 2033+2030L Biomechanics		3	☐ BIOL 1863+1860L Applied Human Biology 2		3
☐ KINE 2253 Sociological Aspects of Physical Activity & Sport		3	Faculty of Arts - 6h		
☐ KINE 2413+2410L Applied Human Physiology 1		3	☐ Arts ¹ Elective _____		3
☐ KINE 2423+2420L Applied Human Physiology 2		3	☐ Arts Elective _____		3
☐ KINE 2433 Psychological Aspects of Physical Activity & Sport		3	Faculty of Arts or Science - 12h		
☐ KINE 3013+3010L Exercise Physiology		3	☐ Arts or Science ² Elective _____		3
☐ KINE 3053+3050L Human Anatomy 2		3	☐ Arts or Science Elective _____		3
☐ KINE 3213+3210L Motor Learning		3	☐ Arts or Science Elective _____		3
☐ KINE 3363 Philosophical Aspects of Physical Activity & Sport		3	☐ Arts or Science Elective _____		3
☐ KINE 4633 Senior Seminar		3	Honours - 9h		Credits
☐ Activity Lab _____		1.5	☐ KINE 3163 Applied Research Methods in Kinesiology		3
☐ Activity Lab _____		1.5	☐ KINE 407T Honours Thesis 1		3
Exercise Science & Training Core - 18h (B- or better)		Credits	☐ KINE 408T Honours Thesis 2		3
☐ KINE 3343+3340L Fitness Programming		3	University Electives - 12h		Credits
☐ KINE 3393+3390L Physiological Assessment		3	☐ University Elective _____		3
☐ KINE 4013+4010L Training Methods		3	☐ University Elective _____		3
☐ KINE 4193 Exercise Science Training Practicum		3	☐ University Elective _____		3
☐ KINE 4203 Exercise Science Clinical Practicum		3	☐ University Elective _____		3
☐ KINE 4693 Physical Activity and Chronic Conditions		3	*An overall minimum cumulative GPA of 3.00 is required for application to this option. **A minimum program GPA of 3.00 is required to graduate.		
Non-Credit requirements - 1100, 3100		Credits			
☐ KINE 1100 Intermediate First Aid & CPR		0			
☐ KINE 3100 Professional Development (A unit - 6 hrs)		0			
☐ KINE 3100 Professional Development (B unit - 1 hr)		0			
☐ KINE 3100 Professional Development (B unit - 1 hr)		0			

.. Arts subjects: ARAM, ART, BIBL, CHAP, CHUR, CLAS, CREL, DISP, ECON, ENGL, ESST, EVAN, FRAN, GERM, GREE, HEBR, HIST, INCD, IDST, IDTH, LATI, LAWS, LEDR
MIKM, MUSI, NXGN, PACC, PAST, PHIL, POLS, SOCI, SPAN, THEA, THEO, WGST

.. Science subjects: APSC, BIOL, CHEM, COMP, ENVS, GEOL, GEOM, MATH, NUTR, PHYS, PSYC