

**Course Plan: BKIN Exercise Science & Training (Honours)**  
**ES&T Start Year: 2023-2024**

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 1253+1250L	Statistics 1

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

Year 3 - Fall	
KINE 3013+3010L	Exercise Physiology
KINE 3100	Professional Development (non-credit)
KINE 3213+3210L	Motor Learning <sup>2</sup>
KINE 3343+3340L	Fitness Programming
6h	Electives <sup>1</sup> ( <i>KINE 3883 - Directed Readings</i> recommended for Honours. See Note 1.)
Year 3 - Winter	
KINE 3053+3050L	Human Anatomy 2
KINE 3163	Applied Research Methods
KINE 3393+3390L	Physiological Assessment
KINE 4013+4010L	Training Methods
3h	Electives <sup>1</sup>

Year 4 - Fall	
KINE 407T	Honours Thesis 1
KINE 4193	Exercise Science Training Practicum
KINE 4693	Physical Activity for Chronic Conditions
KINE 4633	Senior Seminar
3h	Electives <sup>1</sup>
Year 4 - Winter	
KINE 408T	Honours Thesis 2
KINE 3363	Philosophical Aspects of Physical Activity & Sport <sup>2</sup>
KINE 4203	Exercise Science Clinical Practicum
6h	Electives <sup>1</sup>

**Note 1: Recommended electives for ES&T Honours -**

KINE 3883 - *Directed Readings* - highly recommended for Year 3 fall semester

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](mailto: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.