

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

Graduation requirements 2023/24 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
<input type="checkbox"/> KINE 1013 Foundations	3	<input type="checkbox"/> COMM 1013 Communication for Kinesiology	3
<input type="checkbox"/> KINE 1113 Research Methods in Kinesiology	3	Arts & Science Electives - 27h	
<input type="checkbox"/> KINE 1213+1210L Growth & Motor Development	3	Statistics - 3h	
<input type="checkbox"/> KINE 1243 Historical Aspects of Physical Activity & Sport	3	<input type="checkbox"/> MATH 1253+1250L Statistics 1	3
<input type="checkbox"/> KINE 1333+1330L Care & Prevention of Athletic Injuries	3	Human Biology - 6h	
<input type="checkbox"/> KINE 1413+1410L Human Anatomy 1	3	<input type="checkbox"/> BIOL 1853+1850L Applied Human Biology 1	3
<input type="checkbox"/> KINE 2033+2030L Biomechanics	3	<input type="checkbox"/> BIOL 1863+1860L Applied Human Biology 2	3
<input type="checkbox"/> KINE 2253 Sociological Aspects of Physical Activity & Sport	3	Faculty of Arts - 6h	
<input type="checkbox"/> KINE 2413+2410L Applied Human Physiology 1	3	<input type="checkbox"/> Arts Elective _____	3
<input type="checkbox"/> KINE 2423+2420L Applied Human Physiology 2	3	<input type="checkbox"/> Arts Elective _____	3
<input type="checkbox"/> KINE 2433 Psychological Aspects of Physical Activity & Sport	3	Faculty of Arts or Science - 12h	
<input type="checkbox"/> KINE 3013+3010L Exercise Physiology	3	<input type="checkbox"/> Arts or Science Elective _____	3
<input type="checkbox"/> KINE 3053+3050L Human Anatomy 2	3	<input type="checkbox"/> Arts or Science Elective _____	3
<input type="checkbox"/> KINE 3213+3210L Motor Learning	3	<input type="checkbox"/> Arts or Science Elective _____	3
<input type="checkbox"/> KINE 3363 Philosophical Aspects of Physical Activity & Sport	3	<input type="checkbox"/> Arts or Science Elective _____	3
<input type="checkbox"/> KINE 4633 Senior Seminar	3	Honours - 9h	
<input type="checkbox"/> Activity Lab _____	1.5	<input type="checkbox"/> KINE 3163 Applied Research Methods in Kinesiology	3
<input type="checkbox"/> Activity Lab _____	1.5	<input type="checkbox"/> KINE 407T Honours Thesis 1	3
Exercise Science & Training Core - 18h (B- or better)		<input type="checkbox"/> KINE 408T Honours Thesis 2	3
<input type="checkbox"/> KINE 3343+3340L Fitness Programming	3	University Electives - 12h	
<input type="checkbox"/> KINE 3393+3390L Physiological Assessment	3	<input type="checkbox"/> University Elective _____	3
<input type="checkbox"/> KINE 4013+4010L Training Methods	3	<input type="checkbox"/> University Elective _____	3
<input type="checkbox"/> KINE 4193 Exercise Science Training Practicum	3	<input type="checkbox"/> University Elective _____	3
<input type="checkbox"/> KINE 4203 Exercise Science Clinical Practicum	3	<input type="checkbox"/> University Elective _____	3
<input type="checkbox"/> KINE 4693 Physical Activity and Chronic Conditions	3		
Non-Credit requirements - 1100, 3100			
<input type="checkbox"/> KINE 1100 Intermediate First Aid & CPR	0	*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.	
<input type="checkbox"/> KINE 3100 Professional Development (A unit - 6 hrs)	0		
<input type="checkbox"/> KINE 3100 Professional Development (B unit - 1 hr)	0		
<input type="checkbox"/> KINE 3100 Professional Development (B unit - 1 hr)	0		