

**Course Plan: BKIN Honours (NUTRITION)**  
**Option Start Year: 2024-2025 or earlier\***

\*This plan may be used for Start Years going back to 2020-2021 as the degree requirements have not changed over this time.

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>
NUTR 1313	Human Nutrition 1
6h	Electives <sup>1</sup> (KINE 3883 - Directed Readings recommended for Honours. See Note 1.)
Year 3 - Winter	
KINE 3053+3050L	Human Anatomy 2
KINE 3163	Applied Research Methods
KINE 3363	Philosophical Aspects of Physical Activity & Sport <sup>2</sup>
NUTR 1323	Human Nutrition 2
3h	Elective <sup>1</sup>

Year 4 - Fall	
KINE 4633	Senior Seminar
KINE 407T	Honours Thesis 1
9h	Electives <sup>1</sup>
Year 4 - Winter	
KINE 408T	Honours Thesis 2
12h	Electives <sup>1</sup>

**Note 1:** KINE 3883 - *Directed Readings* - highly recommended for Year 3 fall semester. Refer to the Degree Checklist to determine what other electives to take. At least 12 hours of these must be in NUTR but NUTR 1503 cannot be used for credit for this degree.

**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.