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

Graduation requirements 2024/25 Academic Calendar

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

	KINE Core - 51h (B- or better)	Credits
F	☐ KINE 1413+1410L Human Anatomy 1	3
	☐ KINE 1213+1210L Growth & Motor Development	3
	☐ KINE 1013 Foundations	3
W	☐ KINE 1333+1330L Care & Prevention of Athletic Injuries	3
	☐ KINE 1243 Historical Aspects of Physical Activity & Sport	3
	☐ KINE 1113 Research Methods in Kinesiology	3
F	☐ KINE 2413+2410L Applied Human Physiology 1	3
	☐ KINE 2253 Sociological Aspects of Physical Activity & Sport	3
W	☐ KINE 2433 Psychological Aspects of Physical Activity & Sport	3
	☐ KINE 2423+2420L Applied Human Physiology 2	3
	☐ KINE 2033+2030L Biomechanics	3
F	☐ KINE 3213+3210L Motor Learning	3
	☐ KINE 3013+3010L Exercise Physiology	3
W	☐ KINE 3363 Philosophical Aspects of Physical Activity & Sport	3
	☐ KINE 3053+3050L Human Anatomy 2	3
F	☐ KINE 4633 Senior Seminar	3
	☐ Activity Lab _____	1.5
	☐ Activity Lab _____	1.5

Exercise Science & Training Core - 18h (B- or better)	Credits
☐ KINE 3343+3340L Fitness Programming	3
☐ KINE 3393+3390L Physiological Assessment	3
☐ KINE 4013+4010L Training Methods	3
☐ KINE 4193 Exercise and Training Practicum	3
☐ KINE 4203 Exercise Science Clinical Practicum	3
☐ KINE 4693 Physical Activity and Chronic Conditions	3

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

Communication Core - 3h (B- or better)	Credits
☐ COMM 1013 Communication for Kinesiology	3

Arts & Science Electives - 27h	Credits
Statistics - 3h	
☐ MATH 1253+1250L Statistics 1	3
Human Biology - 6h	
☐ BIOL 1853+1850L Applied Human Biology 1	3
☐ BIOL 1863+1860L Applied Human Biology 2	3
Faculty of Arts - 6h	
☐ Arts[1] Elective _____	3
☐ Arts Elective _____	3
Faculty of Arts or Science - 12h	
☐ Arts or Science[2] Elective _____	3
☐ Arts or Science Elective _____	3
☐ Arts or Science Elective _____	3
☐ Arts or Science Elective _____	3

Honours - 9h	Credits
☐ KINE 3163 Applied Research Methods in Kinesiology	3
☐ KINE 407T Honours Thesis 1	3
☐ KINE 408T Honours Thesis 2	3

University Electives - 12h	Credits
☐ University Elective ___(KINE 3883 highly recommended)	3
☐ University Elective _____	3
☐ University Elective _____	3
☐ University Elective _____	3

*An overall minimum cumulative GPA of 3.00 is required for application to this option.

** A GPA of 3.00 is required in the Kinesiology Core.

***A minimum program GPA of 3.00 is required to graduate with Honours.

1. 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
2. Science subjects: APSC, BIOL, CHEM, COMP, ENVS, GEOL, GEOM, MATH, NUTR, PHYS, PSYC