

Course Plan: BKIN Honours (Nutrition option)

Option Start Year: 2025-2026

This plan is valid from 2020-21 to present

Year 1 - Fall		Prerequisites
KINE 1013	Foundations ¹	
KINE 1100	First Aid & CPR (Non-credit)	
KINE 1213+1210L	Growth & Motor Development ¹	
KINE 1413+1410L	Human Anatomy 1 ¹	
BIOL 1853+1850L	Applied Human Biology 1	
COMM 1013	Communication for Kinesiology ¹	
Year 1 - Winter		
KINE 1113	Research Methods in Kinesiology ¹	
KINE 1243	Historical Aspects of Physical Activity & Sport ¹	
KINE 1333+1330L	Care & Prevention of Athletic Injuries ¹	passing grade in KINE 1413
BIOL 1863+1860L	Applied Human Biology 1	passing grade in BIOL 1853
MATH 1253+1250L	Statistics 1	

Year 2 - Fall		Prerequisites
KINE 2253	Sociology of Health and The Moving Body ¹	second year standing
KINE 2413+2410L	Applied Human Physiology 1 ¹	passing grade in KINE 1100, KINE 1413, and BIOL 1863
2 Activity Labs ¹	1.5h each - these may also be taken in winter	
3h	Elective ²	
3h	Elective ²	
Year 2 - Winter		
KINE 2033+2030L	Biomechanics ¹	passing grade in KINE 1213 and KINE 1413
KINE 2423+2420L	Applied Human Physiology 1 ¹	passing grade in KINE 2413
KINE 2433	Psychological Aspects of Physical Activity & Sport ¹	second year standing
3h	Elective ²	
3h	Elective ²	

Year 3 - Fall		Prerequisites
KINE 3013+3010L	Exercise Physiology ¹	passing grade in KINE 1100 and KINE 2423
KINE 3100	Professional Devp. (non-credit, no registration)	
KINE 3213+3210L	Motor Learning ¹	third year standing
NUTR 1313	Human Nutrition 1	
KINE 3883	Directed Readings (Recommended. Counts as a University elective. Supervisor is required.)	
3h	Elective ²	
Year 3 - Winter		
KINE 3053+3050L	Human Anatomy 2 ¹	passing grade in KINE 1413
KINE 3363	Philosophy of Sport ¹	third year standing
NUTR 1323	Human Nutrition 2	passing grade in NUTR 1313
KINE 3163	Applied Research Methods	
3h	Elective ²	

Year 4 - Fall		Prerequisites
KINE 4633	Senior Seminar ¹	All KINE Core 1000, 2000, 3000 courses
KINE 407T	Honours Thesis 1	
3h	Elective ² (see Note 2 for details on required	
3h	Elective ² NUTR classes and other electives.)	
3h	Elective ²	
Year 4 - Winter		
KINE 408T	Honours Thesis 2	
3h	Elective ²	
3h	Elective ²	
3h	Elective ²	
3h	Elective ²	

Note 1: Courses in **blue** are part of the KINE Core and require a minimum grade of **B-** to meet **graduation requirements**.

Note 2 - Electives: (1) For the NUTR option, in addition taking NUTR 1313 and NUTR 1323 (shown in Year 3), you must also take **four NUTR electives** (12 hours), as approved by the School of Nutrition. A minimum grade of **B-** is required in these NUTR courses to meet graduation requirements.

(2) **You must also take:**

KINE, Arts, "Arts or Science", and University electives. Refer to the Degree Checklist to determine the type of elective to take.

Important:

- 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 BKIN or BKIH degrees.