

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 | Sociological Asp. of Health & 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 2 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.