

**Course Plan: BKIN (NUTRITION)****Option Start Year: 2025-2026 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>
Year 3 - Winter	
KINE 3053+3050L	Human Anatomy 2
KINE 3363	Philosophy of Sport <sup>2</sup>
NUTR 1323	Human Nutrition 2
6h	Electives <sup>1</sup>

**Note 1:** Refer to the Degree Checklist to determine the type of electives to take. At least 12 hours of these must be in NUTR.

**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.

Year 4 - Fall	
KINE 4633	Senior Seminar
12h	Electives <sup>1</sup>
Year 4 - Winter	
15h	Electives <sup>1</sup>