

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

Graduation requirements 2025/26 Academic Calendar

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

| KINE Core - 51h (B- or better) | | Credits | Communication Core - 3h (B- or better) | | Credits |
|---------------------------------------|---------------------------------------------------------------------------------------|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------|
| F | <input type="checkbox"/> KINE 1413+1410L Human Anatomy 1 | 3 | <input type="checkbox"/> COMM 1013 Communication for Kinesiology | | 3 |
| | <input type="checkbox"/> KINE 1213+1210L Growth & Motor Development | 3 | Arts & Science Electives - 27h | | |
| | <input type="checkbox"/> KINE 1013 Foundations | 3 | Statistics - 3h | | |
| W | <input type="checkbox"/> KINE 1333+1330L Care & Prevention of Athletic Injuries | 3 | <input type="checkbox"/> MATH 1253+1250L Statistics 1 | | 3 |
| | <input type="checkbox"/> KINE 1243 Historical Aspects of Physical Activity & Sport | 3 | Human Biology - 6h | | |
| | <input type="checkbox"/> KINE 1113 Research Methods in Kinesiology | 3 | <input type="checkbox"/> BIOL 1853+1850L Applied Human Biology 1 | | 3 |
| F | <input type="checkbox"/> KINE 2413+2410L Applied Human Physiology 1 | 3 | <input type="checkbox"/> BIOL 1863+1860L Applied Human Biology 2 | | 3 |
| | <input type="checkbox"/> KINE 2253 Sociological Aspects of Health and The Moving Body | 3 | Faculty of Arts - 6h | | |
| W | <input type="checkbox"/> KINE 2433 Psychological Aspects of Physical Activity & Sport | 3 | <input type="checkbox"/> Arts ¹ Elective _____ | | 3 |
| | <input type="checkbox"/> KINE 2423+2420L Applied Human Physiology 2 | 3 | <input type="checkbox"/> Arts Elective _____ | | 3 |
| | <input type="checkbox"/> KINE 2033+2030L Biomechanics | 3 | Faculty of Arts or Science - 12h | | |
| F | <input type="checkbox"/> KINE 3213+3210L Motor Learning | 3 | <input type="checkbox"/> Arts or Science ² Elective _____ | | 3 |
| | <input type="checkbox"/> KINE 3013+3010L Exercise Physiology | 3 | <input type="checkbox"/> Arts or Science Elective _____ | | 3 |
| W | <input type="checkbox"/> KINE 3363 Philosophy of Sport | 3 | <input type="checkbox"/> Arts or Science Elective _____ | | 3 |
| | <input type="checkbox"/> KINE 3053+3050L Human Anatomy 2 | 3 | <input type="checkbox"/> Arts or Science Elective _____ | | 3 |
| F | <input type="checkbox"/> KINE 4633 Senior Seminar | 3 | Honours - 9h | | |
| | <input type="checkbox"/> Activity Lab _____ | 1.5 | <input type="checkbox"/> KINE 3163 Applied Research Methods in Kinesiology | | 3 |
| | <input type="checkbox"/> Activity Lab _____ | 1.5 | <input type="checkbox"/> KINE 407T Honours Thesis 1 | | 3 |
| | Exercise Science & Training Core - 18h (B- or better) | | | | Credits |
| | <input type="checkbox"/> KINE 3343+3340L Fitness Programming | 3 | University Electives - 12h | | |
| | <input type="checkbox"/> KINE 3393+3390L Physiological Assessment | 3 | <input type="checkbox"/> University Elective ____ (KINE 3883 highly recommended) | | 3 |
| | <input type="checkbox"/> KINE 4013+4010L Training Methods | 3 | <input type="checkbox"/> University Elective _____ | | 3 |
| | <input type="checkbox"/> KINE 4193 Exercise and Training Practicum | 3 | <input type="checkbox"/> University Elective _____ | | 3 |
| | <input type="checkbox"/> KINE 4203 Exercise Science Clinical Practicum | 3 | <input type="checkbox"/> University Elective _____ | | 3 |
| | <input type="checkbox"/> KINE 4693 Physical Activity and Chronic Conditions | 3 | | | |
| | Non-Credit requirements - 1100, 3100 | | | | Credits |
| | <input type="checkbox"/> KINE 1100 Intermediate First Aid & CPR | 0 | *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. | | |
| | <input type="checkbox"/> KINE 3100 Professional Development (A unit - 6 hrs) | 0 | | | |
| | <input type="checkbox"/> KINE 3100 Professional Development (B unit - 1 hr) | 0 | | | |
| | <input type="checkbox"/> KINE 3100 Professional Development (B unit - 1 hr) | 0 | | | |

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