

**Bachelor of Kinesiology (Nutrition Option) Degree Checklist**  
**Graduation requirements as stated in the 2025/26 Academic Calendar**  
**Students must complete 120 credit hours (120h) as follows:**

<b>KINE Core - 51h (C- or better)</b>		<b>Credits</b>	<b>Communication Core - 3h (C- or better)</b>	<b>Credits</b>
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	<b>Nutrition Core - 18h (C- or better)</b>	
	<input type="checkbox"/> KINE 1013 Foundations	3	<input type="checkbox"/> NUTR 1313 Human Nutrition 1	3
W	<input type="checkbox"/> KINE 1333+1330L Care & Prevention of Athletic Injuries	3	<input type="checkbox"/> NUTR 1323 Human Nutrition 2	3
	<input type="checkbox"/> KINE 1243 Historical Aspects of Physical Activity & Sport	3	<input type="checkbox"/> Nutrition Elective _____	3
	<input type="checkbox"/> KINE 1113 Research Methods in Kinesiology	3	<input type="checkbox"/> Nutrition Elective _____	3
F	<input type="checkbox"/> KINE 2413+2410L Applied Human Physiology 1	3	<input type="checkbox"/> Nutrition Elective _____	3
	<input type="checkbox"/> KINE 2253 Sociological Aspects of Physical Activity & Sport	3	<input type="checkbox"/> Nutrition Elective _____	3
W	<input type="checkbox"/> KINE 2433 Psychological Aspects of Physical Activity & Sport	3	<b>Arts &amp; Science Electives - 15h</b>	
	<input type="checkbox"/> KINE 2423+2420L Applied Human Physiology 2	3	<b>Statistics - 3h</b>	
	<input type="checkbox"/> KINE 2033+2030L Biomechanics	3	<input type="checkbox"/> MATH 1253+1250L Statistics 1	3
F	<input type="checkbox"/> KINE 3213+3210L Motor Learning	3	<b>Human Biology - 6h</b>	
	<input type="checkbox"/> KINE 3013+3010L Exercise Physiology	3	<input type="checkbox"/> BIOL 1853+1850L Applied Human Biology 1	3
W	<input type="checkbox"/> KINE 3363 Philosophy of Sport	3	<input type="checkbox"/> BIOL 1863+1860L Applied Human Biology 2	3
	<input type="checkbox"/> KINE 3053+3050L Human Anatomy 2	3	<b>Faculty of Arts - 6h</b>	
F	<input type="checkbox"/> KINE 4633 Senior Seminar	3	<input type="checkbox"/> Arts <sup>1</sup> Elective _____	3
	<input type="checkbox"/> Activity Lab _____	1.5	<input type="checkbox"/> Arts Elective _____	3
	<input type="checkbox"/> Activity Lab _____	1.5	<b>University Electives - 15h</b>	
<b>KINE Electives - 18h (9h at 3000 level or higher)</b>		<b>Credits</b>	<input type="checkbox"/> University Elective _____	3
	<input type="checkbox"/> KINE Elective _____	3	<input type="checkbox"/> University Elective _____	3
	<input type="checkbox"/> KINE Elective _____	3	<input type="checkbox"/> University Elective _____	3
	<input type="checkbox"/> KINE Elective _____	3	<input type="checkbox"/> University Elective _____	3
	<input type="checkbox"/> KINE Elective (3000+) _____	3	<input type="checkbox"/> University Elective _____	3
	<input type="checkbox"/> KINE Elective (3000+) _____	3		
	<input type="checkbox"/> KINE Elective (3000+) _____	3		
<b>Non-Credit requirements - 1100, 3100</b>		<b>Credits</b>	*An overall minimum cumulative GPA of 2.75 is required for application to this option.	
	<input type="checkbox"/> KINE 1100 Intermediate First Aid & CPR	0		
	<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		

- 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
- Science subjects: APSC, BIOL, CHEM, COMP, ENVS, GEOL, GEOM, MATH, NUTR, PHYS, PSYC