

Course Plan: BKIN Honours (Exercise Science & Training Option)

ES&T Start Yr: 2026-2027

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+1250	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
Activity lab (1.5 h) (KINE 190C Agility, Quickness & Speed ² recommended)		
3h	Elective ²	
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
Activity lab (1.5 h) (KINE 190B Resistance Training ² recommended)		
3h	Elective ²	

Recommended electives for ES&T*-

- KINE 185B (1.5h) - Phys. Act. for Older Adults
- KINE 190A (1.5h) - Phys. Act. for Chronic Conditions (Cardiac Maintenance)
- KINE 190B (1.5h) - Resistance Training
- KINE 190C (1.5h) - Agility Quickness and Speed

*Email kinesiology@acadiu.ca (Margo) for early enrollment in these classes.

Other relevant electives -

- KINE 2133 - Coaching
- KINE 2493 - Health Promotion & Wellness
- KINE 3693 - Health Behaviour Change
- KINE 3853 - Wellness and Aging
- NUTR 1503 - Understanding Nutrition
- NUTR 3533 - Sports Nutrition
- KINE 4873 - Pharmacology

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
KINE 3343+3340L	Fitness Programming ³	
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 3393+3390L	Physiological Assessment ³	
KINE 4013+4010L	Training Methods ³	
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 4193	Exercise Science Training Practicum ³	
KINE 4693	Physical Activity for Chronic Conditions ³	
KINE 407T	Honours Thesis 1	
3h	Elective ²	
Year 4 - Winter		
KINE 3363	Philosophy of Sport ¹	third year standing
KINE 4203	Exercise Science Clinical Practicum ³	
KINE 408T	Honours Thesis 2	
3h	Elective ²	
3h	Elective ²	

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

Note 2: KINE, Arts, Arts or Science, and University electives are required. Refer to the Degree Checklist to determine the type of elective to take.

Note 3: Courses in **brown** are part of Exercise Science Core and require a minimum grade of **B-** to meet **graduation requirements**.

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 graduation requirements.