

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

Graduation requirements 2026/27 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 Sociology 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)		University Electives - 12h		Credits
	<input type="checkbox"/> KINE 3343+3340L Fitness Programming	3	<input type="checkbox"/> University Elective ____ (KINE 3883 highly recommended)		3
	<input type="checkbox"/> KINE 3393+3390L Physiological Assessment	3	<input type="checkbox"/> University Elective _____		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				
	<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