

Bachelor of Kinesiology with Honours (Nutrition Option) Degree Checklist
Graduation requirements as stated in the 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	Nutrition Core - 18h (B- or better)		
	<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 Health and The Moving Body	3	<input type="checkbox"/> Nutrition Elective _____		3
W	<input type="checkbox"/> KINE 2433 Psychological Aspects of Physical Activity & Sport	3	Arts & Science Electives - 15h		
	<input type="checkbox"/> KINE 2423+2420L Applied Human Physiology 2	3	Statistics - 3h		
	<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	Human Biology - 6h		
	<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	Faculty of Arts - 6h		
F	<input type="checkbox"/> KINE 4633 Senior Seminar	3	<input type="checkbox"/> Arts ¹ Elective _____		3
	<input type="checkbox"/> Activity Lab _____	1.5	<input type="checkbox"/> Arts Elective _____		3
	<input type="checkbox"/> Activity Lab _____	1.5	Honours - 9h		
	KINE Electives - 9h (6h at 3000 level or higher)		Credits		
	<input type="checkbox"/> KINE Elective _____	3	<input type="checkbox"/> KINE 3163 Applied Research Methods in Kinesiology		3
	<input type="checkbox"/> KINE Elective (3000+) _____	3	<input type="checkbox"/> KINE 407T Honours Thesis 1		3
	<input type="checkbox"/> KINE Elective (3000+) _____	3	<input type="checkbox"/> KINE 408T Honours Thesis 2		3
	Non-Credit requirements - 1100, 3100		Credits		
	<input type="checkbox"/> KINE 1100 Intermediate First Aid & CPR	0	University Electives - 15h		
	<input type="checkbox"/> KINE 3100 Professional Development (A unit - 6 hrs)	0	<input type="checkbox"/> University Elective ____ (KINE 3883 highly recommended)		3
	<input type="checkbox"/> KINE 3100 Professional Development (B unit - 1 hr)	0	<input type="checkbox"/> University Elective _____		3
	<input type="checkbox"/> KINE 3100 Professional Development (B unit - 1 hr)	0	<input type="checkbox"/> University Elective _____		3
	<input type="checkbox"/> KINE 3100 Professional Development (B unit - 1 hr)	0	<input type="checkbox"/> University Elective _____		3

*An overall minimum cumulative GPA of 3.00 is required for admission 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.

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