

Bachelor of Kinesiology Honours & Options



The Honours is a challenging program for students who have a particular interest and desire to pursue further learning in a specialty area.

Bachelor of Kinesiology with Honours

Students must complete 120 credit hours as follows:

- Kinesiology Core (51h)
- All of the following (21h): BIOL 1853, BIOL 1863, COMM 1013, KINE 1100, KINE 3100, KINE 3163, KINE 4996, MATH 1213
- 9h of Kinesiology electives (6h must be at the 3000 level or higher)
- 6h from the Faculty of Arts
- 12h from the Faculty of Arts or Faculty of Pure and Applied Science
- 21h of University electives

A GPA of 3.0 is required in the Kinesiology Core. In addition, grades of B- are required in the Kinesiology and Communication Core. A minimum program GPA of 3.0 is required to graduate in the Honours program.

The Honours degree is available in combination with the other options.

Exercise Science & Training Option

Students must complete 120 credit hours as follows:

- Kinesiology Core (51h)
- Exercise Science & Training Core (15h): KINE 3343, KINE 3393, KINE 4013, KINE 4193, KINE 4693
- All of the following (12h): BIOL 1853, BIOL 1863, COMM 1013, KINE 1100, KINE 3100, MATH 1213
- 6h from the Faculty of Arts
- 12h from the Faculty of Arts or Faculty of Pure and Applied Science
- 24h University electives

Minimum grades of C- are required in the Kinesiology and Communication core. A minimum program GPA of 2.0 is required to be eligible to graduate. An overall minimum cumulative GPA of 3.00 is required for application to this option. A maximum of 18 students will be accepted each year.

Athletic Therapy Option*

Students must complete 120 credit hours as follows:

- Kinesiology Core (51h)
- Athletic Therapy Core (18h): KINE 3413, KINE 3423, KINE 3433, KINE 4433, KINE 4843, KINE 4853
- All of the following (12h): BIOL 1853, BIOL 1863, COMM 1013, KINE 1100, KINE 3100, KINE 3400, MATH 1213
- 6h from the Faculty of Arts
- 12h from the Faculty of Arts or Faculty of Pure and Applied Science
- 21h University electives

Minimum grades of C- are required in the Kinesiology and Communication core. Grades of B are required in the Athletic Therapy Core. A minimum program GPA of 2.0 is required to be eligible to graduate. An overall minimum cumulative GPA of 3.00 is required for application to this option. A maximum of 18 students will be accepted each year.



Students engage in the Exercise Science & Training option to learn advanced fitness assessment and exercise prescription for prevention and management of disease and for performance in sport and occupations.



Students engage in the theoretical principles, practical skill development, and experiential learning opportunities to learn about the prevention, assessment, and management of injuries in sport and physical activity.

*pending accreditation from the CATA.

Bachelor of Kinesiology Options



Students take a systematic approach to the study of human anatomy and physiology in-order to better understand how our bodies move.

Biology Option

Students must complete 120 credit hours as follows:

- Kinesiology Core (51h)
- Biology Core (24h): BIOL 1853, BIOL 1863, BIOL 2013, BIOL 2043, BIOL 2053, BIOL 2073, 6h Biology electives
- All of the following (12h): COMM 1013, CHEM 1013, CHEM 1023, KINE 1100, KINE 3100, MATH 1213
- 18h Kinesiology electives (9h must be at the 3000 level or higher)
- 6h from the Faculty of Arts
- 9h University electives

Grades of C- are required in the Kinesiology, Communication and Biology Core. In addition, a minimum program GPA of 2.0 is required to graduate. An overall cumulative GPA of 2.75 is required for admission to this option. A maximum of 12 students will be accepted each year.



Combining the study of human movement (Kinesiology) and study of human behaviour (Psychology) to better understand behaviour in exercise, sport and rehab settings.

Psychology Option

Students must complete 120 credit hours as follows:

- Kinesiology Core (51h)
- All of the following (21h): PSYC 1013, PSYC 1023, 15h Psychology electives
- All of the following (12h): BIOL 1853, BIOL 1863, COMM 1013, KINE 1100, KINE 3100, MATH 1213
- 18h Kinesiology electives (9h must be at the 3000 level or higher)
- 6h from the Faculty of Arts
- 12h University electives

Grades of C- are required in the Kinesiology, Communication and Psychology Core. In addition, a minimum program GPA of 2.0 is required to graduate. An overall cumulative GPA of 2.75 is required for admission to this option. A maximum of 12 students will be accepted each year.



Students combine the knowledge of exercise science and human nutrition to influence healthy lifestyles.

Nutrition Option

Students must complete 120 credit hours as follows:

- Kinesiology Core (51h)
- Nutrition Core (18h): NUTR 1313, NUTR 1323, 12h of Nutrition electives approved by the School of Nutrition and Dietetics
- All of the following (12h): BIOL 1853, BIOL 1863, COMM 1013, KINE 1100, KINE 3100, MATH 1213
- 18h Kinesiology electives (9h must be at the 3000 level or higher)
- 6h from the Faculty of Arts
- 15h University electives

Grades of C- are required in the Kinesiology, Communication and Nutrition Core and a minimum program GPA of 2.0 is required to graduate. An overall cumulative GPA of 2.75 is required for admission to this option. A maximum of 12 students will be accepted each year.

