

## Honors Specialization in Kinesiology Professional Kinesiology (BA)

### How many 1st year credits can I take?

A **minimum of 5.0** first year credits must be taken. However, students are allowed to use up to a **maximum of 7.0** first credits towards their degree if they choose.

### What?

The module in Professional Kinesiology address the knowledge requirements of a registered Kinesiology, focusing on core elements of the profession - the principles of biomechanics, anatomy, physiology and psychomotor behaviour to improve health; the promotion of physical activity and workplace health and safety; prevention and management of injury, chronic disease and disability; and the overall improvement of health and performance. Student will be prepared for a dynamic career in Kinesiology and to write the Ontario provincial Kinesiology certification examination.

### What courses count as Arts & Humanities Credits (Category B)

Students need 1.0 credits or equivalent from Category B, the Arts & Humanities Faculty.

Classical Studies	Speech
English	Theological Studies
Film Studies	Visual Arts
Languages	Women's Studies
Philosophy	Writing

### Where Can I get my First Aid and CPR Level C?

Students can take a course through their local Red Cross or Saint John's Ambulance services. Additionally both the Student Emergency Response Team, SERT and Campus Recreation offer courses through out the year. Visit Info Source in the UCC for registration for a SERT course or go to campus recreation.

### Progression from year 1 to year 2

We have 30 spaces in the Professional Kinesiology module moving from year 1 to year 2. This is a limited enrollment module, meaning that the progression standard may fluctuate from year to year depending on how many students want to progress into this module and how good their grades are. Students will need a minimum 70% average with no grades less than 60%.

### What are Essay Credits?

Students need 2.0 essay designated credits or equivalent. Essay courses are courses that will have a written word component. It may be an essay or written report. It will be at the professor's discretion. Essay courses are designated by an "E" if it is a full course. I.E. Sociology 1021E. If it is a half-course it will be marked with either an "F" for first term or "G" for second term. I.E. Kin 2276F.

### Academic Counselling?

School of Kinesiology  
3M Centre Rm. 2225  
519-661-3086  
[www.uwo.ca/fhs/kin](http://www.uwo.ca/fhs/kin)  
[www.facebook.com/KinUndergrad](https://www.facebook.com/KinUndergrad)

Shannon Woods  
Undergraduate Coordinator  
[srankin2@uwo.ca](mailto:srankin2@uwo.ca)

### Graduation minimum average requirements?

Students must maintain a 70% average on their senior Kinesiology/Dance courses with no single grade less than 60%. Additionally, students must maintain a cumulative average of 65% with no fails.

### What are Special Topics Courses?

Special topic courses are courses where the topic may change from year to year. In order to see what topic is being offered, go to the registrar's office timetable for that year and check in the "notes" section.

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# Honors Specialization in Kinesiology

## Professional Kinesiology (BA)

### 5.0 1000 level credits including Kin 1070A, 1080B & Physiology 1021 and Business 1220E.

<input type="checkbox"/> Kin 1070A/B Psychology of Human Movement	<input type="checkbox"/> Kin 1080A/B Psychomotor Behavior	<input type="checkbox"/> Physiology 1021
<input type="checkbox"/> Stats 1023A/B OR Stats 1024A/B	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### 3.0 Kinesiology credits. Must be taken in 2nd year.

<input type="checkbox"/> Kin 2222A/B Systemic Approach to Functional Anatomy	<input type="checkbox"/> Kin 2230A/B Exercise Physiology	<input type="checkbox"/> Kin 2241A/B Biomechanics
<input type="checkbox"/> Kin 2032A/B Research Design in Human Movement Science	<input type="checkbox"/> Kin 2236A/B Introduction to Athletic Injuries	<input type="checkbox"/> Kin 2276F/G Psychology of Exercise

### 1.5 Kinesiology credits. Must be taken in 3rd year.

<input type="checkbox"/> Kin 3412A/B Exercise for Specific Populations: Chronic Disease	<input type="checkbox"/> Kin 3413A/B Exercise for Specific Populations: Impairment and Aging	<input type="checkbox"/> Kin 3421A/B Introduction to Professional Kinesiology
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### 2.5 Kinesiology credits.

<input type="checkbox"/> Kin 3222A/B Anatomy of the Human Body	<input type="checkbox"/> Kin 3336A/B An Introduction to the Practical Aspects of Athletic Injuries	<input type="checkbox"/> Kin 3337A/B Physiology of Fitness Appraisal
<input type="checkbox"/> Kin 3339A/B Exercise Nutrition	<input type="checkbox"/> Kin 3490F/G Professional Ethics in Kinesiology	

### 0.5 Kinesiology credits from below.

<input type="checkbox"/> Kin 3341A/B Biomechanical Analysis of Physical Activity	<input type="checkbox"/> Kin 3343A/B Biomechanical Analysis of Discrete Sport Skills	<input type="checkbox"/> Kin 3353A/B Biomechanical Analysis of Human Locomotion
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### 2.0 Kinesiology credits. Must be taken in 4rd year.

<input type="checkbox"/> Kin 4422A/B Entrepreneurship and Technology in Professional Kinesiology	<input type="checkbox"/> Kin 4590 Professional Kinesiology Placement	<input type="checkbox"/> Kin 4433A/B Physiology of Exercise Training
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### 1.0 Kinesiology activity credits are mandatory in 2nd year.

Note: Not every course offered in every year. Check timetable to see current offerings.

#### Possible 0.25 Activity Credits:

<input type="checkbox"/> Kin 2902Q/R/S/T Basketball Skills (old 2202)	<input type="checkbox"/> Kin 2903Q/R/S/T Canoeing (old 2203)	<input type="checkbox"/> Kin 2905Q/R/S/T Football Skills (old 2205)
<input type="checkbox"/> Kin 2907Q/R/S/T Group Fitness (old 2207)	<input type="checkbox"/> Kin 2909Q/R/S/T Judo Skills (old 2209)	<input type="checkbox"/> Kin 2910Q/R/S/T Rugby Skills (old 2210)
<input type="checkbox"/> Kin 2911Q/R/S/T Sailing (old 2211)	<input type="checkbox"/> Kin 2912Q/R/S/T Alpine Skiing (old 2212)	<input type="checkbox"/> Kin 2913Q/R/S/T Softball Skills (old 2213)
<input type="checkbox"/> Kin 2915Q/R/S/T Swimming Skills (old 2215)	<input type="checkbox"/> Kin 2919Q/R/S/T Wrestling Skills (old 2219)	<input type="checkbox"/> Kin 2921Q/R/S/T Curling (old 2221)
<input type="checkbox"/> Kin 2922Q/R/S/T Badminton (old 2022)	<input type="checkbox"/> Kin 2925Q/R/S/T Snowboarding (old 2025)	<input type="checkbox"/> Kin 2926Q/R/S/T Aqua Fit (old 2021)
<input type="checkbox"/> Kin 2929Q/R/S/T Soccer	<input type="checkbox"/> Kin 2930Q/R/S/T Waterpolo	<input type="checkbox"/> Kin 2940Q/R/S/T Yoga
<input type="checkbox"/> Kin 2929Q/R/S/T Pilates	<input type="checkbox"/> Kin 2950Q/R/S/T Special Topic (old 2223)	<input type="checkbox"/> Kin 2951Q/R/S/T Special Topic (old 2224)
<input type="checkbox"/> Kin 3902Q/R/S/T Basketball Coaching (old 3302)	<input type="checkbox"/> Kin 3925Q/R/S/T Assessment of Physical Function in Older Adults (old 3025)	

#### Possible 0.5 Activity Credits:

<input type="checkbox"/> Kin 2960A/B Games of Lower Organization (old 2030)	<input type="checkbox"/> Kin 2961A/B Foundations of Training Technique (old 2040)	<input type="checkbox"/> Kin 2962A/B Exercise for Specific Populations (old 2042)
<input type="checkbox"/> Kin 2980A/B Special Topics (old 2200)	<input type="checkbox"/> Kin 2981A/B Special Topics (old 2201)	<input type="checkbox"/> Kin 2984A/B Hockey Fundamentals and Coaching
<input type="checkbox"/> Kin 2986A/B Tennis	<input type="checkbox"/> Kin 2987 Track and Field	<input type="checkbox"/> Kin 2988A/B Volleyball
<input type="checkbox"/> Kin 3962A/B Bike Trip to France (old 3300)	<input type="checkbox"/> Kin 3980A/B Special Topics (old 3300)	<input type="checkbox"/> Kin 3981A/B Special Topics (old 3301)
<input type="checkbox"/> Dance 2174A/B Dance Basics	<input type="checkbox"/> Dance 2274A/B Movement Making	<input type="checkbox"/> Dance 2275A/B Intro. to Modern Dance
<input type="checkbox"/> Dance 2276A/B Elementary Modern Dance Technique	<input type="checkbox"/> Dance 2375A/b Ballet Fundamentals	

### 0.5 Kinesiology credits from below.

<input type="checkbox"/> Kin 3474A/B Psychological Interventions in Exercise, Sport and Injury in Rehab	<input type="checkbox"/> Kin 3476F/G Exercise and Health Behaviour Change	<input type="checkbox"/> Kin 3550A/B Kinesiology at Work
<input type="checkbox"/> Kin 4477A/B Exercise, Nutrition and Wellness	<input type="checkbox"/> Kin 4520A/B Clinical Biomechanics	<input type="checkbox"/> Kin 4560A/B Advanced Topics in Musculoskeletal Rehabilitation

### 4.0 External Electives taken in years 2 through 4.

Notes: A max. of 0.5 Kin/Dance credits can be used toward this requirement. Write in credits taken.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Don't Forget!

- Complete Standard First Aid and CPR level C by end of 2nd year.
  - Make sure you have at least 2.0 credits worth of essay designated courses. Note: A max. of 1.0 can be 1000 level.
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|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
- Make sure you have at least 1.0 credit worth of courses designated as Arts and Humanities (Category B). See reverse to see what classifies this.
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|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|
- Make sure you have a minimum of 5.0 1000 level credits. DO NOT take more than 7.0 1000 level credits!
  - Make sure you have a minimum of 1.0 Kin credits at the 4000 level.
- |                          |                          |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
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