

Honors Specialization in Kinesiology Bachelor of Science (BSc)

5.0 1000 level credits including Kin 1070A, 1080B and Physiology 1021.

Kin 1070A Psychology of Human Movement Science	Kin 1080B Psychomotor Behaviour	Physiology 1021
Biology 1001A OR 1201A + 1002B OR 1202B	Any 1.0 Physics from: 1101A/B, 1102A/B, 1201A/B, 1202A/B, 1501A/B, 1502A/B	
Chemistry 1301A + 1302B	Any 1.0 Math from: Applied Math 1201A/B, Calculus 1000A/B, Calculus 1301A/B, Calculus 1500A/B, Calculus 1501A/B, Math 1120A/B, Math 1225A/B, Math 1228A/B, Math 1229B, Math 1600A/B, Stats 1024A/B, Data Science 1000A/B	

1.5 Kinesiology credits. Must be taken in year 2.

Kin 2222A/B Functional Human Gross Anatomy	Kin 2230A/B Exercise Physiology	Kin 2241A/B Biomechanics
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0.5 Kinesiology credits at the 2000 level (non-activity).

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0.5 Kinesiology credits. Recommended in year 3.

Kin 3341A/B Biomechanical Analysis of Physical Activity	Kin 3343A/B Biomechanical Analysis of Discrete Sport Skills	Kin 3353A/B Biomechanical Analysis of Human Locomotion
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0.5 Kinesiology credits.

Kin 2032A/B Research Design in Human Movement Science

0.5 Statistics credits. NOTE: If taken as part of 5.0 first year credits, then choose any elective.

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1.0 Kinesiology credits. Recommended in year 3.

Kin 3330F/G Laboratory in Exercise Physiology	Kin 3337A/B Physiology of Fitness Appraisal
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1.0 Kinesiology credits from the list below (not previously selected).

Kin 3343A/B Biomechanical Analysis of Discrete Sport Skills	Kin 3353A/B Biomechanical Analysis of Human Locomotion	Kin 4430F/G Neuromuscular Physiology
Kin 4432A/B Physiology of Exercise	Kin 4433A/B Physiology of Exercise Training	Kin 4490E Senior Bioscience Research Project
Kin 4520A/B Clinical Biomechanics		

1.0 Kinesiology credits. Must be taken in year 2.

Kin 2980A/B Special Topics in Movement Skills	Kin 2981A/B Special Topics in Movement Skills	Kin 2991A/B Coaching and Sport Leadership
Kin 2992A/B Fitness Assessment and Strength Training	Kin 2993A/B Lifestyle, Individual, Fitness and Exercise	Kin 2994A/B Specific Populations Healthy Engagement Rehabilitation & Exercise
Dance 2174A/B Dance Basics	Dance 2274A/B Movement Making	Dance 2275A/B Introduction to Modern Dance
Dance 2276A/B Elementary Modern Dance Technique	Dance 2375A/B Ballet Fundamentals	

2.5 Kinesiology credits not previously selected of which a maximum of 1.0 can be activity credits (2991-2994).

NOTE: A maximum 1.0 courses from: Dance 2270A/B and Dance courses at the 3000 4000 level can be used.

Kinesiology Credit Counter

		EXAMPLE
Kinesiology 1070A, 1080B	1.0	1.0
Senior Kinesiology Courses		9.5
Total		10.5
Requirement: Minimum = 10.5 and Maximum = 12.5		

1.0 Kinesiology credits from the list below (not previously selected).

Kin 2250A/B Social Foundations of Sport and Physical Activity	Kin 2263F/G Canadian Sport History	Kin 2276F/G Psychology of Exercise
Kin 2292F/G Critical Thinking & Ethics in Kinesiology	Kin 3362F/G Olympic Issues for Modern Times	Kin 3388A/B Psychology of Sport
Kin 3463F/G Sport, the Body and Culture	Kin 3476F/G Exercise & Health Behaviour Change	Kin 3490F/G Professional Ethics in Kinesiology
Kin 4259A/B Legal Issues in Kinesiology	Kin 4276F/G Psychology of Body and Movement	Kin 4301F/G Race, Indigeneity and Sport

3.0 Science Elective Credits. Minimum 1.0 must be Science credits at the 2100 level or above. Remaining credits can be from the list of Kinesiology courses not previously selected: Kin 3222A/B, 3339, 3341A/B, 3343A/B, 3347A/B, 3353A/B, 3360A/B, 3480A/B, 4420A/B, 4430F/G, 4432A/B, 4434A/B, 4480A/B 4490E, 4520A/B.

2.0 External Electives taken in years 2 through 4.

NOTE: A maximum 2.0 Kinesiology/Dance credits can be used toward this requirement.

Don't Forget!

Complete Standard First Aid and CPR level C by the end of year 2

Make sure you have at least 2.0 essay credits (F/G/E).
NOTE: A maximum of 1.0 can be at the 1000 level.

Make sure you have at least 1.0 credits designated Category B (Arts and Humanities).

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Make sure you have a minimum of 5.0 1000 level credits. DO NOT exceed 7.0 1000 level credits!

Make sure you have a minimum of 1.0 Kinesiology courses at the 4000 level.

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