

Honours Specialization in Kinesiology Bachelor of Science (BSc)

Admitted September 2025 or after

5.0 1000 level credits including Kin 1050A, 1060B, 1070A, 1080B and Physiology 1021.

Kin 1050A/B Social Foundations of Kinesiology	Kin 1060A/B Functional Human Gross Anatomy	Kin 1070A/B Psychology of Human Movement Science
Kin 1080A/B Psychomotor Behaviour	Physiology 1021	

Including 1.0 in ONE area from the options below.

Biology 1001A + 1002B	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, Data Science 1000A/B
Chemistry 1301A + 1302B	Any 1.0 Physics from: 1101A/B, 1102A/B, 1201A/B, 1202A/B, 1501A/B, 1502A/B

1.0 Kinesiology credits. Must be taken in year 2.

Kin 2230A/B Exercise Physiology	Kin 2241A/B Biomechanics
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0.5 Kinesiology credits. Must be taken in year 2.

Kin 2032A/B Research Design in Human Movement Science
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0.5 Kinesiology credits. Recommended in year 3.

Kin 3032A/B Measurement and Analysis in Kinesiology
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0.5 Kinesiology credits. Recommended in year 3.

Kin 3353A/B Biomechanical Analysis of Human Locomotion	Kin 4241A/B Biomechanics of Injury
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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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Student Name:

2.5 Kinesiology credits from the list below (not previously selected).		
Kin 3222A/B Anatomy of the Human Body	Kin 3339A/B Exercise Nutrition	Kin 3347A/B Physical Growth and Motor Development
Kin 3353A/B Biomechanical Analysis of Human Locomotion	Kin 3360A/B Exercise Metabolism	Kin 3480A/B Movement Neuroscience
Kin 4241A/B Biomechanics of Injury	Kin 4360A/B Integrative Exercise Physiology	Kin 4420A/B Impact of Exercise during Pregnancy
Kin 4430F/G Neuromuscular Physiology	Kin 4431A/B Physiology of Exercise Performance	Kin 4433A/B Physiology of Exercise Training
Kin 4434A/B Physiological Function and Physical Activity in Aging	Kin 4439A/B Metabolic Processes of Nutrition for Wellness	Kin 4480A/B Exercise Neuroscience
Kin 4490E Senior Research Project	Kin 4560A/B Advanced Topics in Musculoskeletal Rehabilitation	

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

2.0 Kinesiology credits (not previously selected)

NOTE: A maximum of 1.0 can be from Kinesiology 2991 2994.

4.0 Additional External Electives (not previously selected).

NOTE: A maximum of 2.0 Kinesiology credits can be used towards this requirement.

Student Number:

1.0 Kinesiology credits from the list below (not previously selected).		
Kin 2510F/G Sport for Development	Kin 2263F/G Canadian Sport History	Kin 2276A/B 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 3515F/G Sport and Health Policy	Kin 4259A/B Legal Issues in Kinesiology	Kin 4276F/G Psychology of Body and Movement
Kin 4301F/G Race, Indigeneity, and Sport	Kin 4464A/B Dis/Ability and the Moving Body	

1.0 Science Electives 2100 level or above.

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Kinesiology Credit Counter

		EXAMPLE
Kinesiology 1050B, 1060A, 1070A, 1080B	2.0	2.0
Senior Kinesiology Courses		10.0
Total		12.0

Requirement: Minimum = 12.0 and Maximum = 14.0

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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Date:

Initials: