

**Major in Kinesiology (4 Year)  
Bachelor of Arts (BA)**

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

<b>Kin 1070A</b> Psychology of Human Movement Science	<b>Kin 1080B</b> Psychomotor Behaviour	<b>Physiology 1021</b>

**1.5 Kinesiology credits. Must be taken in 2<sup>nd</sup> year.**

<b>Kin 2222A/B</b> Functional Human Gross Anatomy	<b>Kin 2230A/B</b> Exercise Physiology	<b>Kin 2241A/B</b> Biomechanics
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**1.0 Kinesiology credits. Must be taken in 2<sup>nd</sup> year.**

<b>Kin 2236A/B</b> Athletic Injuries	<b>Kin 2250A/B</b> Social Foundations of Sport and Physical Activity	<b>Kin 2263F/G</b> Canadian Sport History
<b>Kin 2276F/G</b> Psychology of Exercise	<b>Kin 2292F/G</b> Critical Thinking & Ethics in Kinesiology	<b>Kin 2298A/B</b> Sport Management
<b>Dance 2270A/B</b> Dance Improvisation		

**0.5 Kinesiology credits.**

<b>Kin 2032A/B</b> Research Design in Human Movement Science
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**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 from the list below (not previously selected).**

<b>Kin 2250A/B</b> Social Foundations of Sport and Physical Activity	<b>Kin 2263A/B</b> Canadian Sport History	<b>Kin 2276F/G</b> Psychology of Exercise
<b>Kin 2292F/G</b> Critical Thinking & Ethics in Kinesiology	<b>Kin 3362F/G</b> Olympic Issues for Modern Times	<b>Kin 3378F/G</b> Sport Literature
<b>Kin 3388A/B</b> Psychology of Sport	<b>Kin 3463F/G</b> Sport, the Body and Culture	<b>Kin 3476F/G</b> Exercise & Health Behaviour Change
<b>Kin 3490 F/G</b> Professional Ethics in Kinesiology	<b>Kin 4459A/B</b> Sport and the Law	<b>Kin 4465F/G</b> Social Theory in Sport & Exercise

**1.0 Kinesiology credits. Must be taken in 2<sup>nd</sup> year.**

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

**Kinesiology Credit Counter**

		<b>EXAMPLE</b>
Kinesiology 1070A, 1080B	1.0	<b>1.0</b>
Senior Kinesiology Courses		<b>6.5</b>
Total		<b>7.5</b>

**Requirement: Minimum = 7.5 and Maximum = 8.5**

1.5 Kinesiology credits not previously selected of which a maximum 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.

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8.0 External Electives taken in years 2 through 4.

NOTE: A maximum 1.0 courses 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.

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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!