

4 year Bachelor of Kinesiology - Sport Coaching

Department of Kinesiology and Applied Health

Suggested Course Map:

Year One:

KIN 1200	Principles of Coaching
RHET 1102-1105	Academic Writing
KIN 1601	Nutrition Health and Wellness
PSYC 1000	Intro to Psychology
	or
SOC 1000	Intro to Sociology
BIOL 1112	Human Anatomy and Physiology
3 credit hours of Non-KIN electives	
6 credit hours of Humanities	

Year Two:

KIN 2100	Leadership in Sport
KIN 2101	Program Planning in Sport
KIN 2105	Sport Psychology
KIN 2200	Issues in Sport
KIN 2301	Human Anatomy
KIN 2304	Scientific Principles of Fitness and Conditioning
KIN 2204	Human Physiology
KIN 2202	Prevention and Care of Sport Injuries
6 credit hours of Humanities	

Year Three:

KIN 3105	Psychological Skills in Sport
KIN 3106	Exercise Physiology
KIN 3201	Biomechanics
PSYC 2101	Introduction to Data Analysis
	or
STAT 1501	Elementary Biological Statistics I
PSYC 2102	Introduction to Research Methods
	or
SOC 2126	Introduction to Research Design and Qualitative Research
9 credit hours of Non-KIN electives	
6 credit hours of KIN electives	

Year Four:

KIN 3201	Advanced Resistance Training
KIN 4200	Advanced Seminar in Coaching
KIN 4207	Motor Learning and Control
KIN 4502	Drugs and Ergogenic Aids in Sport
3 credit hours of KIN electives	
15 credit hours of Non-KIN electives	

General Degree Requirements:

Humanities 12 credit hours of Humanities
Writing: Minimum 3 credit hours of Academic Writing
Indigenous: 3 credit hours in designated Indigenous course requirement
Maximum Introductory Courses: Students may use a maximum of 42 credit hours at the 1000 level. Of these a maximum of 6 credit hours may be below the 1000 level
Distribution: Minimum three(3) credit hours from each of five (5) different subjects
Major Requirement: Minimum 60 credit hours /Maximum 66 credit hours

KIN elective - you may take a course of your choice from the Kinesiology and Applied Health department which is not on the required course list

Non-KIN elective - you may take any course outside of the Kinesiology and Applied Health Department

Humanities - please check the 'Degrees and Major Requirements' section of the Academic Calendar

It is recommended you check the **Academic Calendar** to ensure you complete all required courses for your degree