

# Degree Requirement Checklist

## 4 year BSc. - Exercise Science (120 credit hours)

### Kinesiology and Applied Health

Suggested Course Map:


#### Year One - 30 Credit Hours

KIN-1101(3) Introduction to Kinesiology  
PSYC-1000(6) Introduction to Psychology  
BIOL 1112(6) Human Anatomy and Physiology  
CHEM-1111(3) Introduction to Chemical Property Matter  
CHEM-1112(3) Basic Principles of Chemical Reactivity  
6 credit hours Humanities requirement (may use course that also fulfills Indigenous Requirement)\*  
RHET-1105(3) Academic Writing: Links with the Disciplines-KIN or any other section of Academic Writing (if required) or Non-KIN elective\*


#### Year Two - 30 Credit Hours

KIN-1601(3) Nutrition for Health and Wellness  
KIN-2301(3) Human Anatomy  
KIN-2204(3) Human Physiology  
KIN-2304(3) Scientific Principles of Fitness and Conditioning  
6 credit hours Humanities requirement (may use course that also fulfills Indigenous Requirement)\*  
3 credit hours Non-KIN elective\*  
KIN-2305(3) Issues in Health **OR** KIN-2200 Issues in Sport  
PSYC-2101(3) Introduction to Data Analysis **OR** STAT-1501(3) Elementary Biological Statistics 1  
PSYC-2102(3) Introduction to Research Methods **OR**  
BIOL-3492(3) Quantitative and Theoretical Biology **OR**  
SOC-2126 Introduction to Research Design and Qualitative Research


#### Year Three - 30 Credit Hours

KIN-2202(3) Prevention and Care of Sport Injuries  
KIN-3106(3) Exercise Physiology  
KIN-3201(3) Biomechanics  
KIN-XXXX(3) KIN elective  
KIN-2105(3) Sport and Exercise Psychology **OR**  
KIN-3105(3) Psychological Skills in Sport and Life **OR**  
KIN-3305(3) Physical Activity: Promotion and Adherence


6 credit hours of Non-KIN Science Courses\*  
6 credit hours of Non-KIN electives\*  
**Choose 3 credit hours from the list of KIN Science Courses\*\***


#### Year Four - 30 Credit Hours

KIN 4106(3) Exercise Physiology in Chronic Disease **OR** KIN 4201(3) Applied Biomechanics  
KIN 4207(3) Motor Learning and Control  
KIN-XXXX(3) KIN elective  
6 credit hours of Non-KIN Science courses\*  
9 credit hours of Non-KIN electives\*  
**Choose 6 credit hours from the list of KIN Science Courses\*\***

**\*\*KIN Science Courses:** You must complete 9 credit hours from the following list of courses

KIN-3505(3) Pathology in Sport Medicine  
KIN-3304(3) Advanced Resistance Training  
KIN-4106(3) Exercise Physiology in Chronic Disease  
KIN-4201(3) Applied Biomechanics  
KIN-4301(3) Applied Human Anatomy  
KIN-4502(3) Drugs and Ergogenic Aids in Sport

Note: You may only use KIN-4106 and KIN-4201 for credit once. For example, if you complete KIN-4106 as part of the required courses you may not use it again for credit as part of the 9 credit hours of additional KIN Science courses.

\*Any course(s) not from Kinesiology and Applied Health

Humanities:	12 credit hours in Humanities
Writing:	Minimum 3 credit hours of Academic Writing.
Indigenous:	3 credit hours in designated Indigenous requirement courses
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

Major: Minimum 48 credit hours/Maximum 78 credit hours.

Note: Must complete 12 credit hours of Non-Kin electives  
KIN-2204 will be used towards the 12 credit hours of Non-KIN electives  
The Academic writing course fulfills 3 credit hours of the Non KIN electives  
18 credit hours of Kinesiology course must be at the 3000 or 4000 level.

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