Degree Requirement Checklist

4 year BSc. - Athletic Therapy (120 credit hours)
Kinesiology and Applied Health

Suggested Course Map:

Year One - 30 Credit Hours

- [ ] KIN-1101(3) Introduction to Kinesiology
- [ ] KIN 1601(3) Nutrition for Health and Wellness
- [ ] BIOL-1112(6) Human Anatomy and Physiology
- [ ] PSYC-1000(6) Introductory Psychology
- [ ] RHET-1105(3) Academic Writing: Links with the Disciplines-KIN or any other section of Academic Writing (if required) or Non-KIN elective*
- [ ] 6 credit hours Humanities Requirement (may use course that also fulfills Indigenous Requirement)*
- [ ] BUS-1201(3) Introduction to Business I

Year Two - 30 Credit Hours

- [ ] KIN-2301(3) Human Anatomy
- [ ] KIN-2202(3) Prevention and Care of Sport Injuries
- [ ] KIN-3201(3) Biomechanics
- [ ] KIN-3505(3) Pathology in Sport Medicine
- [ ] KIN-2304(3) Scientific Principles of Fitness and Conditioning
- [ ] KIN-2204 (3) Human Physiology (Pre-requisite to KIN 3106 Exercise Physiology)
- [ ] KIN-XXXX(3) KIN elective **Choose one of:** KIN-2305(3) Issues in Health **OR** KIN-3105(3) Psychological Skills in Sport and Life
- [ ] PSYC-2101(3) Intro to Data Analysis **OR** STAT-1501(3) Elementary Biological Statistics
- [ ] PSYC-2102(3) Intro to Research Methods **OR** SOC-2126(3) Introduction to Research Design and Qualitative Research
- [ ] 3 credit hours of Non-KIN elective *

Year Three - 30 Credit Hours

- [ ] KIN-2500(3) Practicum I: Field/Clinical**
- [ ] KIN-2503(3) Athletic Taping and Splinting Techniques
- [ ] KIN-3106(3) Exercise Physiology
- [ ] KIN-3107(3) Therapeutic Modalities in Sport Medicine
- [ ] KIN-3304(3) Advanced Resistance Training
- [ ] KIN-3501(3) Assessment of Upper and Lower Limb Sport Injuries
- [ ] KIN-3502(3) Rehabilitation of Upper and Lower Limb Sport Injuries
- [ ] KIN-3503(3) Massage Techniques in Sport
- [ ] KIN-3504(3) Sport First Responder
- [ ] KIN-XXXX(3) KIN elective **Choose one of:** KIN-3103(3) Adapted Physical Activity, KIN-3208(3) Physical Activity and Aging, KIN-4207(3) Motor Learning and Control

Year Four - 30 Credit Hours

- [ ] KIN-3500(6) Practicum II: Field**
- [ ] KIN-4301(3) Applied Human Anatomy
- [ ] KIN-4500(6) Practicum III: Clinical**
- [ ] KIN-4501(3) Sports Injuries of the Spine
- [ ] KIN-4502(3) Drugs and Ergogenic Aids in Sports
- [ ] 3 credit hours of Non-KIN elective*
- [ ] 6 credit hours Humanities (may use course that also fulfills Indigenous Requirement)*

*Any course(s) not from Kinesiology and Applied Health
**Students may want to consider taking in Spring/Summer sessions to ensure program is completed in 4 years.

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 75 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

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