

Degree Requirement Checklist

4 year B.KIN (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) Introduction to Psychology* **OR**
- SOC-1101(6) Introduction to Sociology* (one of these is recommended but not required)
- RHET-XXXX(3) Academic Writing Requirement if required or Non-KIN elective*
- 6 credit hours Humanities Requirement (may use course that also fulfills Indigenous Requirement)*
- 3 credit hours of Non-KIN elective*

Year Two - 30 Credit Hours

- KIN-2105(3) Sport and Exercise Psychology
- KIN-2204(3) Human Physiology
- KIN-2301(3) Human Anatomy
- KIN-2304(3) Scientific Principles of Fitness and Conditioning
- 9 credit hours of Non-KIN electives*
- KIN-2200(3) Issues in Sport **OR**
- KIN-2305(3) Issues in Health
- PSYC-2101(3) Introduction to Data Analysis* **OR**
- SOC-2125(3) Introduction to Quantitative Research Methods* **OR**
- STAT-1301(3) Statistical Analysis I* **OR**
- STAT-1501(3) Elementary Biological Statistics I*
- BIOL-3492(3) Quantitative and Theoretical Biology* **OR**
- PSYC-2102(3) Introduction to Research Methods* **OR**
- SOC-2126(3) Introduction to Research Design and Qualitative Research*

Year Three - 30 Credit Hours

- KIN-3106(3) Exercise Physiology
- KIN-3201(3) Biomechanics
- KIN-3209(3) Motor Learning & Development
- KIN-3305(3) Physical Activity: Promotion and Adherence
- 3 credit hours of Non-KIN elective*
- 9 credit hours of KIN electives
- 6 credit hours Humanities Requirement (may use course that also fulfills Indigenous Requirement)*

Year Four - 30 Credit Hours

- 12 credit hours of KIN electives
- 12 credit hours of Non-KIN electives*
- Choose 6 credit hours from:**
- SOC-2000(3) Sociology of Sport*
- KIN/CLAS-2061(3) Sport in the Ancient Greek World
- KIN/CLAS-2062(3) Sport in the Ancient Roman World
- KIN/CLAS-2850(3) The Classical Roots of Medical Terminology
- HIST-2912(3) The History of Modern Medicine*
- KIN/CLAS-3060/ANTH-3262(3) Health in Antiquity
- HIST-3913(3) The History of Disease*
- KIN-4104(3) Sport Ethics

18 credit hours of Kinesiology courses must be at the 3000 or 4000 level.

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

- Humanities: 12 credit hours in Humanities
- Science: 6 credit hours in Science
- Social Science: 12 credit hours in Social Science
- Writing: Minimum 3 credit hours of Academic Writing.
- Indigenous: 3 credit hours in designated Indigenous requirement courses
- Maximum Introduction: 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 60 credit hours/Maximum 78 credit hours.

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