

Degree Requirement Checklist

4 year BSc. - Athletic Therapy (120 credit hours)

Kinesiology and Applied Health

Suggested Course Map:

Year One - 30 Credit Hours

| | |
|--------------------------|--|
| <input type="checkbox"/> | KIN-1101(3) Introduction to Kinesiology |
| <input type="checkbox"/> | KIN 1601(3) Nutrition for Health and Wellness |
| <input type="checkbox"/> | KIN-2105 (3) Sport and Exercise Psychology |
| <input type="checkbox"/> | BIOL-1112(6) Human Anatomy and Physiology* |
| <input type="checkbox"/> | RHET-XXXX(3) Academic Writing Requirement if required or Non-KIN elective* |
| <input type="checkbox"/> | STAT-1301(3) Statistical Analysis I OR STAT-1501(3) Elementary Biological Statistics I OR PSYC-2101(3) Intro to Data Analysis* |
| <input type="checkbox"/> | 6 credit hours Humanities Requirement (may use course that also fulfills Indigenous Requirement)* |
| <input type="checkbox"/> | 3 credit hours Indigenous Requirement (if not used with Humanities Requirement)* |

Year Two - 30 Credit Hours

| | |
|--------------------------|--|
| <input type="checkbox"/> | KIN-2202(3) Prevention and Care of Sport Injuries |
| <input type="checkbox"/> | KIN-2204 (3) Human Physiology (Pre-requisite to KIN 3106 Exercise Physiology) |
| <input type="checkbox"/> | KIN-2301(3) Human Anatomy |
| <input type="checkbox"/> | KIN-2304(3) Scientific Principles of Fitness and Conditioning |
| <input type="checkbox"/> | KIN-3201(3) Biomechanics |
| <input type="checkbox"/> | KIN-3209(3) Motor Learning and Development |
| <input type="checkbox"/> | KIN-3505(3) Pathology in Sport Medicine |
| <input type="checkbox"/> | PSYC-2102(3) Intro to Research Methods OR SOC-2126(3) Introduction to Research Design and Qualitative Research* |
| <input type="checkbox"/> | 6 credit hours Humanities (may use course that also fulfills Indigenous Requirement)* |

Year Three - 30 Credit Hours

| | |
|--------------------------|---|
| <input type="checkbox"/> | KIN-3106(3) Exercise Physiology |
| <input type="checkbox"/> | KIN-3107(3) Therapeutic Modalities in Sport Medicine |
| <input type="checkbox"/> | KIN-3202(3) Musculoskeletal Support Techniques |
| <input type="checkbox"/> | KIN-3301(3) Applied Human Anatomy |
| <input type="checkbox"/> | KIN-3500(6) Practicum I |
| <input type="checkbox"/> | KIN-3501(3) Assessment of Upper and Lower Limb Sport Injuries |
| <input type="checkbox"/> | KIN-3502(3) Rehabilitation of Upper and Lower Limb Sport Injuries |
| <input type="checkbox"/> | KIN-3504(3) Sport First Responder |
| <input type="checkbox"/> | KIN-3506(3) Soft Tissue Manual Therapy |

Year Four - 30 Credit Hours

| | |
|--------------------------|--|
| <input type="checkbox"/> | KIN-3304(3) Advanced Resistance Training |
| <input type="checkbox"/> | KIN-3305(3) Physical Activity: Promotion and Adherence |
| <input type="checkbox"/> | KIN-4100(3) Professionalism in Kinesiology |
| <input type="checkbox"/> | KIN-4106(3) Exercise Physiology in Chronic Disease |
| <input type="checkbox"/> | KIN-4500(6) Practicum II |
| <input type="checkbox"/> | KIN-4501(3) Sports Injuries of the Spine |
| <input type="checkbox"/> | KIN-4502(3) Drugs and Ergogenic Aids in Sports |
| <input type="checkbox"/> | BUS-2755(3) Business Planning Basics* |
| <input type="checkbox"/> | 3 credit hours of Non-KIN elective* |

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

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|-------------------------------|---|
| 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 84 credit hours/Maximum 87 credit hours.

Note: Must complete 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.