

Faculty of Kinesiology Leadership and Coaching Major (BKin)

It is the responsibility of the student to ensure graduation requirements are met per the [Academic Calendar](#)

UNITS CORE REQUIREMENTS (54 UNITS)

3	KNES 201	Activity: Essence and Experience
3	KNES 203	Activity: Health, Fitness, and Performance
3	KNES 213	Introduction to Research in Kinesiology
3	KNES 237	Introduction to Nutrition
3	KNES 244	Introduction to Socio-Cultural Aspects of Sport
3	KNES 251	Introduction to Motor Control and Learning
3	KNES 253	Introduction to Exercise and Sport Psychology
3	KNES 259	Human Anatomy and Physiology I
3	KNES 260	Human Anatomy and Physiology II
3	KNES 263	Quantitative Biomechanics
3	KNES 323	Integrative Human Physiology
3	KNES 344	Gender, Sexuality and Sport
3	One of:	KNES 351 Foundations of Neural Control of Movement or KNES 397 Health and Exercise Psychology
3	KNES 355	Human Growth and Development
3	KNES 363	Biomechanics of Biological Materials
3	KNES 372	Foundations of Sport Medicine
3	KNES 373	Exercise Physiology
3	One of:	STAT 205 Intro to Statistical Inquiry or STAT 213 Intro to Statistics I

LEADERSHIP AND COACHING MAJOR REQUIREMENTS (39 UNITS)

3	KNES 311	Leadership Foundations
3	One of:	KNES 321 Foundations of Instruction or KNES 402 Dance & Health Promotion
3	KNES 331	Foundations of Coaching
3	KNES 367	Adapted Physical Activity
3	KNES 381	Computer Applications in Kinesiology
3	KNES 399	Sport Psychology
3	KNES 431	The Art of Coaching
3	KNES 433	Health and Physical Activity
3	KNES 441	Practicum A
3	KNES 443	Practicum B
3	One of:	PHED 321 Games I or KNES 411 Advanced Leadership
6	Two of:	KNES 351* Foundations of Neural Control of Movement, KNES 375 Tests and Measurement, KNES 397* Health and Exercise Psychology, KNES 413 Motivation in Physical Activity, KNES 437 Advanced Nutrition, KNES 478 Science of Strength, KNES 490 Honours (6 units)**

*Courses cannot be applied twice in the degree
 **Students must be admitted to the [Honours program](#) to enroll in KNES 490.

OPEN OPTIONS – Kinesiology or non-Kinesiology, Junior or Senior (27 UNITS)

3 _____ 3 _____ 3 _____ 3 _____ 3 _____
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IMPORTANT DEGREE CHECKS

- A minimum of 60 units at the senior level are required; this means no more than 60 units of 200 level courses total
- A maximum of 60 transfer units may be applied to the degree; a max of 27 units may be applied towards the core.
- A total of 120 units are required to complete the Kinesiology degree.

To ensure proper degree progression, the following key courses should be taken according to the pattern below. Unlisted requirements can be taken with greater flexibility.

First Year	
Fall	Winter
KNES 259	KNES 260
KNES 244	KNES 253
KNES 251	
KNES 201 (Fall or Winter)	
KNES 213 (Fall or Winter)	
KNES 203 (Fall or Winter)	

Second Year	
Fall	Winter
KNES 321 or KNES 402	KNES 367
KNES 331	
KNES 323	
<p>Notes: All 200-level KNES courses should be completed by the end of 2nd year</p> <ul style="list-style-type: none"> - KNES 367 and KNES 311 or 399 should be taken in second year if possible. 	

Third or Fourth Year	
Fall	Winter
KNES 363*	KNES 381
KNES 431*	KNES 411
<p>* Course times may conflict; plan to take in different years.</p> <ul style="list-style-type: none"> -KNES 373 (Fall or Winter) must be taken prior to KNES 433 -KNES 441 and 443 can be taken in Fall, Winter, or Spring of 3rd or 4th year 	