

Faculty of Kinesiology
EXERCISE & HEALTH PHYSIOLOGY (BSc)

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, Exercise Psychology, or	KNES 397 Health and KNES 399 Sport 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

EXERCISE & HEALTH PHYSIOLOGY MAJOR REQUIREMENTS (33 UNITS)

3	CHEM 201	General Chemistry: Structure and Bonding
3	CHEM 203	General Chemistry: Change and Equilibrium
3	CHEM 351	Organic Chemistry I
3	BCEM 341	Biochemistry of Life Processes
3	KNES 375	Tests and Measurements in Kinesiology
3	KNES 433	Health and Physical Activity
9	Three of:	KNES 303 Special Topics in Exercise Prescription; 365 Sensorimotor Neuroscience; 377 Sports Injury Prevention; 413 Motivation in Physical Activity, Exercise and Sport; 437 Advanced Nutrition; 465 Adaptation to Environmental Stress; 464 Sensorimotor Neuroscience II; 469 Topics in Sport Medicine; 475 Physiology of Athletic Performance; 478 Strength Training Science; 479 Advanced Fitness Appraisal and Exercise Prescription; 495 Physiological Aspects of Aging, Disease, and Physical Activity; KNES 503 topics related to Exercise Physiology
3	One of:	MATH 249 or 265
3	One of:	KNES 441 Practicum (3 units) or KNES 490A&B Honours Project* (6 units)

SENIOR KINESIOLOGY OPTIONS (6 UNITS) *Students with KNES 490A&B need only 3 units from this category

3 _____ 3 _____

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

3 _____ 3 _____ 3 _____ 3 _____ 3 _____

3 _____ 3 _____ 3 _____ 3 _____

IMPORTANT DEGREE CHECKS

- A minimum of 60 units at the senior level are required
- 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.