

Faculty of Kinesiology

UCID #:

BSc Exercise and Health Physiology (EXHP) Major

This is a guide to help you navigate your program but does not supersede the Academic Calendar. 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 244 Sociology of Movement Cultures
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 337 Introduction to Nutrition (formerly 237)
3 _____	KNES 344 Gender, Sexuality, and Sport
3 _____	One of: _____ KNES 351 Foundations of Neural Control of Movement, _____ KNES 397 Health and Exercise Psychology, or _____ 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 (36 UNITS)

3 _____	CHEM 201 General Chemistry: Structure and Bonding
3 _____	CHEM 203 General Chemistry: Change and Equilibrium
3 _____	CHEM 351 Organic Chemistry
3 _____	BCEM 341 Biochemistry of Life Processes
3 _____	_____ MATH 249 or _____ MATH 265
3 _____	KNES 375 Tests and Measurements in Kinesiology
3 _____	KNES 433 Health and Physical Activity
9 _____	Three of: _____ KNES 303* _____ KNES 365 _____ KNES 377 _____ KNES 413 _____ KNES 437 _____ KNES 464 _____ KNES 465 _____ KNES 467 _____ KNES 469 _____ KNES 475 _____ KNES 478 _____ KNES 479 _____ KNES 485 _____ KNES 486 _____ KNES 493 _____ KNES 495 _____ KNES 503* _____ KNES 505 _____ KNES 506 _____ 565 * topics related to EXHP
6 _____	One of A: _____ KNES 441 Practicum A <u>and</u> 3 units of _____ Senior KNES Option or B: _____ KNES 590A&B Honours Project (Students must be admitted to the Honours program).

SENIOR KINESIOLOGY OPTION (3 UNITS) 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 (20 courses) at the senior level are required; this means a max of 60 units (20 courses) at the 200 level are permitted.
- ☐ A maximum of 60 transfer units may be applied to the degree; of those, a max of 27 units may be core courses.
- ☐ A total of 120 units are required to complete the Kinesiology degree.