

# Faculty of Kinesiology

## Bachelor of Science in Kinesiology Exercise & Health EXHP

Unofficial 2025 / 2026

Exercise and Health Physiology builds on the knowledge of human movement and function to focus on the impacts that lifestyle, exercise and diet have on the human body. You'll develop an understanding of the complex functioning of the human body at the molecular, cellular and systemic levels.

*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](#)*

UCID# \_\_\_\_\_

UNITS	CORE REQUIREMENTS (54 UNITS)	<i>Prerequisites follow the title in blue italics</i>
3 _____	KNES 201	Activity: Essence and Experience ( <i>Bio 30</i> )
3 _____	KNES 203	Activity: Health, Fitness, and Performance ( <i>Bio 30 &amp; Chem 30</i> )
3 _____	KNES 213	Introduction to Research in Kinesiology ( <i>Bio 30, Chem 30 &amp; Math 30-1</i> )
3 _____	KNES 244	Sociology of Movement Cultures <i>NA</i>
3 _____	KNES 251	Introduction to Motor Control and Learning ( <i>Bio 30</i> )
3 _____	KNES 253	Introduction to Exercise and Sport Psychology <i>NA</i>
3 _____	KNES 259	Human Anatomy and Physiology I ( <i>Bio 30, Chem 30 &amp; Math 30-1</i> )
3 _____	KNES 260	Human Anatomy and Physiology II ( <i>KNES 259</i> )
3 _____	KNES 263	Quantitative Biomechanics ( <i>Bio 30, Chem 30 &amp; Math 30-1</i> )
3 _____	KNES 323	Integrative Human Physiology ( <i>KNES 260</i> )
3 _____	KNES 337	Introduction to Nutrition (formerly 237) ( <i>KNES 259</i> )
3 _____	KNES 344	Gender, Sexuality, and Sport ( <i>KNES 244</i> )
3 _____	<b>One of:</b> _____ KNES 351 Foundations of Neural Control of Movement ( <i>KNES 251 &amp; 260</i> ), _____ KNES 397 Health and Exercise Psychology ( <i>KNES 253</i> ), or _____ KNES 399 Sport Psychology ( <i>KNES 253</i> )	
3 _____	KNES 355 Human Growth and Development ( <i>KNES 260 &amp; Pre or Co-requisite KNES 323</i> )	
3 _____	KNES 363 Biomechanics of Biological Materials ( <i>KNES 263 &amp; STAT 205 or STAT 213</i> )	
3 _____	KNES 372 Foundations of Sport Medicine ( <i>KNES 260</i> )	
3 _____	KNES 373 Exercise Physiology ( <i>KNES 203, 213 &amp; 323</i> )	
3 _____	<b>One of:</b> _____ 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 ( <i>KNES 203, 213</i> )
3 _____	KNES 433 Health and Physical Activity ( <i>KNES 373</i> )
9 _____	<b>Three of:</b> _____ 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 * <i>topics related to EXHP</i>
6 _____	<b>One of A:</b> _____ KNES 441 Practicum A <u>and</u> 3 units of _____ Senior KNES Option <b>or B:</b> _____ KNES 590A&B Honours Project (Students must be admitted to the <a href="#">Honours program</a> ).

### 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.