

Faculty of Kinesiology
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 237 Introduction to Nutrition
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 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 365, _____ KNES 377, _____ KNES 437, _____ KNES 465, _____ KNES 469, _____ KNES 475, _____ KNES 478 _____ KNES 479, _____ KNES 485, _____ KNES 493, _____ KNES 495, _____ KNES 503 (topics related to EXHP) _____ KNES 505, _____ KNES 506
6 _____	One of A: _____ KNES 441 Practicum A and 3 units of _____ Senior KNES Option or B: _____ KNES 590A&B Honours Project (6 units, previously KNES 490A&B Students must be admitted to the Honours program to enroll in KNES 590).

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.