

Faculty of Kinesiology

KINESIOLOGY MAJOR (BKin or BSc)

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

UNITS CORE REQUIREMENTS (54 UNITS)

- | | | | |
|--------------------------|---|-----------|---|
| <input type="checkbox"/> | 3 | KNES 201 | Activity: Essence and Experience |
| <input type="checkbox"/> | 3 | KNES 203 | Activity: Health, Fitness, and Performance |
| <input type="checkbox"/> | 3 | KNES 213★ | Introduction to Research in Kinesiology |
| <input type="checkbox"/> | 3 | KNES 237★ | Introduction to Nutrition |
| <input type="checkbox"/> | 3 | KNES 244 | Introduction to Socio-Cultural Aspects of Sport |
| <input type="checkbox"/> | 3 | KNES 251★ | Introduction to Motor Control and Learning |
| <input type="checkbox"/> | 3 | KNES 253 | Introduction to Exercise and Sport Psychology |
| <input type="checkbox"/> | 3 | KNES 259★ | Human Anatomy and Physiology I |
| <input type="checkbox"/> | 3 | KNES 260★ | Human Anatomy and Physiology II |
| <input type="checkbox"/> | 3 | KNES 263★ | Quantitative Biomechanics |
| <input type="checkbox"/> | 3 | KNES 323★ | Integrative Human Physiology |
| <input type="checkbox"/> | 3 | KNES 344 | Gender, Sexuality and Sport |
| <input type="checkbox"/> | 3 | One of: | <input type="checkbox"/> KNES 351★ Neural Control of Movement, <input type="checkbox"/> KNES 397 Health and Exercise Psychology or <input type="checkbox"/> KNES 399 Sport Psychology |
| <input type="checkbox"/> | 3 | KNES 355★ | Human Growth and Development |
| <input type="checkbox"/> | 3 | KNES 363★ | Biomechanics of Biological Materials |
| <input type="checkbox"/> | 3 | KNES 372★ | Foundations of Sport Medicine |
| <input type="checkbox"/> | 3 | KNES 373★ | Exercise Physiology |
| <input type="checkbox"/> | 3 | One of: ★ | <input type="checkbox"/> STAT 205 Intro to Statistical Inquiry or <input type="checkbox"/> STAT 213 Intro to Statistics I |

★ Courses marked with a star are science-based and may be used towards the [BSc in Kinesiology](#)

SENIOR KINESIOLOGY OPTIONS (24 UNITS)

3 _____ 3 _____ 3 _____ 3 _____

3 _____ 3 _____ 3 _____ 3 _____

SENIOR NON-KINESIOLOGY OPTIONS (6 UNITS)

3 _____ 3 _____

NON-KINESIOLOGY OPTIONS (9 UNITS)

3 _____ 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 unique units are required to complete the Kinesiology degree.