

Faculty of Kinesiology

Bachelor of Kinesiology BKin

Unofficial 2025 / 2026

A major in kinesiology provides greater flexibility in choosing option courses. Options can be used to explore other areas of interest, [minor programs](#) and [embedded certificates](#). Option courses can also help you to meet specific requirements for after-degree programs.

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 as per the [Academic Calendar](#)

UCID# _____

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 & Chem 30</i>)
3 _____	KNES 213	Introduction to Research in Kinesiology (<i>Bio 30, Chem 30 & 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 & 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 & 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 _____ **One of:** _____ KNES 351 Foundations of Neural Control of Movement (*KNES 251 & 260*),
 _____ KNES 397 Health & Exercise Psychology (*KNES 253*), or
 _____ KNES 399 Psychology of Sport (*KNES 253*)

3 _____ KNES 355 Human Growth and Development (*KNES 260 & Pre or Co-requisite KNES 323*)
 3 _____ KNES 363 Biomechanics of Biological Materials (*KNES 263 & STAT 205 or STAT 213*)
 3 _____ KNES 372 Foundations of Sport Medicine (*KNES 260*)
 3 _____ KNES 373 Exercise Physiology (*KNES 203, 213 & 323*)

3 _____ **One of:** _____ STAT 205 Intro to Statistical Inquiry or _____ STAT 213 Intro to Statistics I

SENIOR KINESIOLOGY OPTIONS (24 UNITS)

3 _____ 3 _____ 3 _____ 3 _____

3 _____ 3 _____ 3 _____ 3 _____

KNES 590A&B Honours Project (counts as 6 units - two senior KNES). Students must be admitted to the [Honours program](#)).

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 (20 courses) at the senior level are required
- ☐ 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.