

Faculty of Kinesiology

Bachelor of Science in Kinesiology BSc Kin

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# _____

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
 ★ Indicates a science based course for the BSc. The Core Requirements satisfy 12 science based courses, 13 if you elect to take KNES 351.

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

★ Indicates a science based course. 21 Science based courses are required in order to earn a BSc in Kinesiology. A detailed list of Science-based courses (ANTH, ARKY, GEOG, KNES, PSYC) can be found [here](#) (scroll down). **The following Kinesiology courses are science-based:** KNES 213, 237, 251, 259, 260, 263, 323, 337, 351, 355, 363, 365, 367, 372, 373, 375, 377, 381, 395, 396, 413, 433, 437, 451, 460, 463, 464, 465, 467, 469, 472, 475, 478, 479, 485, 486, 493, 495, 505, 506, 565, 585, 590.

- ☐ A minimum of 60 units (20 courses) at the senior level are required; this means a max of 60 units 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.