

# Faculty of Kinesiology

## BKin or BSc Kinesiology Major

UNOFFICIAL 2023/24

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](#)

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 Psychology of Sport

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

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

KNES 590A&B Honours Project (counts as 6 units (two senior KNES), previously KNES 490A&B, Students must be admitted to the [Honours program](#) to enroll in KNES 590).

### 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 \_\_\_\_\_

★ 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](#). The following Kinesiology courses are science based: [Kinesiology 213, 237, 251, 259, 260, 263, 323, 351, 355, 363, 365, 367, 372, 373, 375, 377, 381, 396, 395, 413, 433, 437, 451, 460, 463, 464, 465, 469, 475, 478, 479, 485, 493, 495, 505, 506, 566, 590.](#)

### 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.