

Faculty of Kinesiology

BKin Leadership and Coaching Major (LECO)

UCID #:

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 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 337 Introduction to Nutrition (formerly 237)
 3 _____ KNES 344 Gender, Sexuality, and Sport
- 3 _____ **One of:** _____ KNES 351 Foundations of Neural Control of Movement or
 _____ KNES 397 Health and Exercise 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

LEADERSHIP AND COACHING MAJOR REQUIREMENTS (36 UNITS)

- 3 _____ KNES 311 Leadership Foundations
 3 _____ KNES 331 Foundations of Coaching
 3 _____ KNES 367 Adapted Physical Activity
 3 _____ KNES 399* Sport Psychology
 3 _____ KNES 402 Dance and Health Promotion
 3 _____ KNES 411 Advanced Leadership Practice
 3 _____ KNES 431 The Art of Coaching
 3 _____ KNES 433 Health and Physical Activity
 3 _____ KNES 441 Practicum A
- 9 _____ **Three of:** _____ KNES 351 _____ KNES 375 _____ KNES 381 _____ KNES 397* _____ KNES 413 _____ KNES 434
 _____ KNES 437 _____ KNES 444 _____ KNES 472 _____ KNES 478 _____ KNES 503* _____ KNES 505 _____ KNES 565
 _____ KNES 590A&B Honours Project (Students must be admitted to the [Honours program](#)).

*Topics related to LECO. *May not be applied to both Core and another requirement within the same program.

OPEN OPTIONS – Kinesiology or non-Kinesiology, Junior or Senior (30 UNITS)

- 3 _____ 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.