

## 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)** *Prerequisites follow the title in blue italics*

3 _____	KNES 201	Activity: Essence and Experience ( <i>Bio 30</i> )
3 _____	KNES 203	Activity: Health, Fitness, and Performance ( <i>Bio 30 &amp; Chem 30</i> )
3 _____	KNES 213	Introduction to Research in Kinesiology ( <i>Bio 30, Chem 30 &amp; 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 <i>NA</i>
3 _____	KNES 259	Psychology Human Anatomy and Physiology I ( <i>Bio 30, Chem 30 &amp; 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 &amp; 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 _____	<b>One of:</b> _____	KNES 351 Foundations of Neural Control of Movement ( <i>KNES 251 &amp; 260</i> ) or _____ KNES 397 Health and Exercise Psychology ( <i>KNES 253</i> )
3 _____		KNES 355 Human Growth and Development ( <i>KNES 260 &amp; Pre or Co-requisite KNES 323</i> )
3 _____		KNES 363 Biomechanics of Biological Materials ( <i>KNES 263 &amp; STAT 205 or 213</i> )
3 _____		KNES 372 Foundations of Sport Medicine ( <i>KNES 260</i> )
3 _____		KNES 373 Exercise Physiology ( <i>KNES 203, 213 &amp; 323</i> )
3 _____	<b>One of:</b> _____	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 <i>NA</i>
3 _____	KNES 331 Foundations of Coaching ( <i>KNES 201</i> )
3 _____	KNES 367 Adapted Physical Activity ( <i>KNES 260</i> )
3 _____	KNES 399 Sport Psychology ( <i>KNES 253</i> )
3 _____	KNES 402 Dance and Health Promotion ( <i>KNES 259 or DNCE 359</i> )
3 _____	KNES 411 Advanced Leadership Practice ( <i>KNES 311</i> )
3 _____	KNES 431 The Art of Coaching ( <i>KNES 331</i> )
3 _____	KNES 433 Health and Physical Activity ( <i>KNES 373</i> )
3 _____	KNES 441 Practicum A ( <i>60 units</i> )
9 _____	<b>Three of:</b> _____ 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 <a href="#">Honours program</a> ).

\*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.