

Faculty of Kinesiology

Bachelor of Kinesiology Leadership & Coaching LECO

Unofficial 2025 / 2026

Leadership and coaching examines the foundations for leadership in physical literacy. You'll learn concepts to help others learn physical skills and activities that can be used in wellness promotion, fitness and rehabilitation, competitive sports and elite personal challenges. *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](#)* 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*) or
 _____ KNES 397 Health and Exercise Psychology (*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

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 _____ **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, 15 UNITS must be non-KNES)

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.