

Faculty of Kinesiology

BKin Leadership and Coaching Major (LECO)

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

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CORE REQUIREMENTS (54 UNITS)

KNES 201 Activity: Essence and Experience
 KNES 203 Activity: Health, Fitness, and Performance
 KNES 213 Introduction to Research in Kinesiology
 KNES 237 Introduction to Nutrition
 KNES 244 Sociology of Movement Cultures
 KNES 251 Introduction to Motor Control and Learning
 KNES 253 Introduction to Exercise and Sport Psychology
 KNES 259 Human Anatomy and Physiology I
 KNES 260 Human Anatomy and Physiology II
 KNES 263 Quantitative Biomechanics
 KNES 323 Integrative Human Physiology
 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 381 Computer Applications in Kinesiology (or KNES 402 or 503 topic related to LECO)

3 _____

KNES 399 Sport Psychology

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

3 _____

KNES 443 Practicum B

6 _____

Two of: _____ KNES 375, _____ KNES 437, _____ KNES 469, _____ KNES 478, _____ KNES 499, _____ KNES 505, _____ KNES 503 (topic related to LECO not applied above), _____ KNES 590A&B Honours Project (6 units, previously KNES 490A&B, Students must be admitted to the [Honours program](#) to enroll in KNES 590).

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

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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.



Planners



BKin LECO

Calendar Req's