

Faculty of Kinesiology
MIND SCIENCES (BSc or BKin)

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 237★	Introduction to Nutrition
3	KNES 244	Introduction to Socio-Cultural Aspects of Sport
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

★ Courses marked with a star are science-based and may be used towards the [BSc in Kinesiology](#)

3	One of:	KNES 351★ Neural Control of Movement, Psychology or KNES 397 Health and Exercise
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	STAT 213★	Introduction to Statistics I

MIND SCIENCES MAJOR REQUIREMENTS (24 UNITS)

3	PSYC 200★	Principles of Psychology I
3	PSYC 201★	Principles of Psychology II
3	STAT 217★	Introduction to Statistics II
6	Two of:	KNES 351★ Neural Control of Movement, Psychology, KNES 397 Health and Exercise, KNES 399 Sport Psychology, KNES 413★ Motivation in Physical Activity *Courses cannot have been applied to Core requirements
3	One of:	KNES 451★ Advanced Topics in the Neuro-Psychology of Human Movement, KNES 464★ Sensorimotor Neuroscience II, or KNES 499 Applied Sport Psychology
6	Two of the following:	HSOC 201, 301, 311 KNES 365★, 444, 490A&B★ (6 units), 503 (topics related to mind sciences) PHIL 201, 313, 361 PSYC 345, 351, 353, 365, 369, 375, 383 SOCI 201, 321, 341, 407, 409

SENIOR KINESIOLOGY OPTIONS (12 UNITS)

3 _____ 3 _____ 3 _____ 3 _____

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 at the senior level are required.
- A maximum of 60 transfer units may be applied to the degree; a max of 27 units may be applied towards the core.
- A total of 120 units are required to complete the Kinesiology degree.