

Faculty of Kinesiology
MOTOR AND PSYCHOSOCIAL ASPECTS OF MOVEMENT (BSc or BKin)
Formerly known as Mind Sciences

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

★ 63 Units of Science courses are required for BSc students. 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, KNES 397 Health and Exercise Psychology or KNES 399 Sport 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	STAT 213★	Introduction to Statistics I

MOTOR AND PSYCHOSOCIAL ASPECTS OF MOVEMENT 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, KNES 397 Health and Exercise Psychology, 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 max of 60 units at the junior level are permitted
- 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.