

Faculty of Kinesiology

Bachelor of Science in Motor & Psychosocial Aspects of Movement MPAM Unofficial 2025 / 2026

BSc in Motor and Psychosocial Aspects of Movement (MPAM) is the study of the neural, cognitive and psychosocial concepts to try to understand human behaviour in physical activity, sport, and health with an emphasis on more science-based courses. *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) *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 & 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 (<i>KNES 251 & 260</i>), _____ KNES 397 Health and Exercise Psychology (<i>KNES 253</i>), or _____ KNES 399 Sport Psychology (<i>KNES 253</i>)	
3 _____	KNES 355 ★	Human Growth and Development (<i>KNES 260 & Pre or Co-requisite KNES 323</i>)
3 _____	KNES 363 ★	Biomechanics of Biological Materials (<i>KNES 263 & STAT 205 or STAT 213</i>)
3 _____	KNES 372 ★	Foundations of Sport Medicine (<i>KNES 260</i>)
3 _____	KNES 373 ★	Exercise Physiology (<i>KNES 203, 213 & 323</i>)
3 _____	STAT 213 ★	Intro to Statistics I

★ Indicates a science based course for the BSc. The Core Requirements satisfy 12 science based courses, 13 if you elect to take KNES 351.

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 ★	Intro to Statistics II
6 _____	Two of: _____ KNES 311 _____ KNES 331 _____ KNES 351 ★ _____ KNES 397 _____ KNES 399	
3 _____	One of: _____ KNES 402 _____ KNES 411 _____ KNES 413 ★ _____ KNES 431 _____ KNES 434 _____ KNES 441 _____ _____ KNES 451 ★ _____ KNES 464 ★ _____ KNES 486 ★ _____ KNES 497 _____ KNES 498 _____ KNES 499	
6 _____	Two of: _____ KNES 402, 444, 503 (topics related to MPAM), 590A&B (6 units, Students must be admitted to the _____ Honours program) 593; _____ HSOC 201, 301, 311; PHIL 201, 313, 361; PSYC 345, 352, 365, 375, 383; SOCI 201, 321, 341, 407, 409	

N.B. Courses may not be applied to both Core and another requirement within the same program.

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 _____

★ Indicates a science based course. 21 Science based courses are required in order to earn a BSc in Kinesiology. A detailed list of Science-based courses (ANTH, ARKY, GEOG, KNES, PSYC) can be found [here](#). (scroll down) **The following Kinesiology courses are science based:** Kinesiology 213, 237, 251, 259, 260, 263, 323, 337, 351, 355, 363, 365, 367, 372, 373, 375, 377, 381, 395, 396, 413, 433, 437, 451, 460, 463, 464, 465, 467, 469, 472, 475, 478, 479, 485, 486, 493, 495, 505, 506, 565, 585, 590.

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.