Western HealthSciences

Honors Specialization in Kinesiology
Clinical Kinesiology (BA)

5.0 1000 level credits including Kin 1070A, 1080B and Physiology 1021.

Kin 1070A Psychology of Human Movement Science	Kin 1080B Psychomotor Behaviour	Physiology 1021
0.5 Statistics credit from: Stats 1023A/B, Stats 1024A/B, Data Science 1000A/B		

3.0 Kinesiology credits taken in year 2

Kin 2222A/B Functional Human Gross Anatomy	Kin 2230A/B Exercise Physiology	Kin 2241A/B Biomechanics
Kin 2032A/B Research Design in Human Movement Science	Kin 2236A/B Athletic Injuries	Kin 2276F/G Psychology of Exercise

1.0 Kinesiology credits taken in year 3.

Kin 3402A/B Introduction to Clinical Kinesiology	Kin 3412A/B Exercise for Specific Populations: Chronic Disease

2.5 Kinesiology credits.

Kin 3222A/B Anatomy of the Human Body	Kin 3336A/B An Introduction of the Practical Aspects of Athletic Injuries	Kin 3337A/B Physiology of Fitness Appraisal
Kin 3339A/B Exercise Nutrition	Kin 3490F/G Professional Ethics in Kinesiology	

0.5 Kinesiology credits. Recommended in year 3.

Kin 3341A/B Biomechanical Analysis of Physical Activity	Kin 3343A/B Biomechanical Analysis of Discrete Sport Skills	Kin 3353A/B Biomechanical Analysis of Human Locomotion

1.0 Kinesiology credits. Must be taken in year 3.

Kin 2980A/B Special Topics in Movement Skills	Kin 2981A/B Special Topics in Movement Skills	Kin 2991A/B Coaching and Sport Leadership
Kin 2992A/B Fitness Assessment and Strength Training	Kin 2993A/B Lifestyle, Individual, Fitness and Exercise	Kin 2994A/B Specific Populations Healthy Engagement Rehabilitation & Exercise
Dance 2174A/B Dance Basics	Dance 2274A/B Movement Making	Dance 2275A/B Introduction to Modern Dance
Dance 2276A/B Elementary Modern Dance Technique	Dance 2375A/B Ballet Fundamentals	

0.5 Kinesiology credits from the list below.

Kin 3474A/B Psychological Interventions in Exercise, Sport and Injury in Rehab	Kin 3476F/G Exercise and Health Behaviour Change	Kin 3550A/B Kinesiology at Work
Kin 4477A/B Exercise, Nutrition and Wellness	Kin 4520A/B Clinical Biomechanics	Kin 4560A/B Advanced Topics in Musculoskeletal Rehabilitation

1.5 Kinesiology credits taken in year 4.

Kin 4412A/B Exercise for Specific Populations: Impairment and Aging	Kin 4422A/B Entrepreneurship and Technology in Clinical Kinesiology	Kin 4433A/B Physiology of Exercise Training

1.0 Kinesiology credits taken in year 4.

Kin 4590 Clinical Kinesiology Placement

4.0 External Electives taken in years 2 through 4.
NOTE: A maximum 0.5 Kinesiology/Dance credits can be used toward this requirement.

Don't Forget!

Complete Standard First Aid and CPR level C by the end of year 2
Make sure you have at least 2.0 essay credits (F/G/E). NOTE: A maximum of 1.0 can be at the 1000 level.
Make sure you have at least 1.0 credits designated Category B (Arts and Humanities).
Make sure you have a minimum of 5.0 1000 level credits. DO NOT exceed 7.0 1000 level credits!
Make sure you have a minimum of 1.0 Kinesiology courses at the 4000 level.

Kinesiology Credit Counter

		EXAMPLE
Kinesiology 1070A, 1080B	1.0	1.0
Senior Kinesiology Courses		11.0
Total		12.0
Requirement: Minimum = 12.0 and Maximum = 12.5		