

## Honors Specialization in Kinesiology Bachelor of Arts (BA)

**\*Admitted September 2022 or after\***

5.0 1000 level credits including Kin 1050A, 1060B, 1070A, 1080B and Physiology 1021.

<b>Kin 1050A/B</b> Social Foundations of Kinesiology	<b>Kin 1060A/B</b> Functional Human Gross Anatomy	<b>Kin 1070A/B</b> Psychology of Human Movement Science
<b>Kin 1080A/B</b> Psychomotor Behaviour	<b>Physiology 1021</b>	

1.0 Kinesiology credits. Must be taken in 2<sup>nd</sup> year.

<b>Kin 2230A/B</b> Exercise Physiology	<b>Kin 2241A/B</b> Biomechanics
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1.0 Kinesiology credits from the list below.

<b>Kin 2236A/B</b> Athletic Injuries	<b>Kin 2250F/G</b> Social Foundations of Sport and Physical Activity	<b>Kin 2263F/G</b> Canadian Sport History
<b>Kin 2276F/G</b> Psychology of Exercise	<b>Kin 2292F/G</b> Critical Thinking & Ethics in Kinesiology	

0.5 Kinesiology credits. Must be taken in 2<sup>nd</sup> year.

<b>Kin 2032A/B</b> Research Design in Human Movement Science
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0.5 Kinesiology credits. NOTE: Stats 1023A/B, Stats 1024A/B or DS 1000A/B could be counted if taken before September 2024.

<b>Kin 3032A/B</b> Measurement and Analysis in Kinesiology
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1.0 Kinesiology credits from the list below (not previously selected).

<b>Kin 2250F/G</b> Social Foundations of Sport and Physical Activity	<b>Kin 2263F/G</b> Canadian Sport History	<b>Kin 2276F/G</b> Psychology of Exercise
<b>Kin 2292F/G</b> Critical Thinking & Ethics in Kinesiology	<b>Kin 3362F/G</b> Olympic Issues for Modern Times	<b>Kin 3388A/B</b> Psychology of Sport
<b>Kin 3463F/G</b> Sport, the Body and Culture	<b>Kin 3476F/G</b> Exercise & Health Behaviour Change	<b>Kin 3490F/G</b> Professional Ethics in Kinesiology
<b>Kin 3510F/G</b> Sport for Development and Peace	<b>Kin 3515F/G</b> Sport and Health Policy	<b>Kin 4259A/B</b> Legal Issues in Kinesiology
<b>Kin 4276F/G</b> Psychology of Body and Movement	<b>Kin 4301F/G</b> Race, Indigeneity, and Sport	<b>Kin 4464A/B</b> Dis/Ability and the Moving Body

1.0 Kinesiology credits. Must be taken in 2<sup>nd</sup> year.

<b>Kin 2980A/B</b> Special Topics in Movement Skills	<b>Kin 2981A/B</b> Special Topics in Movement Skills	<b>Kin 2991A/B</b> Coaching and Sport Leadership
<b>Kin 2992A/B</b> Fitness Assessment and Strength Training	<b>Kin 2993A/B</b> Lifestyle, Individual, Fitness and Exercise	<b>Kin 2994A/B</b> Specific Populations Healthy Engagement Rehabilitation & Exercise

5.0 Kinesiology credits not previously selected of which a maximum 1.0 can be activity credits (2991-2994).  
NOTE: A maximum 1.0 courses from: Dance 2270A/B and Dance courses at the 3000-4000 level can be used.


5.0 Additional External Electives not previously selected.  
NOTE: A maximum 2.0 Kinesiology/Dance credits can be used toward this requirement.


### Kinesiology Credit Counter

		EXAMPLE
Kinesiology 1050A/B, 1060A/B, 1070A/B, 1080A/B	2.0	2.0
Senior Kinesiology Courses		10.0
Total		12.0
<b>Requirement: Minimum = 12.0 and Maximum = 14.0</b>		

### 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.