

## Honors Specialization in Kinesiology

### Bachelor of Science (BSc)

\*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>	

Including 1.0 in ONE area from the options below.

<b>Biology</b> 1001A + 1002B	<b>Any 1.0 Math from:</b> Applied Math 1201A/B, Calculus 1000A/B, Calculus 1301A/B, Calculus 1500A/B, Calculus 1501A/B, Math 1120A/B, Math 1225A/B, Math 1228A/B, Math 1229B, Math 1600A/B, Stats 1024A/B, Data Science 1000A/B
<b>Chemistry</b> 1301A + 1302B	<b>Any 1.0 Physics from:</b> 1101A/B, 1102A/B, 1201A/B, 1202A/B, 1501A/B, 1502A/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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0.5 Kinesiology credits at the 2000 level (non activity).

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0.5 Kinesiology credits. Recommended in 3<sup>rd</sup> year.

<b>Kin 3341A/B</b> Biomechanical Analysis of Physical Activity	<b>Kin 3343A/B</b> Biomechanical Analysis of Discrete Sport Skills	<b>Kin 3353A/B</b> Biomechanical Analysis of Human Locomotion
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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 and 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. Recommended in 3<sup>rd</sup> year.

<b>Kin 3330F/G</b> Laboratory in Exercise Physiology	<b>Kin 3337A/B</b> Physiology of Fitness Appraisal
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1.0 Kinesiology credits from the list below (not previously selected).

<b>Kin 3343A/B</b> Biomechanical Analysis of Discrete Sport Skills	<b>Kin 3353A/B</b> Biomechanical Analysis of Human Locomotion	<b>Kin 4430F/G</b> Neuromuscular Physiology
<b>Kin 4431A/B</b> Physiology of Exercise Performance	<b>Kin 4432A/B</b> Physiology of Exercise	<b>Kin 4433A/B</b> Physiology of Exercise Training
<b>Kin 4490E</b> Senior Bioscience Research Project	<b>Kin 4520A/B</b> Clinical Biomechanics	

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

2.5 Kinesiology credits not previously selected of which a maximum of 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.


1.5 2.5 Additional External Electives not previously selected.


#### Kinesiology Credit Counter

		EXAMPLE
Kinesiology 1050B, 1060A, 1070A, 1080B	2.0	2.0
Senior Kinesiology Courses		9.5
Total		11.5
<b>Requirement: Minimum = 11.5 and Maximum = 14.0</b>		

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

3.0 4.0 Science Elective Credits.

\* Minimum 1.0 credits must be from the Faculty of Science at the 2100 level or above

\* Up to 2.0 of the 4.0 may be taken from the following list of Kinesiology courses not previously selected: Kin 3332A/B, 3339A/B, 3341A/B, 3343A/B, 3347A/B, 3353A/B, 3360A/B, 3480A/B, 4420A/B, 4430F/G, Kin 4431A/B, 4432A/B, 4434A/B, 4480A/B, 4490E, 4520A/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).

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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.

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