

Honors Specialization in Kinesiology Bachelor of Science (BSc)

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

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| Kin 1070A Psychology of Human Movement Science | Kin 1080B Psychomotor Behaviour | Physiology 1021 |
| Biology 1001A OR 1201A + 1002B OR 1202B | Any 1.0 Physics from: 1101A/B, 1102A/B, 1201A/B, 1202A/B, 1501A/B, 1502A/B | |
| Chemistry 1301A + 1302B | Any 1.0 Math from: 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 | |
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1.5 Kinesiology credits. Must be taken in year 2.

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| Kin 2222A/B Functional Human Gross Anatomy | Kin 2230A/B Exercise Physiology | Kin 2241A/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 year 3.

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| 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 |
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0.5 Kinesiology credits.

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| Kin 2032A/B Research Design in Human Movement Science |
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0.5 Statistics credits. NOTE: If taken as part of 5.0 first year credits, then choose any elective.

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1.0 Kinesiology credits. Recommended in year 3.

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

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

1.0 Kinesiology credits. Must be taken in year 2.

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| 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 | |

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.

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Kinesiology Credit Counter

| | | EXAMPLE |
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| Kinesiology 1070A, 1080B | 1.0 | 1.0 |
| Senior Kinesiology Courses | | 9.5 |
| Total | | 10.5 |
| Requirement: Minimum = 10.5 and Maximum = 12.5 | | |

1.0 Kinesiology credits from the list below (not previously selected).

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

3.0 Science Elective Credits. Minimum 1.0 must be Science credits at the 2100 level or above. Remaining credits can be from the list of Kinesiology courses not previously selected: Kin 3222A/B, 3339, 3341A/B, 3343A/B, 3347A/B, 3353A/B, 3360A/B, 3480A/B, 4420A/B, 4430F/G, 4432A/B, 4434A/B, 4480A/B 4490E, 4520A/B.

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2.0 External Electives taken in years 2 through 4.

NOTE: A maximum 2.0 Kinesiology/Dance credits can be used toward this requirement.

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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.

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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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