

Honors Specialization in Kinesiology Bachelor of Science

What?

The Honors Specialization Bachelor of Science module in Kinesiology focuses closely on the bioscientific orientation of Exercise Physiology, Biomechanics, Athletic Injuries and Anatomy components of the program.

How many 1st year credits can I take?

A **minimum of 5.0** first year credits must be taken. However, students are allowed to use up to a **maximum of 7.0** first credits towards their degree if they choose.

What courses count as Arts & Humanities Credits (Category B)

Students need 1.0 credits or equivalent from Category B, the Arts & Humanities Faculty.

Classical Studies	Speech
English	Theological Studies
Film Studies	Visual Arts
Languages	Women's Studies
Philosophy	Writing

Where Can I get my First Aid and CPR Level C?

Students can take a course through their local Red Cross or Saint John's Ambulance services. Additionally both the Student Emergency Response Team, SERT and Campus Recreation offer courses through out the year. Visit Info Source in the UCC for registration for a SERT course or go to campus recreation.

Progression from year 1 to year 2

We have 75 spaces for the BSc stream moving from year 1 to year 2. This is a limited enrollment module, meaning that the progression standard may fluctuate from year to year depending on how many students want to progress into the BSc and how good their grades are. Student will have to satisfy 3 requirements. First a minimum 70% average across Kin 1070A, 1080B, Physiology 1021, and their 2 Science credits. Second, a minimum 70% average across a 5.0 course load. Third, no grade less than 60%. Typically over past few years a student with a mid to high 70's cumulative average would successfully progress.

What are Essay Credits?

Students need 2.0 essay designated credits or equivalent. Essay courses are courses that will have a written word component. It may be an essay or written report. It will be at the professor's discretion. Essay courses are designated by an "E" if it is a full course. I.E. Sociology 1021E. If it is a half-course it will be marked with either an "F" for first term or "G" for second term. I.E. Kin 2276F.

Academic Counselling?

School of Kinesiology
3M Centre Rm. 2225
519-661-3086
www.uwo.ca/fhs/kin
www.facebook.com/KinUndergrad

Shannon Woods
Undergraduate Coordinator
srankin2@uwo.ca

Graduation minimum average requirements?

Students must maintain a 70% average on their senior Kinesiology/Dance courses with no single grade less than 60%. Additionally, students must maintain a cumulative average of 65% with no fails.

What are Special Topics Courses?

Special topic courses are courses where the topic may change from year to year. In order to see what topic is being offered, go to the registrar's office timetable for that year and check in the "notes" section.

Lindsay Rostran
Academic Counsellor
lfellne@uwo.ca

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5.0 1000 level credits including Kin 1070A, 1080B & Physiology 1021. Must also take 2 Science subjects from below list (must be 1.0 credits in each subject). Write in other credit taken.

<input type="checkbox"/> Kin 1070A/B Psychology of Human Movement	<input type="checkbox"/> Kin 1080A/B Psychomotor Behavior	<input type="checkbox"/> Physiology 1021
<input type="checkbox"/> Biology 1001A or 1201A + 1002B or 1202B	<input type="checkbox"/> Chem. 1301A + 1302B	<input type="checkbox"/> Any 2 Physics from: 1028A/B, 1029A/B, 1301A/B, 1302A/B, 1501A/B, 1502A/B
<input type="checkbox"/> Any 2 Math from: Applied Math 1201A/B, Calc. 1000A/B, Calc. 1100A/B, Calc. 1301A/B, Calc. 1501A/B, Applied Math 1201A/B, Math 1120A/B, Math 1225A/B, Math 1228A/B, Math 1229A/B, Math 1600A/B, Stats 1024A/B		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2.0 Kinesiology credits. Must be taken in 2nd year.

<input type="checkbox"/> Anatomy 2221 Functional Human Anatomy	<input type="checkbox"/> Kin 2230A/B Exercise Physiology	<input type="checkbox"/> Kin 2241A/B Biomechanics
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0.5 non-activity Kinesiology credits at 2000 level.

<input type="checkbox"/>

0.5 Kinesiology credits from below. Recommended in 3rd year.

<input type="checkbox"/> Kin 3341A/B Biomechanical Analysis of Physical Activity	<input type="checkbox"/> Kin 3343A/B Biomechanical Analysis of Discrete Sport Skills	<input type="checkbox"/> Kin 3353A/B Biomechanical Analysis of Human Locomotion
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1.0 Kinesiology credits. Recommended to be taken in 3rd year.

<input type="checkbox"/> Kin 3330F/G Laboratory in Exercise Physiology	<input type="checkbox"/> Kin 3337A/B Physiology of Fitness Appraisal
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0.5 Kinesiology credits.

<input type="checkbox"/> Kin 2032A/B Research Design in Human Movement Science

0.5 Statistics credit. Any level.

<input type="checkbox"/> Note: If taken as part of 5.0 1st year credit, than choose any elective.

1.0 Kinesiology credits from below (not previously selected).

<input type="checkbox"/> Kin 3343A/B Biomechanical Analysis of Discrete Sports Skills	<input type="checkbox"/> Kin 3353A/B Biomechanical Analysis of Human Locomotion	<input type="checkbox"/> Kin 4430F/G Muscle Function & Metabolism
<input type="checkbox"/> Kin 4432A/B Physiology of Exercise	<input type="checkbox"/> Kin 4433A/B Physiology of Exercise Training	<input type="checkbox"/> Kin 4440Y Selected Topics in Bioscience
<input type="checkbox"/> Kin 4443E Senior Bioscience Research Project	<input type="checkbox"/> Kin 4450A/B Clinical Kinesiology	<input type="checkbox"/> Kin 4520A/B Clinical Biomechanics

1.0 Kinesiology activity credits are mandatory in 2nd year. Note: Not every course offered in every year. Check timetable to see current offerings.

Possible 0.25 Activity Credits:

<input type="checkbox"/> Kin 2902Q/R/S/T Basketball Skills (old 2202)	<input type="checkbox"/> Kin 2903Q/R/S/T Canoing (old 2203)	<input type="checkbox"/> Kin 2905Q/R/S/T Football Skills (old 2205)
<input type="checkbox"/> Kin 2907Q/R/S/T Group Fitness (old 2207)	<input type="checkbox"/> Kin 2909Q/R/S/T Judo Skills (old 2209)	<input type="checkbox"/> Kin 2910Q/R/S/T Rugby Skills (old 2210)
<input type="checkbox"/> Kin 2911Q/R/S/T Sailing (old 2211)	<input type="checkbox"/> Kin 2912Q/R/S/T Alpine Skiing (old 2212)	<input type="checkbox"/> Kin 2913Q/R/S/T Softball Skills (old 2213)
<input type="checkbox"/> Kin 2915Q/R/S/T Swimming Skills (old 2215)	<input type="checkbox"/> Kin 2919Q/R/S/T Wrestling Skills (old 2219)	<input type="checkbox"/> Kin 2921Q/R/S/T Curling (old 2221)
<input type="checkbox"/> Kin 2922Q/R/S/T Badminton (old 2022)	<input type="checkbox"/> Kin 2925Q/R/S/T Snowboarding (old 2025)	<input type="checkbox"/> Kin 2926Q/R/S/T Aqua Fit (old 2021)
<input type="checkbox"/> Kin 2929Q/R/S/T Soccer	<input type="checkbox"/> Kin 2930Q/R/S/T Waterpolo	<input type="checkbox"/> Kin 2940Q/R/S/T Yoga
<input type="checkbox"/> Kin 2929Q/R/S/T Pilates	<input type="checkbox"/> Kin 2950Q/R/S/T Special Topic (old 2223)	<input type="checkbox"/> Kin 2951Q/R/S/T Special Topic (old 2224)
<input type="checkbox"/> Kin 3902Q/R/S/T Basketball Coaching (old 3302)	<input type="checkbox"/> Kin 3925Q/R/S/T Assessment of Physical Function in Older Adults (old 3025)	

Possible 0.5 Activity Credits:

<input type="checkbox"/> Kin 2960A/B Games of Lower Organization (old 2030)	<input type="checkbox"/> Kin 2961A/B Foundations of Training Technique (old 2040)	<input type="checkbox"/> Kin 2962A/B Exercise for Specific Populations (old 2042)
<input type="checkbox"/> Kin 2980A/B Special Topics (old 2200)	<input type="checkbox"/> Kin 2981A/B Special Topics (old 2201)	<input type="checkbox"/> Kin 2984A/B Hockey Fundamentals and Coaching
<input type="checkbox"/> Kin 2986A/B Tennis	<input type="checkbox"/> Kin 2987 Track and Field	<input type="checkbox"/> Kin 2988A/B Volleyball
<input type="checkbox"/> Kin 3962A/B Bike Trip to France (old 3300)	<input type="checkbox"/> Kin 3980A/B Special Topics (old 3300)	<input type="checkbox"/> Kin 3981A/B Special Topics (old 3301)
<input type="checkbox"/> Dance 2174A/B Dance Basics	<input type="checkbox"/> Dance 2274A/B Movement Making	<input type="checkbox"/> Dance 2275A/B Intro. to Modern Dance
<input type="checkbox"/> Dance 2276A/B Elementary Modern Dance Technique	<input type="checkbox"/> Dance 2375A/b Ballet Fundamentals	

1.0 Kinesiology credits from below (not previously selected).

<input type="checkbox"/> Kin 2250A/B Social Foundations of Sport & Physical Activity	<input type="checkbox"/> Kin 2263F/G Canadian Sport History	<input type="checkbox"/> Kin 2276F/G Psychology of Exercise
<input type="checkbox"/> Kin 2292F/G Critical Thinking & Ethics in Kinesiology	<input type="checkbox"/> Kin 3362F/G Olympic Issues for Modern Times	<input type="checkbox"/> Kin 3363A/B Sport & the Body in Western Culture
<input type="checkbox"/> Kin 3378F/G Sport Literature	<input type="checkbox"/> Kin 3388A/B Psychology of Sport	<input type="checkbox"/> Kin 3390F/G Philosophy of Sport
<input type="checkbox"/> Kin 3476F/G Exercise & Health Behavior Change	<input type="checkbox"/> Kin 3490F/G Professional Ethics in Kinesiology	<input type="checkbox"/> Kin 4459A/B Sport & Law
<input type="checkbox"/> Kin 4460F/G Comparative & International Sport	<input type="checkbox"/> Kin 4465F/G Social Theory of Sport and Exercise	<input type="checkbox"/> Kin 4498A/B Field Experience in Sport Management

2.0 Additional Kin credits, not previously selected, of which a maximum 1.0 can be activity credits (2900-2999 and 3900-3999). Dance 2270A/B and Dance courses at the 3000-4000 level can be used.

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

External Required Electives

3.0 Science Elective Credits. Minimum 1.0 must be Science credits at the 2100 level or above. Remaining credits can be from a list of Kinesiology courses not previously selected.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2.0 External Elective Credits taken in years 2 through 4. A max. of 2.0 Kin/Dance credit may be used towards this.

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Don't Forget!

- Complete Standard First Aid and CPR level C by end of 2nd year.
- Make sure you have at least 2.0 credits worth of essay designated courses. Note: A max. of 1.0 can be 1000 level.
- Make sure you have at least 1.0 credit worth of courses designated as Arts and Humanities (Category B). See reverse to see what classifies this.
- Make sure you have a minimum of 5.0 1000 level credits. DO NOT take more than 7.0 1000 level credits!
- Make sure you have a minimum of 1.0 Kin credits at the 4000 level.
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