



Honours Specialization in Kinesiology Bachelor of Arts (BA)

Admitted September 2025 and after

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

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

1.0 Kinesiology credits. Must be taken in year 2.

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

Kin 2236A/B Athletic Injuries	Kin 2510F/G Sport for Development	Kin 2263F/G Canadian Sport History
Kin 2276A/B Psychology of Exercise	Kin 2292F/G Critical Thinking & Ethics in Kinesiology	

0.5 Kinesiology credits. Must be taken in year 2.

Kin 2032A/B Research Design in Human Movement Science

0.5 Kinesiology credits.

Kin 3032A/B Measurement and Analysis in Kinesiology

Notes:

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

Kin 2510F/G Sport for Development	Kin 2263F/G Canadian Sport History	Kin 2276A/B 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 3515F/G Sport and Health Policy	Kin 4259A/B Legal Issues in Kinesiology	Kin 4276F/G Psychology of Body and Movement
Kin 4301F/G Race, Indigeneity, and Sport	Kin 4464A/B Dis/Ability and the Moving Body	

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

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

5.0 Kinesiology credits not previously selected of which a maximum 1.0 can be activity credits (2991-2994).

Student Name:

Student Number:

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
Requirement: Minimum = 12.0 and Maximum = 14.0		

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.

Date:

Initials: