

**Major in Kinesiology (4 Year)**  
**Bachelor of Arts (BA)**

5.0 1000 level credits including Kin 1050A/B, 1060A/B, 1070A/B, 1080A/B, 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 year 2.

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

<b>Kin 2236A/B</b> Athletic Injuries	<b>Kin 2250A/B</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 2298A/B</b> Sport Management
<b>Dance 2270A/B</b> Dance Improvisation		

0.5 Kinesiology credits. Must be taken in year 2.

<b>Kin 2032A/B</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 from the list below (not previously selected).

<b>Kin 2250A/B</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 2298A/B</b> Introduction to Management in Kinesiology	<b>Kin 3362F/G</b> Olympic Issues for Modern Times
<b>Kin 3388A/B</b> Psychology of Sport	<b>Kin 3398F/G</b> Managing People in Sport and Recreation Organizations	<b>Kin 3399F/G</b> Sport Marketing
<b>Kin 3463A/B</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>Dance 2270A/B</b> Dance Improvisation	<b>Dance 3371A/B</b> Beginning Dance Compositions & Production	<b>Dance 3372A/B</b> Intermediate Dance Comp

1.0 Kinesiology credits. Must be taken in year 2.

<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

2.0 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.


8.0 External Electives taken in years 2 through 4.


**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!

**Kinesiology Credit Counter**

		<b>EXAMPLE</b>
Kinesiology 1050A/B, 1060A/B, 1070A/B, 1080A/B	2.0	<b>2.0</b>
Senior Kinesiology Courses		<b>6.5</b>
Total		<b>8.5</b>
<b>Requirement: Maximum = 8.5</b>		

