

**Major in Kinesiology (3 Year)
Bachelor of Arts (BA)**

Admitted September 2025 or 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

1.0 Kinesiology credits.		
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	Kin 2298A/B Management 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. Recommended in year 3.
Kin 3032A/B Measurement and Analysis in Kinesiology

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 2298A/B Management in Kinesiology	Kin 3362F/G Olympic Issues for Modern Times
Kin 3388A/B Psychology of Sport	Kin 3398F/G Managing People in Sport and Recreation Organizations	Kin 3399F/G Sport Marketing
Kin 3463A/B 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		

1.0 Kinesiology credits. Must be taken in year 2.		
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

Student Name:

Student Number:

2.0 Kinesiology credits (not previously selected). NOTE: A maximum 1.0 can be from Kinesiology 2991 2994.			

3.0 Additional External Electives (not previously selected), including courses for an additional Major Module if applicable. NOTE: A maximum 1.5 Kinesiology credits can be used toward this requirement.			

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!

Kinesiology Credit Counter		
		EXAMPLE
Kinesiology 1050A/B, 1060A/B, 1070A/B, 1080A/B	2.0	2.0
Senior Kinesiology Courses		7.0
Total		9.0
Requirement: Minimum = 9.0 and Maximum = 10.5		

Date:

Initials: