

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

**\*Admitted September 2025 or after\***

5.0 1000 level credits including Kin 1050A, 1060B, 1070A, 1080B 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

1.0 Kinesiology credits.		
<b>Kin 2236A/B</b> Athletic Injuries	<b>Kin 2510F/G</b> Sport for Development	<b>Kin 2263F/G</b> Canadian Sport History
<b>Kin 2276A/B</b> Psychology of Exercise	<b>Kin 2292F/G</b> Critical Thinking & Ethics in Kinesiology	<b>Kin 2298A/B</b> Management in Kinesiology

0.5 Kinesiology credits. Must be taken in year 2.
<b>Kin 2032A/B</b> Research Design in Human Movement Science

0.5 Kinesiology credits. Recommended in year 3.
<b>Kin 3032A/B</b> Measurement and Analysis in Kinesiology

1.0 Kinesiology credits from the list below (not previously selected).		
<b>Kin 2510F/G</b> Sport for Development	<b>Kin 2263F/G</b> Canadian Sport History	<b>Kin 2276A/B</b> Psychology of Exercise
<b>Kin 2292F/G</b> Critical Thinking & Ethics in Kinesiology	<b>Kin 2298A/B</b> 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>Kin 3515F/G</b> Sport and Health Policy		

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). NOTE: A maximum 1.0 can be from Kinesiology 2991 2994.		

Student Name:

Student Number:

8.0 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.				

<b>Don't Forget!</b>	
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		
		<b>EXAMPLE</b>
Kinesiology 1050A/B, 1060A/B, 1070A/B, 1080A/B	2.0	<b>2.0</b>
Senior Kinesiology Courses		<b>7.0</b>
Total		<b>9.0</b>
<b>Requirement: Minimum = 9.0 and Maximum = 10.5</b>		

Date:

Initials: