

**Honors Specialization in Kinesiology
Bachelor of Arts (BA)**

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

Kin 1070A Psychology of Human Movement Science	Kin 1080B Psychomotor Behaviour	Physiology 1021

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

Kin 2222A/B Functional Human Gross Anatomy	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 2250A/B Social Foundations of Sport and Physical Activity	Kin 2263F/G Canadian Sport History
Kin 2276F/G Psychology of Exercise	Kin 2292F/G Critical Thinking & Ethics in Kinesiology	

0.5 Kinesiology credits.

Kin 2032A/B Research Design in Human Movement Science

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).

Kin 2250A/B Social Foundations of Sport and Physical Activity	Kin 2263A/B Canadian Sport History	Kin 2276F/G Psychology of Exercise
Kin 2292F/G Critical Thinking & Ethics in Kinesiology	Kin 3362F/G Olympic Issues for Modern Times	Kin 3378F/G Sport Literature
Kin 3388A/B Psychology of Sport	Kin 3463F/G Sport, the Body and Culture	Kin 3476F/G Exercise & Health Behaviour Change
Kin 3490 F/G Professional Ethics in Kinesiology	Kin 4459A/B Sport and the Law	Kin 4465F/G Social Theory in Sport & Exercise

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

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	Dance 2174A/B Dance Basics	Dance 2274A/B Movement Making
Dance 2275A/B Introduction to Modern Dance	Dance 2276A/B Elementary Modern Dance Technique	Dance 2375A/B Ballet Fundamentals

4.5 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.

5.0 External Electives taken in years 2 through 4. NOTE: A maximum 2.0 courses Kinesiology/Dance credits can be used toward this requirement.

Kinesiology Credit Counter

		EXAMPLE
Kinesiology 1070A, 1080B	1.0	1.0
Senior Kinesiology Courses		9.5
Total		10.5
Requirement: Minimum = 10.5 and Maximum = 12.5		

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!

Make sure you have a minimum of 1.0 Kinesiology courses at the 4000 level.

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