

## Honors Specialization in Kinesiology Bachelor of Science (BSc)

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

<b>Kin 1070A</b> Psychology of Human Movement Science	<b>Kin 1080B</b> Psychomotor Behaviour	<b>Physiology 1021</b>
<b>Biology 1001A</b> OR 1201A + 1002B OR 1202B	<b>Any 1.0 Physics from:</b> 1101A/B, 1102A/B, 1201A/B, 1202A/B, 1501A/B, 1502A/B	
<b>Chemistry 1301A + 1302B</b>	<b>Any 1.0 Math from:</b> Applied Math 1201A/B, Calculus 1000A/B, Calculus 1301A/B, Calculus 1500A/B, Calculus 1501A/B, Math 1120A/B, Math 1225A/B, Math 1228A/B Math 1600A/B, Stats 1024A/B, Data Science 1000A/B	

1.5 Kinesiology credits. Must be taken in 2<sup>nd</sup> year.

<b>Kin 2222A/B</b> Functional Human Gross Anatomy	<b>Kin 2230A/B</b> Exercise Physiology	<b>Kin 2241A/B</b> Biomechanics
--	---	------------------------------------

0.5 Kinesiology credits at the 2000 level (non activity).

--

0.5 Kinesiology credits. Recommended in 3<sup>rd</sup> year.

<b>Kin 3341A/B</b> Biomechanical Analysis of Physical Activity	<b>Kin 3343A/B</b> Biomechanical Analysis of Discrete Sport Skills	<b>Kin 3353A/B</b> Biomechanical Analysis of Human Locomotion
---	---	--

0.5 Kinesiology credits.

<b>Kin 2032A/B</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.

--

1.0 Kinesiology credits. Recommended in 3<sup>rd</sup> year.

<b>Kin 3330F/G</b> Laboratory in Exercise Physiology	<b>Kin 3337A/B</b> Physiology of Fitness Appraisal
---	---

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

<b>Kin 3343A/B</b> Biomechanical Analysis of Discrete Sport Skills	<b>Kin 3353A/B</b> Biomechanical Analysis of Human Locomotion	<b>Kin 4430A/B</b> Neuromuscular Physiology
<b>Kin 4432A/B</b> Physiology of Exercise	<b>Kin 4433A/B</b> Physiology of Exercise Training	<b>Kin 4440Y</b> Selected Topics in Bioscience
<b>Kin 4443E</b> Senior Bioscience Research Project	<b>Kin 4520A/B</b> Clinical Biomechanics	

1.0 Kinesiology credits. Must be taken in 2<sup>nd</sup> year.

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

2.0 Kinesiology credits not previously selected of which a maximum of 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.

--	--	--

### Kinesiology Credit Counter

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

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 3362F/G</b> Olympic Issues for Modern Times	<b>Kin 3378F/G</b> Sport Literature
<b>Kin 3388A/B</b> Psychology of Sport	<b>Kin 3463F/G</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 4459A/B</b> Sport and the Law	<b>Kin 4465F/G</b> Social Theory in Sport & Exercise

3.0 Science Elective Credits. Minimum 1.0 must be Science Credits at the 2100 level or above. Remaining credits can be from the following list of Kinesiology courses not previously selected: Kin 3339A/B, 3341A/B, 3343A/B, 3347A/B, 3353A/B, 3360A/B, 3480A/B, 4420A/B, 4430F/G, 4432A/B, 4490E, 4520A/B.

--	--	--

2.0 External Electives taken in years 2 through 4.

NOTE: A maximum 2.0 courses Kinesiology/Dance 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!

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

--	--	--

