

# Degree Requirement Checklist

## 4 year B.KIN (120 credit hours) Kinesiology and Applied Health

Suggested Course Map:

### Year One - 30 Credit Hours

- KIN-1101(3) Introduction to Kinesiology
- KIN-1601(3) Nutrition for Health and Wellness
- BIOL-1112(6) Human Anatomy and Physiology\*
- PSYC-1000(6) Introduction to Psychology\* **OR**
- SOC-1100 (3) Introduction to Sociology I: Concepts and Methods and SOC-1102 (3) Introduction to Sociology II: Applications (one of these is recommended but not required)
- RHET-XXXX(3) Academic Writing Requirement if required or Non-KIN elective\*
- 6 credit hours Humanities Requirement (may use course that also fulfills Indigenous Requirement)\*
- 3 credit hours of Non-KIN elective\*

### Year Two - 30 Credit Hours

- KIN-2105(3) Sport and Exercise Psychology
- KIN-2201(3) Biomechanics I
- KIN-2204(3) Human Physiology
- KIN-2301(3) Human Musculoskeletal Anatomy
- KIN-2304(3) Scientific Principles of Fitness and Conditioning
- 6 credit hours of Non-KIN electives\*
- KIN-2200(3) Issues in Sport **OR**
- KIN-2305(3) Issues in Health

STAT-1301(3) Statistical Analysis I\* **OR**

STAT-1501(3) Elementary Biological Statistics I\* **OR**

SOC-2125 (3) Introduction to Quantitative Research Methods\*

KIN-2256(3) Research Methods in Kinesiology

### Year Three - 30 Credit Hours

- KIN-3106(3) Exercise Physiology
- KIN-3201(3) Biomechanics
- KIN-3209(3) Motor Control and Learning
- KIN-3305(3) Physical Activity: Promotion and Adherence
- 3 credit hours of Non-KIN elective\*
- 9 credit hours of KIN electives
- 6 credit hours Humanities Requirement (may use course that also fulfills Indigenous Requirement)\*

### Year Four - 30 Credit Hours

- 12 credit hours of KIN electives
- 12 credit hours of Non-KIN electives\*
- Choose 6 credit hours from:**
- SOC-2000(3) Sociology of Sport\*
- KIN/CLAS-2061(3) Sport in the Ancient Greek World
- KIN/CLAS-2062(3) Sport in the Ancient Roman World
- KIN/CLAS-2850(3) The Classical Roots of Medical Terminology
- HIST-2912(3) The History of Modern Medicine\*
- KIN/CLAS-3060/ANTH-3262(3) Health in Antiquity
- HIST-3913(3) The History of Disease\*
- KIN-4104(3) Sport Ethics

18 credit hours of Kinesiology courses must be at the 3000 or 4000 level.

\*Any course(s) not from Kinesiology and Applied Health

Humanities: 12 credit hours in Humanities

Science: 6 credit hours in Science

Writing: Minimum 3 credit hours of Academic Writing.

Indigenous: 3 credit hours in designated Indigenous requirement courses

Maximum Introduction Students may use a maximum of 42 credit hours at the 1000 level. Of these, a maximum of 6 credit hours may be below the 1000 level.

Distribution: Minimum three (3) credit hours from each of five (5) different subjects

### MAJOR REQUIREMENT

Major: Minimum 84 credit hours/Maximum 87 credit hours.

It is recommended you check the **Academic Calendar** to ensure you complete all required courses for your degree.