

Degree Requirement Checklist

3 year BPHE - Kinesiology Major

Kinesiology and Applied Health

Suggested Course Map:

Year One - 30 Credit Hours

	KIN-1101(3) Introduction to Kinesiology
	KIN-1102(3) Introduction to Health
	KIN-1601(3) Nutrition for Health and Wellness
	BIOL-1112(6) Human Anatomy and Physiology*
	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)*
	6 credit hours of Non-KIN electives*

Year Two - 30 Credit Hours

	KIN-2102(3) Pedagogical Theories and Models for Physical Activity and Sport
	KIN-2104(3) Outdoor Recreation and Education
	KIN-2105(3) Sport and Exercise Psychology
	KIN-2202(3) Prevention and Care of Sport Injuries
	KIN-2207(3) Physical Growth and Motor Development
	KIN-2301(3) Human Musculoskeletal Anatomy
	KIN-2304(3) Scientific Principles of Fitness and Conditioning
	6 credit hours Humanities Requirement (may use course that also fulfills Indigenous Requirement)*
	3 credit hours of Non-KIN elective*

Year Three - 30 Credit Hours

	KIN-3103(3) Inclusive Physical Activity
	KIN-3110(1.5) Instruction in Individual/Dual Based Activities
	KIN-3111(1.5) Instruction in Team Based Activities
	KIN-3112(1.5) Instruction in Rhythmic & Gymnastic Based Activities
	KIN-3113(1.5) Instruction in Fitness Activities
	KIN-3209(3) Motor Control and Learning
	18 credit hours of Non-KIN electives*

*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 Introductory Courses:	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 42 credit hours/Maximum 54 credit hours.

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