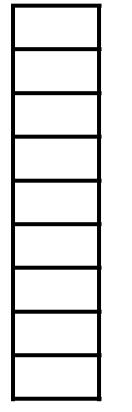
## Degree Requirement Checklist 3 year BPHE - Kinesiology Major Kinesiology and Applied Health

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.