



What is an Honours program?

The Honours program is a 4-year program with a different purpose and, therefore, different entrance and graduation requirements from both the 3-year and 4-year BKin. and BSc. programs.

Why enroll in the Honours program?

Honours programs provide an intensive student-centered learning environment in the form of seminars capped at 15. Students actively present, contribute, and respond to course material, enabling them to cultivate critical skills transferable to many different careers.

An Honours BKin degree gives students the opportunity to study a particular discipline within Kinesiology in more depth as well as strengthen their research, problem solving, and writing skills.

What does the Honours program entail?

KIN-4156: Honours Thesis I

KIN-4256: Honours Thesis II

The Honours Thesis component matches the student with an expert in their field of interest who can act as a mentor. This will provide the student with a sound foundation for further professional degrees and prepare them as strong candidates for entrance into graduate programs and/or simply create an avenue to satisfy academic curiosity.

Am I eligible to apply?

Students must:

- 1) Be registered in the 4-year BKin major degree in Kinesiology and Applied Health.
- 2) Have completed a minimum of 45 credit hours.
- 3) Have a minimum 3.0 GPA (B) across all Kinesiology and Applied Health courses taken through the first 3-years.
- 4) Students completing their 3rd year have until June 30th to apply.

How can I apply?

Complete the Honours Application Form that can be found on our website.

[kin-honours-application-fillable.pdf](#)

Further inquiries can be sent to:

kinesiology@uwinnipeg.ca