

Required Courses for Kinesiology

KINE 1000	Foundations in Kinesiology
KINE 1010	Human Anatomy & Physiology I
KINE 1020	Information Literacy and Written Communications
KINE 1030	Quantitative Reasoning
KINE 1100	Human Anatomy & Physiology II
KINE 1110	Intro to Movement Neuroscience
KINE 1120	Human Growth and Motor Development
KINE 1130	Sociocultural Perspectives
KINE 2000	Anatomy of Human Movement
KINE 2010	Health and Indigenous People in Canada
KINE 2020	Exercise Biochemistry
KINE 2030	Psychology of Sport and Exercise
KINE 2040	Biomechanics
KINE 2100	Intro to Injury Management
KINE 2110	Motor Control and Learning
KINE 2120	Ethical Behaviour
KINE 2130	Exercise Physiology
KINE 2140	Research Methods
KINE 3000	Fitness Assessment & Exercise Prescription
KINE 3010	Critical Appraisal of Statistics
KINE 3100	Nutrition and Health
KINE 4100	Kinesiology Capstone

Any two Biology (BIOL 1010), (BIOL 1011), (BIOL 1841), Chemistry (CHEM 1010) (CHEM 1020), Psychology (PSYC 1000), OR Social Sciences (SSCI 1200, SOCI 1000, COMM 1100) courses.

- *NOTE:* For students interested in biophysical aspects of Kinesiology, we recommend taking either one or two Biology courses as well as one or two Chemistry courses (additional courses will go towards the elective requirement).
- For students interested in psychosocial aspects of Kinesiology, we recommend taking Psychology and Sociology courses.
- *for special circumstances please see your advisor

A minimum of 8 KINE courses at the 3000 or 4000 level

- *NOTE:* Upper year Kinesiology courses should be chosen based on recommended course listings in the Kinesiology handbook to ensure the student is best prepared for the field of interest upon graduation.

Eight open electives at any level, in any faculty

- *NOTE:* Electives can be used to follow two recommended course listings from the Kinesiology handbook or to minor in another subject area.

Fitness and Health Promotion Pathway

KINE 1020	Information Literacy and Written Communications
KINE 1030	Quantitative Reasoning
KINE 1100	Human Anatomy & Physiology II
KINE 1110	Intro to Movement Neuroscience
KINE 1120	Human Growth and Motor Development
KINE 1130	Sociocultural Perspectives
KINE 2010	Health and Indigenous People in Canada
KINE 2020	Exercise Biochemistry
KINE 2030	Psychology of Sport and Exercise
KINE 2040	Biomechanics
KINE 2100	Intro to Injury Management
KINE 2110	Motor Control and Learning
KINE 2120	Ethical Behaviour
KINE 2130	Exercise Physiology
KINE 2140	Research Methods
KINE 3010	Critical Appraisal of Statistics
KINE 4100	Kinesiology Capstone

Any two Biology (BIOL 1010), (BIOL 1011), (BIOL 1841), Chemistry (CHEM 1010) (CHEM 1020), Psychology (PSYC 1000), OR Social Sciences (SSCI 1200, SOCI 1000, COMM 1100) courses.

- *NOTE:* For students interested in biophysical aspects of Kinesiology, we recommend taking Biology or Chemistry course. For students interested in psychosocial aspects of Kinesiology, we recommend taking a course from the Faculty of Social Sciences and Humanities.

A minimum of 8 KINE courses at the 3000 or 4000 level

- *NOTE:* Upper year Kinesiology courses should be chosen based on recommended course listings in the Kinesiology handbook to ensure the student is best prepared for the field of interest upon graduation.

Three open electives at any level, in any faculty

- *NOTE:* Electives can be used to follow two recommended course listings from the Kinesiology handbook or to minor in another subject area.

Occupational therapy Assistant (OTA) / Physical Therapy Assistant (PTA)

KINE 1020	Information Literacy and Written Communications
KINE 1030	Quantitative Reasoning
KINE 1110	Intro to Movement Neuroscience
KINE 2010	Health and Indigenous People in Canada
KINE 2020	Exercise Biochemistry
KINE 2030	Psychology of Sport and Exercise
KINE 2040	Biomechanics
KINE 2100	Intro to Injury Management
KINE 2110	Motor Control and Learning
KINE 2120	Ethical Behaviour
KINE 2130	Exercise Physiology
KINE 2140	Research Methods
KINE 3000	Fitness Assessment & Exercise Prescription
KINE 3010	Critical Appraisal of Statistics
KINE 3100	Nutrition and Health
KINE 4100	Kinesiology Capstone

Any two Biology (BIOL 1010), (BIOL 1011), (BIOL 1841), Chemistry (CHEM 1010) (CHEM 1020), Psychology (PSYC 1000), OR Social Sciences (SSCI 1200, SOCI 1000, COMM 1100) courses.

- *NOTE:* For students interested in biophysical aspects of Kinesiology, we recommend taking Biology or Chemistry course. For students interested in psychosocial aspects of Kinesiology, we recommend taking a course from the Faculty of Social Sciences and Humanities.

A minimum of 8 KINE courses at the 3000 or 4000 level

- *NOTE:* Upper level Kinesiology courses should be chosen based on recommended course listings in the Kinesiology handbook to ensure the student is best prepared for the field of interest upon graduation.

Four open electives at any level, in any faculty

- *NOTE:* Electives can be used to follow two recommended course listings from the Kinesiology handbook or to minor in another subject area.

Kinesiology Electives

KINE 3476 – Advanced Sport Injury Management
KINE 3482 – Physical Activity & Indigenous peoples in Canada
KINE 4401 – Motor Behaviour and Developmental Disabilities
KINE 4404 – Injury Prevention for Sport and Physical Activity
KINE 4405 – Policy Development for Sport and Physical Activity
KINE 4410 – Practical Skills for Kinesiology Professionals
KINE 4412 – Exercise Rehabilitation I
KINE 4413 – Exercise Rehabilitation II
KINE 4414 – Advanced Neuromuscular Physiology and Pathophysiology
KINE 4460 – Selected Topics in Physical Activity and Health
KINE 4461 – Applied Topics in Sport and Exercise Physiology
KINE 4473 – Practical Human Anatomy I (Offsite CMCC course)
KINE 4474 – Practical Human Anatomy II (Offsite CMCC course)
KINE 4475 – Occupational Ergonomics
KINE 4476 – Clinical Biomechanics
KINE 4477 – Applied Topics in Sport & Exercise Physiology
KINE 4478 – Advanced Ergonomics & Human Factors
KINE 4482 – Advanced Exercise Assessment & Prescription
KINE 4483 – Advanced Exercise Physiology
KINE 4490 – Kinesiology Internship I
KINE 4492 – Athletic Therapy Internship I
KINE 4493 – Athletic Therapy Internship II
KINE 4494 – Extended Athletic Therapy Internship I
KINE 4495 – Extended Athletic Therapy Internship II