

UPDATED: July 20, 2026

Kinesiology (BHSc) 2026-2027

Fitness and Health Promotion Bridge

The below is a suggested program summary. Actual offering may differ from semester 1 to 2.

**This map is for Graduates of the Durham College FHP Program
starting in Spring 2026**

Bridge Semester	Spring/Summer Semester			
	Students must complete the following 3 bridging courses with a minimum 2.3 GPA (on a 4.3 point scale) or higher in each of them to progress.			
	1. HLSC 1201U – Human Anatomy & Physiology			
	2. KINE 2002U – Fitness & Health Promotion Bridge			
Year 2	3. One Elective (One of: Biology (BIOL), Chemistry (CHEM), Social Sciences (SSCI) or LEAP 1001U)			
	Semester 1 (Fall)	Prerequisite(s)	Semester 2 (Winter)	Prerequisite(s)
	KINE 1020U - Information Literacy and Written Communications		KINE 1140U - Exercise Biochemistry	
	KINE 1030U - Quantitative Reasoning		KINE 2120U - Ethical Behaviour	KINE 1130U OR KINE 2002U
	KINE 2050U - Intro to Movement Neuroscience	KINE 1100U	KINE 1130U - Sociocultural Perspective	
	KINE 3010U - Critical Appraisal of Statistics	KINE 2140U	KINE 2040U – Biomechanics	KINE 1030U, KINE 1100U and KINE 2000U
Year 3	KINE 2030U - Psychology of Sport & Exercise	KINE 1130U or KINE 2002U	KINE 2110U - Motor Control & Learning	KINE 2050U
	Semester 1	Prerequisite(s)	Semester 2	Prerequisite(s)
	Kinesiology Elective (3000 or 4000 level)**		KINE 1120U - Human Growth and Motor Development	
	Kinesiology Elective (3000 or 4000 level)**		KINE 4100U - Kinesiology Capstone	90 credit hours/final year
	Kinesiology Elective (3000 or 4000 level)**		Kinesiology Elective (3000 or 4000 level)**	
	Kinesiology Elective (3000 or 4000 level)**		Kinesiology Elective (3000 or 4000 level)**	
	Kinesiology Elective (3000 or 4000 level)**		Kinesiology Elective (3000 or 4000 level)**	

**Senior-level Kinesiology elective courses may be chosen based on recommended clusters in the Kinesiology handbook. If interested in being eligible to apply for AT internship for final year, students must take KINE 3476 (Advanced Sport Injury Management) as a KINE Elective in year 2.