

Kinesiology (BHSc) 2026-2027

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

	Semester 1	Prerequisite(s)	Semester 2	Prerequisite(s)
Year 1	KINE 1000U – Foundations in Kinesiology		KINE 1100U – Human Anatomy & Physiology II	KINE 1010U
	KINE 1010U – Human Anatomy & Physiology I		KINE 1140U Exercise Biochemistry	
	KINE 1020U - Information Literacy and Written Communications		KINE 1120U - Human Growth and Motor Development	
	KINE 1030U - Quantitative Reasoning		KINE 1130U - Sociocultural Perspective	
	One of: Biology (BIOL), Chemistry (CHEM), Psychology (PSYC), or Social Science (SSCI, SOCI, COMM).		One of: Biology (BIOL), Chemistry (CHEM), Psychology (PSYC), or Social Science (SSCI, SOCI, COMM).	
Year 2	Semester 1	Prerequisite(s)	Semester 2	Prerequisite(s)
	KINE 2000U - Anatomy of Human Movement	KINE 1100U	KINE 2100U - Intro to Injury Management	KINE 2000U
	KINE 2010U - Health and Indigenous People in Canada	KINE 1130U	KINE 2110U - Motor Control and Learning	KINE 2050U
	KINE 2050U Intro to Movement Neuroscience	KINE 1100U	KINE 2040U – Biomechanics	KINE 1030U and KINE 1100U and KINE 2000U
	KINE 2030U - Psychology of Sport and Exercise	KINE 1130U	KINE 2130U - Exercise Physiology	KINE 1100U
KINE 2140U - Research Methods	KINE 1030U	KINE 2120U - Ethical Behaviour	KINE 1130U	
Year 3	Semester 1	Prerequisite(s)	Semester 2	Prerequisite(s)
	KINE 3000U - Fitness Assessment & Exercise Prescription	KINE 2130U	KINE 3100U - Nutrition and Health	KINE 1100U
	KINE 3010U - Critical Appraisal of Statistics	KINE 2140U	Kinesiology Elective (3000 or 4000 level)**	
	Kinesiology Elective (3000 or 4000 level)**		Kinesiology Elective (3000 or 4000 level)**	
	Kinesiology Elective (3000 or 4000 level)**		Open Elective*	
Open Elective*		Open Elective*		
Year 4	Semester 1	Prerequisite(s)	Semester 2	Prerequisite(s)
	Kinesiology Elective (3000 or 4000 level)**		KINE 4100U - Kinesiology Capstone	90 credit hours/Final Year of KINE program
	Kinesiology Elective (3000 or 4000 level)**		Kinesiology Elective (3000 or 4000 level)**	
	Open Elective*		Kinesiology Elective (3000 or 4000 level)**	
	Open Elective*		Open Elective*	
Open Elective*		Open Elective*		

Open Electives may be at any level, in any Faculty. **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 an KINE Elective in year 3.