

## Kinesiology (BHSc) 2026-2027

Advanced Entry for Fitness and Health Promotion

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

**This map is for students who start the program in Fall 2026**

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

\*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.