

Bachelor Of Health Science - Kinesiology - Health & Wellness 2019-2020

The below is a suggested program summary. Courses offerings may be scheduled in the Fall, Winter or Spring/Summer terms. Please refer to MyCampus for further details.

Year 1 (2019/20)

Done	Semester 1	Prerequisite(s)	Done	Semester 2	Prerequisite(s)
	BIOL 1010U - Biology I OR	Credit restriction(s): BIOL 1011U, BIOL 1840U and BIOL 1841U		HLSC 1201U - Human Anatomy & Physiology II	HLSC 1200U
	BIOL 1011U – Introductory Cell and Molecular Biology OR	Credit restriction(s): BIOL 1010U, BIOL 1840U and BIOL 1841U			
	BIOL 1841U – Essentials of Biology	Credit restriction(s): BIOL 1010U, BIOL 1011U and BIOL 1840U			
	HLSC 1200U - Human Anatomy & Physiology I			HLSC 1812U - Socio-cultural Perspectives on Physical Activity & Health	HLSC 1701U; Credit restriction(s): HLSC 1811U
	HLSC 1701U - Information Literacy and Written Communications for the Health Sciences			PSYC 1000U - Introductory Psychology	
	HLSC 1810U - Health Promotion & Healthy Active Living			Open Elective	
	Open Elective			Open Elective	

Students are encouraged to declare their Specialization with the Registrar's Office.

Year 2 (2020/21)

Done	Semester 1	Prerequisite(s)	Done	Semester 2	Prerequisite(s)
	HLSC 2400U - Intro to Movement Neuroscience	HLSC 1201U		HLSC 2480U – Exercise Biochemistry	Credit Restriction(s): HLSC 2110U
	HLSC 2401U - Human Growth and Motor Development	HLSC 1201U, PSYC 1000U		HLSC 3475U - Intro to Injury Management	HLSC 1201U, HLSC 3470U; Credit Restriction(s): HLSC 3472U
	HLSC 2462U - Altered Physiology: Mechanisms of Disease I	HLSC 1201U or HLSC 2202U; Credit Restriction(s): HLSC 2460U		HLSC 3481U - Exercise Physiology	HLSC 1201U
	HLSC 2702U - Quantitative Reasoning for Kinesiology	HLSC 1200U; Credit Restriction(s): PHY 1810U		HLSC 3800U - Critical Appraisal of Statistics in Health Sciences	24 Credit Hours
	HLSC 3470U - Kinesiology I: Anatomy of Human Movement	HLSC 1201U; Co-Requisite(s): HLSC 2400U		Open Elective	

Year 3 (2021/22)

Done	Semester 1	Prerequisite(s)	Done	Semester 2	Prerequisite(s)
	HLSC 2825U - Nutrition and Health	HLSC 1201U or HLSC 2202U; Credit Restriction(s): HLSC 2820U		HLSC 3410U - Human Motor Control and Learning	HLSC 3470U
	HLSC 3020U - Health & Exercise Psychology	PSYC 1000U		HLSC 3711U - Professional Ethics & Communication in Kinesiology	24 Credit Hours; Credit Restriction(s): HLSC 3710U, HLSC 3712U
	HLSC 3480U - Principles of Fitness Assessment & Exercise Prescription	HLSC 3470U		HLSC 4412U - Exercise Rehabilitation I: Cardiac, Respiratory and Metabolic Conditions	HLSC 3480U, HLSC 3481U
	HLSC 3910U - Research Methods for Health Care Professionals: Theory and Application	HLSC 3800U		HLSC 4475U - Occupational Ergonomics	HLSC 4471U; Credit Restriction(s): HLSC 4472U
	HLSC 4471U - Kinesiology II: Musculoskeletal Biomechanics	HLSC 2702U, HLSC 3470U		Open Elective *	

Year 4 (2022/23)

Done	Semester 1	Prerequisite(s)	Done	Semester 2	Prerequisite(s)
	HLSC 3805U - Introduction to Epidemiology	HLSC 3800U		HLSC 4460U - Selective Topics in Physical Activity and Health	84 Credit Hours
	HLSC 4413U - Exercise Rehabilitation II: Integrated Case Studies	HLSC 3480U, HLSC 3481U		HLSC 4808U - Exploring Mental Health & Developmental Disabilities	84 Credit Hours
	HLSC 4482U - Advanced Exercise Assessment and Prescription	HLSC 3480U		Open Elective (2000 level or higher)	
	HLSC 4994U - Research Applications for Kinesiology OR	HLSC 3711U, HLSC 3910U Credit restriction(s): HLSC 4996U, HLSC 4998U		HLSC 4995U - Kinesiology Research to Practice OR	HLSC 4994U Credit restriction(s): HLSC 4997U, HLSC 4999U
	HLSC 4998U - Research Practicum I	HLSC 3910U and Instructor Permission Credit restriction(s): HLSC 4994U, HLSC 4996U		HLSC 4999U - Research Practicum II	HLSC 4998U Credit restriction(s): HLSC 4995U, HLSC 4997U
	Kinesiology Elective (3000 or 4000 Level)			Kinesiology Elective (3000 - or 4000 Level)	

*If interested in being eligible to apply for AT internship for final year, students must take HLSC 3476 (Advanced Sport Injury Management) for their elective

Note: Prerequisites listed above are program specific. Please refer to the Undergraduate Academic Calendar for full course details.