

# Degree Requirement Checklist

4 year B.KIN (120 credit hours)

Kinesiology and Applied Health

Suggested Course Map:

Year One - 30 Credit Hours

KIN-1101(3) Introduction to Kinesiology

KIN-1601(3) Nutrition for Health and Wellness

BIOL-1112(6) Human Anatomy and Physiology\*

PSYC-1000(6) Introduction to Psychology\* OR

SOC-1111(3) Introduction to Sociology, QWURGXFWLRQ WR 6RFLRORJ\ , & RQFHSWV DQG 0HWKRGV DQG 62 & 6RFLRORJ\ , , ~~one of these is recommended but not required~~ , QWURGXFWLRQ WR

RHET-XXXX(3) Academic Writing Requirement if required or Non-KIN elective\*

6 credit hours Humanities Requirement (may use course that also fulfills Indigenous Requirement)\*

3 credit hours of Non-KIN elective\*

Year Two - 30 Credit Hours

KIN-2105(3) Sport and Exercise Psychology

KIN-2204(3) Human Physiology

KIN-2301(3) Human Anatomy

KIN-2304(3) Scientific Principles of Fitness and Conditioning

9 credit hours of Non-KIN electives\*

KIN-2200(3) Issues in Sport OR

KIN-2305(3) Issues in Health

PSYC-2101(3) Introduction to Data Analysis\* OR

SOC-2125(3) Introduction to Quantitative Research Methods\* OR

STAT-1301(3) Statistical Analysis I\* OR

STAT-1501(3) Elementary Biological Statistics I\*

BIOL-3492(3) Quantitative and Theoretical Biology\* OR

PSYC-2102(3) Introduction to Research Methods\* OR

SOC-2126(3) Introduction to Research Design and Qualitative Research\*

Year Three - 30 Credit Hours

KIN-3106(3) Exercise Physiology

KIN-3201(3) Biomechanics

KIN-3209(3) Motor Learning & Development

KIN-3305(3) Physical Activity: Promotion and Adherence

3 credit hours of Non-KIN elective\*

9 credit hours of KIN electives

6 credit hours Humanities Requirement (may use course that also fulfills Indigenous Requirement)\*

Year Four - 30 Credit Hours

12 credit hours of KIN electives

12 credit hours of Non-KIN electives\*

Choose 6 credit hours from:

SOC-2000(3) Sociology of Sport\*

KIN/CLAS-2061(3) Sport in the Ancient Greek World

KIN/CLAS-2062(3) Sport in the Ancient Roman World

KIN/CLAS-2850(3) The Classical Roots of Medical Terminology

HIST-2912(3) The History of Modern Medicine\*

KIN/CLAS-3060/ANTH-3262(3) Health in Antiquity

HIST-3913(3) The History of Disease\*

KIN-4104(3) Sport Ethics

18 credit hours of Kinesiology courses must be at the 3000 or 4000 level.

\*Any course(s) not from Kinesiology and Applied Health

Humanities: 12 credit hours in Humanities

Science: 6 credit hours in Science

Social Science: 12 credit hours in Social Science

Writing: Minimum 3 credit hours of Academic Writing.