



## Program Planning Guide

Current and past Program Planning Guides are available on the UofL website at [www.uleth.ca/ross/ppgs/ppg.html](http://www.uleth.ca/ross/ppgs/ppg.html)

Calendar Year: 2010/2011

Faculty: Arts & Science

### About the Department of Kinesiology and Physical Education

The Department of Kinesiology and Physical Education offers courses in theoretical perspectives of the study of human movement and the practical application of physical activity involvement. A multidisciplinary field, Kinesiology provides students with a broad perspective for studying physical activity as a cultural form and human performance involvement at all levels and across the lifespan. The concept of personal wellness underlies the interdisciplinary approach to courses and programs within the Department. The Department of Kinesiology and Physical Education at the University of Lethbridge offers instruction leading to a Bachelor of Arts (B.A.) or a Bachelor of Science (B.Sc.) degree with a major in Kinesiology. The Department also offers a multidisciplinary major in Exercise Science for the B.Sc. which provides students the option of specialization in Biomechanics, Exercise Physiology, or Sport/Exercise Psychology.

### About the Major in Kinesiology for the B.A.

Students who enrol in the B.A. (Kinesiology) degree program will take a broad range of courses in the biological sciences, social sciences, and humanities dimensions of the discipline. The substantive content of these theoretical courses will include school-based physical education, high-performance sport, play, and leisure activities, as they impact individuals throughout the lifespan. Students are also required to successfully complete physical activity courses as part of their program. The B.A. (Kinesiology) degree program offers students the opportunity to investigate those psychological, social, cultural, economic, and political forces that shape kinesiology/sport in contemporary life. As such, students will study those influences that limit opportunities throughout the lifespan as well as coming to a fuller understanding of the tremendous potential of sport and leisure activities to bring pleasure and meaning to individuals and the wider community.

### Career Opportunities

Career opportunities for B.A. (Kinesiology) graduates are as varied as the courses that constitute the degree program. Graduates have found employment in

- fitness and wellness program development
- seniors' fitness and wellness
- the private sector fitness industry
- recreation departments
- school physical education
- sport journalism/broadcasting
- sport hall of fame/museum management/curator

### Co-operative Education

A Co-op option, requiring three work terms, is available. Students interested in the Co-operative Education/Internship program should contact the Coordinator of Co-operative Education in the Career Resources Centre (B610 | phone: 403-382-7154) for further information.

**Program Requirements**

The B.A. degree with a major in Kinesiology requires 40 semester courses, including a minimum of 13 courses for the major (10 Kinesiology plus six Physical Activity). The Department of Kinesiology and Physical Education offers both Kinesiology and Physical Activity courses. Courses in both subject areas are required in the major. Physical Activity courses count as 1.5 credit hours. A maximum of 20 Kinesiology courses (60.0 credit hours, including Physical Activities) is allowed.

**Transfer Credit**

Remember that you may use both University of Lethbridge credit and credit transferred from another college or university to meet degree and major requirements. Transfer credit may be either specified or unspecified. Specified credit is indicated on your transcript by the subject name and the specific number of the course, e.g., Kinesiology 1000, Kinesiology 2200, etc. Unspecified credit (1XXX, 2XXX, etc.) is indicated by the subject name and level of the course in parentheses, e.g., Kinesiology (1000 level), Kinesiology (2000 level).

**Unspecified Course Credit**

Unspecified course credit means that the University of Lethbridge does not offer the same course you transferred in, but we recognize it and treat it as a regular course. An unspecified course would count as one of your maximum of 20 from one department, but it could not meet a specific course requirement. For example, if Kinesiology 2130 is required in your program, you could not use Kinesiology (2000 level) to fulfill that requirement. Students with unspecified transfer credit need to consult an Academic Advisor to establish how the transfer credit fits in the degree program. This should be done as soon as possible after transfer credit is awarded.

**Program Worksheet**

Name: \_\_\_\_\_ ID: \_\_\_\_\_

**Required Kinesiology Theory Courses:**

- \_\_\_\_ 1. Kinesiology 1000 - Wellness and Physical Activity
- \_\_\_\_ 2. Kinesiology 2000 - Foundations of Motor Skill Acquisition
- \_\_\_\_ 3. Kinesiology 2110 - Biophysical Foundations of Human Movement
- \_\_\_\_ 4. Kinesiology 2120 - Sociological and Psychological Dimensions of Physical Activity Involvement
- \_\_\_\_ 5. Kinesiology 2130 - Humanities Dimensions of Physical Activity Involvement
- \_\_\_\_ 6. Kinesiology 2200 - Research Methodologies in Physical Activity Involvement
- \_\_\_\_ 7. ONE 4000-level Kinesiology course  
\_\_\_\_\_
- \_\_\_\_ 8-10. THREE additional Kinesiology courses, TWO of which must be at or above the 3000 level
  - 1. \_\_\_\_\_
  - 2. \_\_\_\_\_ (3000 level or above)
  - 3. \_\_\_\_\_ (3000 level or above)

**Required Physical Activity Courses (PHAC) - Each PHAC is worth 1.5 credits (a half course):**

Students must complete a minimum of SIX PHACs, including TWO at the 3000 level or above.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_ (3000 level or above)
- 6. \_\_\_\_\_ (3000 level or above)

**Note:** Kinesiology majors may earn credit for a maximum of 16 Physical Activity courses.

## Sample Sequencing Plan

Shown below is a sample sequence of courses for your degree. If you follow this plan, you should be able to graduate in four years, provided you complete five courses per semester. This is just one example of how you could complete your major and degree requirements; you may find that a different sequence works as well as this one.

<p><b>Year 1, Fall</b>                      Kinesiology 1000                      GLER course                      GLER course                      GLER course                      GLER course</p> <p><b>Year 2, Fall</b>                      Kinesiology 2000 level                      Kinesiology 2000 level                      Physical Activity<sup>1</sup>                      Physical Activity<sup>1</sup>                      Elective                      Elective</p> <p><b>Year 3, Fall</b>                      Kinesiology 2000 level                      Physical Activity 3000/4000 level<sup>1</sup>                      Physical Activity 3000/4000 level<sup>1</sup>                      Elective 3000/4000 level                      Elective                      Elective</p> <p><b>Year 4, Fall</b>                      Kinesiology 3000/4000 level                      Elective 3000/4000 level                      Elective 3000/4000 level                      Elective                      Elective</p>	<p><b>Year 1, Spring</b>                      Kinesiology elective                      GLER course                      GLER course                      GLER course                      GLER course</p> <p><b>Year 2, Spring</b>                      Kinesiology 2200                      Kinesiology 2000 level                      Physical Activity<sup>1</sup>                      Physical Activity<sup>1</sup>                      Elective                      Elective</p> <p><b>Year 3, Spring</b>                      Kinesiology 3000/4000 level                      Elective 3000/4000 level                      Elective 3000/4000 level                      Elective                      Elective</p> <p><b>Year 4, Spring</b>                      Kinesiology 4000 level                      Elective 3000/4000 level                      Elective 3000/4000 level                      Elective                      Elective</p>
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<sup>1</sup> Physical Activities are 1.5 credit hours (i.e., half courses).

### Terms Used

**GLER course:** A course that could count toward the General Liberal Education Requirement. You may use courses in your major towards this 12-course requirement. See the 2010/2011 University of Lethbridge Calendar, Part 4 - Academic Regulations (p. 85) for complete information.

The Faculty of Arts and Science offers Liberal Education 1000 and 2000, specifically designed to introduce first-year students to the wide scope of human knowledge and teach essential university success skills, critical thinking, and integrative thinking (see the 2010/2011 University of Lethbridge Calendar, Part 14 - Courses, p. 306). LBED 1000 and 2000 may be used toward satisfying the GLER.

**Elective:** A course that you may choose freely from all those available and applicable to your program. Use courses inside or outside your major, bearing in mind any restrictions that may apply (e.g., a maximum of 20 courses from any one department).



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