

University of
Lethbridge



Faculty of Arts & Science

Program Planning Guide

Department: Kinesiology and Physical Education

Calendar Year: 2013/2014

Name: _____

ID: _____

Bachelor of Science
Kinesiology

Major in Kinesiology:

www.uleth.ca/artsci/kinesiology

Faculty of Arts and Science Student Program Services:

www.uleth.ca/artsci/advising
artsci.advising@uleth.ca
(403) 329-5106
SU060

Current and Past Program Planning Guides:

www.uleth.ca/ross/ppgs

Academic Calendar:

www.uleth.ca/ross/academic-calendar

Co-operative Education:

www.uleth.ca/artsci/coop

This is a planning guide and not a graduation check or guarantee of course offerings. You should have a program check done in your final year of studies. Students are responsible for the accuracy of their own programs. The guide should be used in conjunction with the University of Lethbridge Calendar, which is the final authority on all questions regarding program requirements and academic regulations. Contact an Academic Advisor in the the Faculty of Arts and Science for advising information.

Name : _____

ID : _____

B.Sc. Kinesiology

Completion of at least 40 courses (120.0 credit hours) with a grade point average of at least 2.00.

Major Requirements (17 courses)

Other Courses (minimum 23 courses)

- _____ Biology 1010 - Cellular Basis of Life
- _____ Kinesiology 1000 - Wellness and Physical Activity
- _____ Kinesiology 2200 - Research Methodologies in Physical Activity Involvement
- _____ Kinesiology 2600 - Functional Human Anatomy
- _____ Kinesiology 2610 - Human Physiology
- _____ Kinesiology 3610 - Exercise Physiology
- _____ Kinesiology 3630 - Growth, Development and Aging
- _____ Kinesiology 3650 - Biomechanics

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____
- 19. _____
- 20. _____
- 21. _____
- 22. _____
- 23. _____

One of:

- _____ Kinesiology 2130 - Humanities Dimensions of Physical Activity Involvement
- _____ Kinesiology 2140 - Psychological Dimensions of Physical Activity Involvement
- _____ Kinesiology 2150 - Sociological Dimensions of Physical Activity Involvement
- _____ Kinesiology 3640 - Culture of Physical Activity

One of:

- _____ Chemistry 1110 - Chemistry for Life Sciences I
- _____ Physics 1000 - Introduction to Physics I OR Physics 1050 - Introduction to Biophysics

Two of:

- _____ One course in introductory statistics (Psychology 2030 - Methods and Statistics or Sociology 2130 - Social Statistics I or Statistics 1770 - Introduction to Probability and Statistics)
- _____ One course in Mathematics at the 1000 level or higher
- _____ One course in Computer Science

One course (3.0 credit hours) in Kinesiology at the 4000 level

One additional course (3.0 credit hours) in Kinesiology at the 3000/4000 level

Two courses (3.0 credit hours) in Physical Activity at the 3000/4000 level

- 1. _____
- 2. _____

Four additional courses (6.0 credit hours) in Physical Activity

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Notes

Each Physical Activity course counts as one-half course (1.5 credit hours). Students with a major in Kinesiology may earn credit for a maximum of 10 Physical Activity courses (15.0 credit hours).

See also:

- Bachelor of Arts - Kinesiology
- Bachelor of Science - Exercise Science

Completion of the General Liberal Education Requirement (GLER).

Only four courses (12.0 credit hours) in total may be counted from all courses offered by a single department. See the 2013/2014 Calendar, p. 88, for more information.

LIST I: Fine Arts and Humanities Courses

1. _____ 3. _____

2. _____ 4. _____

LIST II: Social Science Courses

1. _____ 3. _____

2. _____ 4. _____

LIST III: Science Courses

1. _____ 3. _____

2. _____ 4. _____

Not more than 12 courses (36.0 credit hours) may be completed at the 1000 level (or lower) [0500 - 1999] for credit towards the degree, excluding Activity courses (labelled PHAC and MUSE).

1. _____ 7. _____

2. _____ 8. _____

3. _____ 9. _____

4. _____ 10. _____

5. _____ 11. _____

6. _____ 12. _____

Completion of at least 15 courses (45.0 credit hours) from disciplines offered by the Faculty of Arts and Science or the Faculty of Fine Arts at the 3000/4000 level, excluding Activity courses (labelled PHAC and MUSE).

1. _____ 9. _____

2. _____ 10. _____

3. _____ 11. _____

4. _____ 12. _____

5. _____ 13. _____

6. _____ 14. _____

7. _____ 15. _____

8. _____

____ Not more than five Independent Study courses (15.0 credit hours) may be completed for credit towards the degree.

____ Not more than five Disciplinary Credit Applied Studies courses (15.0 credit hours) may be completed for credit towards the degree. Students may, in addition, complete Applied Studies 2000, 2001, 2010, and 2011.

____ Not more than 24 courses (72.0 credit hours) may be completed from any one discipline for credit towards the degree.

Note: Disciplines are identified by a specific course label (e.g. KNES, ASTR, and HIST are separate disciplines).

____ Not more than four Activity courses (i.e. courses labelled PHAC and MUSE; maximum 6.0 credit hours) may be completed for credit towards the degree, except for Kinesiology majors (not more than 10 Activity courses; 15.0 credit hours) and Music majors (not more than 8 Activity courses; 12.0 credit hours).

____ Not more than four courses (12.0 credit hours) from disciplines offered outside the Faculty of Arts and Science or the Faculty of Fine Arts may be completed for credit towards the degree (i.e. labelled CDEV, CRED, EDUC, HLSC, MGT, NURS, and PUBH). Courses cross-listed between the Faculty of Arts and Science and another Faculty do not count towards this limit.

____ **Residence requirement:**
Degree: at least 20 courses (60.0 credit hours) must be completed at the University of Lethbridge, including the last 10 courses (30.0 credit hours) completed for credit towards the degree.
Major: at least half of the courses required in the major must be completed at the University of Lethbridge.

Minor (Optional): _____

See the 2013/2014 Calendar, p. 143, for eligible minors.

1. _____ 4. _____

2. _____ 5. _____

3. _____ 6. _____

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>Year 1, Fall Kinesiology 1000 GLER course GLER course GLER course GLER course</p>	<p>Year 1, Spring Biology 1010 Computer Science, Mathematics, or Statistics course Physical Activity¹ Physical Activity¹ GLER course Elective</p>
<p>Year 2, Fall Kinesiology 2600 Kinesiology 2610 One of: Chemistry 1110, Physics 1000, Physics 1050 Physical Activity¹ Physical Activity¹ GLER course</p>	<p>Year 2, Spring Kinesiology 2200 Kinesiology list course Computer Science, Mathematics, or Statistics course Elective Elective</p>
<p>Year 3, Fall Kinesiology 3650 Physical Activity 3000/4000 level¹ Physical Activity 3000/4000 level¹ Elective 3000/4000 level Elective 3000/4000 level Elective</p>	<p>Year 3, Spring Kinesiology 3610 Kinesiology 3630 Elective 3000/4000 level Elective 3000/4000 level Elective</p>
<p>Year 4, Fall Kinesiology 3000/4000 level Elective 3000/4000 level Elective 3000/4000 level Elective 3000/4000 level Elective</p>	<p>Year 4, Spring Kinesiology 4000 level Elective 3000/4000 level Elective 3000/4000 level Elective 3000/4000 level Elective</p>

¹ 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 2013/2014 University of Lethbridge Calendar, Part 4 - Academic Regulations (p. 88) 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 2013/2014 University of Lethbridge Calendar, Part 14 - Courses, p. 307). 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 24 courses from any one discipline).

