

University of  
Lethbridge



## Program Planning Guide

**Department:** Kinesiology and Physical Education

**Calendar Year:** 2017/2018

**Name:** \_\_\_\_\_

**ID:** \_\_\_\_\_

**Bachelor of Arts**  
**Kinesiology**

**Major in Kinesiology:**

[www.uleth.ca/artsci/kinesiology](http://www.uleth.ca/artsci/kinesiology)

**Academic Calendar:**

[www.uleth.ca/ross/academic-calendar](http://www.uleth.ca/ross/academic-calendar)

**High School Admission Requirements:**

[www.uleth.ca/ross/admissions/undergrad/high-school](http://www.uleth.ca/ross/admissions/undergrad/high-school)

**Current and Past Program Planning Guides:**

[www.uleth.ca/ross/ppgs](http://www.uleth.ca/ross/ppgs)

**Faculty of Arts and Science Advising:**

[www.uleth.ca/artsci/advising](http://www.uleth.ca/artsci/advising)  
[artsci.advising@uleth.ca](mailto:artsci.advising@uleth.ca)  
403-329-5106  
SU060

**Co-operative Education:**

[www.uleth.ca/artsci/coop](http://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 Faculty of Arts and Science for advising information.

**Name :** \_\_\_\_\_

**ID :** \_\_\_\_\_

**B.A. Kinesiology**

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

**Major Requirements (19 courses)**

- \_\_\_\_\_ 1. Kinesiology 1000 - Wellness and Physical Activity
- \_\_\_\_\_ 2. Kinesiology 2110 - Biophysical Perspectives
- \_\_\_\_\_ 3. Kinesiology 2130 - Humanities Perspectives
- \_\_\_\_\_ 4. Kinesiology 2140 - Psychological Perspectives
- \_\_\_\_\_ 5. Kinesiology 2150 - Sociological Perspectives
- \_\_\_\_\_ 6. Kinesiology 2160 - Management Perspectives
- \_\_\_\_\_ 7. Kinesiology 2200 - Research Methodologies
- \_\_\_\_\_ 8. Kinesiology 2600 - Functional Human Anatomy

**Other Courses (minimum 21 courses)**

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

Five courses (15.0 credit hours) in Kinesiology at the 3000/4000 level with a Humanities or Social Science designation, excluding Kinesiology 3980 and 4980 (Applied Studies)

- 9. \_\_\_\_\_
- 10. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_
- 13. \_\_\_\_\_

Three courses (9.0 credit hours) in Kinesiology at the 4000 level with a Humanities or Social Science designation, excluding Kinesiology 4980 (Applied Studies)

- 14. \_\_\_\_\_
- 15. \_\_\_\_\_
- 16. \_\_\_\_\_

Three courses (9.0 credit hours) in Physical Activity at the 3000 level

- 17. \_\_\_\_\_
- 18. \_\_\_\_\_
- 19. \_\_\_\_\_

**Notes**

To determine if a given course in Kinesiology has a Humanities or Social Science designation, see List I: Fine Arts and Humanities Courses and List II: Social Science Courses (Part 4, p. 81).

No more than two Independent Study courses (Kinesiology 3990 or 4990; 6.0 credit hours) may be counted towards the major.

See also:

- Bachelor of Science - Kinesiology
- Bachelor of Arts/Bachelor of Education - Kinesiology/Physical Education
- Bachelor of Arts/Bachelor of Management - Kinesiology

**Completion of the Liberal Education List Requirement (Lib Ed Requirement).**

*Only four courses (12.0 credit hours) in total may be counted from any one discipline toward the Lib Ed Requirement. Disciplines are identified by separate course subject codes.*

*Only four courses (12.0 credit hours) from each of the Faculties of Education (EDUC), Health Sciences (ADCS, HLSC, NURS, PUBH, and TREC), and Management (MGT) may be counted towards the Lib Ed Requirement.*

*See the 2017/2018 Calendar, p. 79, 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) and courses numbered in the range of 0520 to 0530.

- |          |                  |
|----------|------------------|
| 1. _____ | 7. _____         |
| 2. _____ | 8. _____         |
| 3. _____ | 9. _____         |
| 4. _____ | 10. _____        |
| 5. _____ | 11. _____        |
| 6. _____ | 12. _____ (max.) |

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. _____ (min.) |
| 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 six credit hours in Activity courses (i.e. courses labelled PHAC and MUSE) may be completed for credit towards the degree, except for Kinesiology majors (not more than 15.0 credit hours) and Music majors (not more than 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 ADCS, CDEV, CRED, EDUC, HLSC, MGT, NURS, PUBH, and TREC). Courses cross-listed between the Faculty of Arts and Science and another Faculty do not count towards this limit.

\_\_\_\_ Residence requirement:

Degree: a minimum of 20 courses (60.0 credit hours) must be completed at the University of Lethbridge, including at least 10 Arts and Science courses (30.0 credit hours) at the 3000/4000 level.

Major: at least half of the courses required in the major must be completed at the University of Lethbridge.

**Minor (Optional):** \_\_\_\_\_  
*See the 2017/2018 Calendar, p. 137, 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 term. 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                      Lib Ed Requirement course                      Lib Ed Requirement course                      Lib Ed Requirement course                      Lib Ed Requirement course</p>	<p><b>Year 1, Spring</b>                      Kinesiology 2000 level                      Kinesiology 2000 level                      Lib Ed Requirement course                      Lib Ed Requirement course                      Lib Ed Requirement course</p>
<p><b>Year 2, Fall</b>                      Kinesiology 2000 level                      Kinesiology 2000 level                      Physical Activity 3000 level                      Lib Ed Requirement course                      Elective</p>	<p><b>Year 2, Spring</b>                      Kinesiology 2000 level                      Kinesiology 2000 level                      Kinesiology 2000 level                      Elective                      Elective</p>
<p><b>Year 3, Fall</b>                      Kinesiology 3000/4000 level                      Kinesiology 3000/4000 level                      Physical Activity 3000 level                      Elective 3000/4000 level                      Elective</p>	<p><b>Year 3, Spring</b>                      Kinesiology 3000/4000 level                      Kinesiology 3000/4000 level                      Physical Activity 3000 level                      Elective 3000/4000 level                      Elective 3000/4000 level</p>
<p><b>Year 4, Fall</b>                      Kinesiology 4000 level                      Kinesiology 3000/4000 level                      Elective 3000/4000 level                      Elective 3000/4000 level                      Elective</p>	<p><b>Year 4, Spring</b>                      Kinesiology 4000 level                      Kinesiology 4000 level                      Elective 3000/4000 level                      Elective 3000/4000 level                      Elective</p>

**Terms Used**

**Lib Ed Requirement course:** A course that could count toward the Liberal Education List Requirement. You may use courses in your major towards this 12-course requirement. See the 2017/2018 University of Lethbridge Calendar, Part 4 - Academic Regulations 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 2017/2018 University of Lethbridge Calendar, Part 14 - Courses). LBED 1000 and 2000 may be used toward satisfying the Lib Ed Requirement.

**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).

