



## 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.Sc.

Students who enrol in the B.Sc. (Kinesiology) degree will take a broad range of courses that focus upon the human performance aspects of Kinesiology. Required courses provide an overview of the discipline, but the primary emphasis is the development, function and changing physical and psychological parameters that accompany physical activity involvement at all levels and throughout the lifespan. The B.Sc. in Kinesiology provides a solid foundation in the study of the anatomical, mechanical, and physiological characteristics that underlie personal achievement in sport and physical activity.

### Career Opportunities

Career opportunities in Kinesiology (B.Sc.) could include

- sport injury assessment and rehabilitation
- athletic therapy
- fitness testing and consulting
- coaching
- preparation for graduate studies
- with further study, careers in a variety of medical disciplines

### 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.

### High School Courses

Several university-level science courses have high school-level courses as recommended background or prerequisites. Students are advised to complete recommended background courses before registering in the university-level course; students must have successfully completed prerequisites before they may register in the university-level course. Students pursuing a B.Sc. major in Kinesiology should note the following recommended/required high school courses.

<i>UofL Science course</i>		<i>High School course</i>
Biology	1010	Biology 30 and Chemistry 30**
Chemistry	1110	<i>Recommended: Chemistry 30** and Pure Mathematics 30*</i>
Computer Science	1620	Pure Mathematics 30*
	1820	Pure Mathematics 30*
Mathematics	1410	Pure Mathematics 30*
	1510	Pure Mathematics 30*
	1560	Pure Mathematics 30*
		<i>Recommended: Mathematics 31 and a blended grade of at least 75% in Pure Mathematics 30*</i>
Physics	1000	Physics 30 and Pure Mathematics 30*
	1050	Pure Mathematics 30*
		<i>Recommended: One course in the physical sciences at the 20 level or above</i>
Statistics	1770	Pure Mathematics 30*

\* Instead of Pure Mathematics 30, students may use UofL's Mathematics 0500, or both Applied Mathematics 30 and a minimum grade of 75% in Athabasca University's Mathematics 101.

\*\* Instead of Chemistry 30, students may use UofL's Chemistry 0500.

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.

**Program Requirements**

The B.Sc. degree with a major in Kinesiology requires 40 semester courses, including a minimum of 17 courses for the major (10 Kinesiology, four cognates and 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 2200 - Research Methodologies in Physical Activity Involvement
- \_\_\_\_\_ 3. Kinesiology 2600 - Functional Human Anatomy
- \_\_\_\_\_ 4. Kinesiology 2610 - Human Physiology
- \_\_\_\_\_ 5. \*Kinesiology 3610 - Exercise Physiology
- \_\_\_\_\_ 6. Kinesiology 3630 - Growth, Development and Aging
- \_\_\_\_\_ 7. Kinesiology 3650 - Biomechanics
- \_\_\_\_\_ 8. ONE of:
  - \_\_\_\_\_ Kinesiology 2120 - Sociological and Psychological Dimensions of Physical Activity Involvement
  - \_\_\_\_\_ Kinesiology 2130 - Humanities Dimensions of Physical Activity Involvement
  - \_\_\_\_\_ \*\*Kinesiology 3640 - Culture of Physical Activity
- \_\_\_\_\_ 9. ONE Kinesiology course at the 4000 level:
 

\_\_\_\_\_
- \_\_\_\_\_ 10. One additional Kinesiology course at the 3000/4000 level:
 

\_\_\_\_\_

**Required Cognate Courses:**

- \_\_\_\_\_ 11. Biology 1010 - Cellular Basis of Life
- \_\_\_\_\_ 12. ONE of:
  - \_\_\_\_\_ Chemistry 1110 - Chemistry for Life Sciences I
  - \_\_\_\_\_ Physics 1000 - Introduction to Physics I OR Physics 1050 - Introduction to Biophysics
- \_\_\_\_\_ 13-14. TWO of:
  - \_\_\_\_\_ One course in introductory statistics (Psychology 2030 - Methods and Statistics\*\* or Sociology 2130 - Social Statistics\*\* or Statistics 1770 - Introduction to Probability and Statistics)
  - \_\_\_\_\_ One course in Mathematics (at the 1000 level or higher)
  - \_\_\_\_\_ One course in Computer Science

\*Has recommended background that is not specifically required for the major in Kinesiology.

\*\*Has prerequisite.

**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. \_\_\_\_\_ (3000/4000 level)
6. \_\_\_\_\_ (3000/4000 level)

**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 1, Spring</b>                      Biology 1010 <i>(required cognate)</i>                      Computer Science, Mathematics,                      or Statistics cognate                      Physical Activity<sup>1</sup>                      Physical Activity<sup>1</sup>                      GLER course                      Science elective</p>
<p><b>Year 2, Fall</b>                      Kinesiology 2600                      Kinesiology 2610                      One of: Chemistry 1110,                      Physics 1000, Physics 1050  <i>(required cognate)</i>                      Physical Activity<sup>1</sup>                      Physical Activity<sup>1</sup>                      GLER course</p>	<p><b>Year 2, Spring</b>                      Kinesiology 2200                      One of: Kinesiology 2120, 2130,                      3640                      Computer Science, Mathematics,                      or Statistics cognate                      Science elective                      Science elective</p>
<p><b>Year 3, Fall</b>                      Kinesiology 3650                      Physical Activity 3000/4000 level<sup>1</sup>                      Physical Activity 3000/4000 level<sup>1</sup>                      Science elective                      Science elective                      Science elective</p>	<p><b>Year 3, Spring</b>                      Kinesiology 3610                      Kinesiology 3630                      Elective 3000/4000 level                      Science elective                      Science elective</p>
<p><b>Year 4, Fall</b>                      Kinesiology 3000/4000 level                      Elective 3000/4000 level                      Elective 3000/4000 level                      Science elective                      Science elective</p>	<p><b>Year 4, Spring</b>                      Kinesiology 4000 level                      Science elective 3000/4000 level                      Elective 3000/4000 level                      Science elective                      Science elective</p>

<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).

**Cognate:** A course from a related discipline deemed to complement the chosen area of study and to encompass knowledge and skills essential to that area.



**[www.ulethbridge.ca](http://www.ulethbridge.ca)**

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

University of Lethbridge  
Registrar's Office and Student Services  
4401 University Drive  
Lethbridge, Alberta T1K 3M4

