

University of
Lethbridge



Faculty of Arts & Science

Program Planning Guide

Department: Kinesiology and Physical Education

Calendar Year: 2013/2014

Name: _____

ID: _____

Bachelor of Science Exercise Science

Major in Exercise Science:

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 Faculty of Arts and Science for advising information.

Name : _____

ID : _____

B.Sc. Exercise Science

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

Major Requirements (20 courses)

Required core (12 courses):

- _____ Biochemistry 2300 - Elements of Human Nutrition
- _____ Biology 1010 - Cellular Basis of Life
- _____ Chemistry 1110 - Chemistry for Life Sciences I
- _____ 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
- _____ Mathematics 1560 - Calculus I
- _____ Neuroscience 2600 - Brain and Behaviour

Options (8 courses):

Eight courses (24.0 credit hours) from the following; a minimum of six courses (18.0 credit hours) from the Options list must be at the 3000/4000 level:

- _____ Biochemistry 2000 - Introductory Biochemistry
- _____ Chemistry 2120 - Chemistry for Life Sciences II
- _____ Engineering 2000 - Engineering Statics
- _____ Engineering 2060 - Engineering Mechanics
- _____ Kinesiology 2115 - Scientific Basis of Strength Training
- _____ Kinesiology 2350 - Recognition and Care of Athletic Injuries
- _____ Kinesiology 2750 - Physical Basis of Ergonomics
- _____ Kinesiology 3500 - Physical Activity and Nutrition
- _____ Kinesiology 3670 - Motor Skill Learning
- _____ Kinesiology 3680 - Sport Psychology
- _____ Kinesiology 3690 - Motor Control
- _____ Kinesiology 3780 - Exercise Psychology
- _____ Kinesiology 4500 - Physical Activity and Aging
- _____ Kinesiology 4610 - Fitness and Lifestyle Assessment
- _____ Kinesiology 4615 - Advanced Exercise Physiology
- _____ Kinesiology 4630 - Physical Activity and Special Populations
- _____ ¹Kinesiology 4640 - Applied Ethics in Sport and Physical Activity
- _____ Kinesiology 4660 - Biomechanical Instrumentation and Analysis
- _____ Kinesiology 4665 - Biomechanical Modelling
- _____ ²Kinesiology 4720 - Gender and Physical Activity
- _____ Kinesiology 4900 - Seminar
- _____ Kinesiology 4995 - Undergraduate Thesis (6.0 credit hours)
- _____ Psychology 1000 - Basic Concepts of Psychology
- _____ Psychology 2320 - Cognition and Perception: Thinking and Seeing

One of:

- _____ Psychology 2030 - Methods and Statistics
- _____ Statistics 1770 - Introduction to Probability and Statistics

Other Courses (minimum 20 courses)

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

Notes

¹Prerequisite required: One of Kinesiology 2130 or Philosophy 1000.

²Prerequisite required: Kinesiology 2150.

Specific offerings under Kinesiology 2850/Kinesiology 3850/Kinesiology 4850 - Topics, Applied Studies, and Independent Studies may be acceptable as Options selections in the major with permission of the Chair of the Department of Kinesiology and Physical Education.

For detailed information concerning eligibility and course requirements for the Athletic Therapy Option, students are advised to contact the Department of Kinesiology and Physical Education.

See also:

- Bachelor of Science - Kinesiology

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 Biochemistry 2300¹ Kinesiology 1000 GLER course GLER course GLER course</p>	<p>Year 1, Spring Biology 1010 Mathematics 1560 GLER course GLER course Elective</p>
<p>Year 2, Fall Chemistry 1110 Kinesiology 2600 Kinesiology 2610 GLER course GLER course</p>	<p>Year 2, Spring Kinesiology 2200 Kinesiology 3610 Kinesiology 3650 Options list course Elective</p>
<p>Year 3, Fall Neuroscience 2600 Options list course 3000/4000 level Elective 3000/4000 level Elective Elective</p>	<p>Year 3, Spring Kinesiology 3630 Options list course 3000/4000 level Options list course Elective 3000/4000 level Elective</p>
<p>Year 4, Fall Options list course 3000/4000 level Options list course 3000/4000 level Elective 3000/4000 level Elective 3000/4000 level Elective</p>	<p>Year 4, Spring Options list course 3000/4000 level Options list course 3000/4000 level Elective 3000/4000 level Elective 3000/4000 level Elective</p>

¹ Semester of offering may vary.

Note: For detailed information concerning eligibility and course requirements for the Athletic Therapy Option, students are advised to contact the Department of Kinesiology and Physical Education.

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).

