University of
Lethbridge

FIAT LUX

Program Planning Guide

Department: Kinesiology and Physical Education

Calendar Year: 2015/2016

Name:_____

ID: _____

Major in Kinesiology:
www.uleth.ca/artsci/kinesiology

Academic Calendar:
www.uleth.ca/ross/academic-calendar

High School Prerequisites by Course:
www.uleth.ca/ross/hs_prereqs/course

Current and Past Program Planning Guides:
www.uleth.ca/ross/ppgs

Faculty of Arts and Science Student Program Services:
www.uleth.ca/artsci/advising
artsci.advising@uleth.ca
(403) 329-5106
SU060

Co-operative Education:
www.uleth.ca/artsci/coop

Bachelor of Science - Kinesiology

N a m e : _____   **I D :** _____

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 (24 courses)

- _____ 1. Biology 1010 - Cellular Basis of Life
- _____ 2. Chemistry 1110 - Chemistry for Life Sciences I
- _____ 3. Kinesiology 1000 - Wellness and Physical Activity
- _____ 4. Kinesiology 2200 - Research Methodologies
- _____ 5. Kinesiology 2600 - Functional Human Anatomy
- _____ 6. Kinesiology 2610 - Human Physiology
- _____ 7. Kinesiology 2650 - Functional Biomechanics
- _____ 8. Kinesiology 3500 - Nutrition and Physical Activity
- _____ 9. Kinesiology 3610 - Exercise Physiology
- _____ 10. Kinesiology 3630 - Growth, Development and Aging
- _____ 11. Kinesiology 3650 - Biomechanics
- _____ 12. Neuroscience 2600 - Brain and Behaviour
- _____ 13. Physics 1050 - Introduction to Biophysics

_____ 14-15. **Two of:**

- _____ Kinesiology 2130 - Humanities Perspectives
- _____ Kinesiology 2140 - Psychological Perspectives
- _____ Kinesiology 2150 - Sociological Perspectives
- _____ Kinesiology 2160 - Management Perspectives

Three additional courses (9.0 credit hours) in Kinesiology at the 3000/4000 level with a Science designation, excluding Kinesiology 3980 and 4980 (Applied Studies)

16. _____   18. _____

17. _____

Two courses (6.0 credit hours) in Kinesiology at the 4000 level with a Science designation, excluding Kinesiology 4980 (Applied Studies)[1]

19. _____   20. _____

One course (3.0 credit hours) in Mathematics at the 1000 level or higher

21. _____

One course (3.0 credit hours) in Statistics at the 1000 level or higher

22. _____

Two courses (6.0 credit hours) in Physical Activity at the 3000 level

23. _____   24. _____

Other Courses (minimum 16 courses)

1. _____   9. _____

2. _____   10. _____

3. _____   11. _____

4. _____   12. _____

5. _____   13. _____

6. _____   14. _____

7. _____   15. _____

8. _____   16. _____

Notes

[1] *Kinesiology 4900 (Interdisciplinary Research Dialogues) may be used in place of one Kinesiology course at the 4000 level with a Science designation.*

To determine if a given course in Kinesiology has a Science designation, see List III: Science Courses (**Part 4, p. 85**).

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 Arts - Kinesiology

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 2015/2016 Calendar, p. 83, 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. _____ (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, 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 2015/2016 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 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.

Year 1, Fall
Kinesiology 1000
Chemistry 1110
Mathematics 1000 level
GLER course
GLER course

Year 1, Spring
Biology 1010
One of: Kinesiology 2130, 2140, 2150, or 2160
Physical Activity 3000 level
Statistics 1770
GLER course

Year 2, Fall
Kinesiology 2600
Kinesiology 2610
Kinesiology 2650
Physics 1050
GLER course

Year 2, Spring
Kinesiology 2200
Neuroscience 2600
One of: Kinesiology 2130, 2140, 2150, or 2160
Physical Activity 3000 level
GLER course

Year 3, Fall
Kinesiology 3650
Kinesiology 3000/4000 level
GLER course
Elective 3000/4000 level
Elective

Year 3, Spring
Kinesiology 3500
Kinesiology 3610
Kinesiology 3630
Elective 3000/4000 level
Elective

Year 4, Fall
Kinesiology 4000 level
Kinesiology 3000/4000 level
Elective 3000/4000 level
Elective 3000/4000 level
Elective

Year 4, Spring
Kinesiology 4000 level
Kinesiology 3000/4000 level
Elective 3000/4000 level
Elective 3000/4000 level
Elective

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 2015/2016 University of Lethbridge Calendar, Part 4 - Academic Regulations (p. 83) 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 2015/2016 University of Lethbridge Calendar, Part 14 - Courses, p. 301). 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).