

University of
Lethbridge



Program Planning Guide

Department: Kinesiology and Physical Education

Calendar Year: 2020/2021

Name: _____

ID: _____

Bachelor of Science
Kinesiology

Major in Kinesiology:

www.uleth.ca/artsci/kinesiology

Academic Calendar:

www.uleth.ca/ross/academic-calendar

High School Admission Requirements:

www.uleth.ca/ross/admissions/undergrad/high-school

Current and Past Program Planning Guides:

www.uleth.ca/ross/ppgs

Faculty of Arts and Science Advising:

www.uleth.ca/artsci/advising
artsci.advising@uleth.ca
403-329-5106
M2102

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 (24 courses)

Other Courses (minimum 16 courses)

- _____ 1. Biology 1010 - Cellular Basis of Life
- _____ 2. Kinesiology 1000 - Wellness and Physical Activity
- _____ 3. Kinesiology 2200 - Research Methodologies
- _____ 4. Kinesiology 2600 - Functional Human Anatomy
- _____ 5. Kinesiology 2610 - Human Physiology
- _____ 6. Kinesiology 2650 - Functional Biomechanics
- _____ 7. Kinesiology 3500 - Nutrition and Physical Activity
- _____ 8. Kinesiology 3610 - Exercise Physiology
- _____ 9. Kinesiology 3630 - Growth, Development and Aging
- _____ 10. Kinesiology 3650 - Biomechanics
- _____ 11. Neuroscience 2600 - Brain and Behaviour
- _____ 12. Physics 1050 - Introduction to Biophysics
- _____ 13. **One of:**
 - _____ Chemistry 1000 - General Chemistry I
 - _____ Chemistry 1110 - Chemistry for Life Sciences I
- _____ 14-15. **Two of:**
 - _____ Kinesiology 2130 - Humanities Perspectives
 - _____ Kinesiology 2140 - Psychological Perspectives
 - _____ Kinesiology 2150 - Sociological Perspectives
 - _____ Kinesiology 2160 - Management Perspectives

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____

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

- 16. _____
- 17. _____
- 18. _____

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

- 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. _____

Notes

To determine if a given course in Kinesiology has a Science designation, see List III: Science Courses in the 2020/2021 University of Lethbridge Calendar, School of Liberal Education for complete information.

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

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) in total from the Faculty of Education (EDUC), Faculty of Health Sciences (ABHL, ADCS, HLSC, NURS, PUBH, and TREC), and the Dhillon School of Business (MGT) may be counted towards the Lib Ed Requirement.

See the 2020/2021 Calendar, p. 71, 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, Faculty of Fine Arts, or the School of Liberal Education at the 3000/4000 level, excluding Activity courses (labelled PHAC and MUSE). Out-of-faculty courses (i.e. labelled ABHL, ADCS, CDEV, CRED, EDUC, HLSC, MGT, NURS, PUBH, and TREC) will not meet this requirement.

- | | |
|----------|------------------|
| 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 six courses (18.0 credit hours) from disciplines outside the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education may be completed for credit towards the degree (i.e. labelled ABHL, 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 courses (30.0 credit hours) from disciplines offered by the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education 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 2020/2021 Calendar, p. 267, for more information.

- | | |
|----------|----------|
| 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.

Year 1, Fall

Kinesiology 1000 or Physical Activity 3000 level
 Chemistry 1000 or 1110
 Mathematics 1000 level
 Lib Ed Requirement course
 Lib Ed Requirement course

Year 2, Fall

Kinesiology 2600
Kinesiology 2610
Kinesiology 2650
 Physics 1050
 Lib Ed Requirement course

Year 3, Fall

Kinesiology 3500
 Kinesiology 3650
 Kinesiology 3000/4000 level
 Elective
 Elective

Year 4, Fall

Kinesiology 4000 level
 Kinesiology 3000/4000 level
 Elective 3000/4000 level
 Elective 3000/4000 level
 Elective

Year 1, Spring

Biology 1010
 Kinesiology 2000-level list course
 Physical Activity 3000 level or Kinesiology 1000
 Statistics 1770
 Lib Ed Requirement course

Year 2, Spring

Kinesiology 2200
 Neuroscience 2600
 Kinesiology 2000-level list course
 Physical Activity 3000 level
 Lib Ed Requirement course

Year 3, Spring

Kinesiology 3610
 Kinesiology 3630
 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

Note: Courses in bold in Years 1 and 2 of the sample sequence are prerequisite(s) for required courses and should be completed early in your program. Students are advised to review the prerequisites for electives courses within the major and plan accordingly.

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 2020/2021 University of Lethbridge Calendar, School of Liberal Education for complete information.

The School of Liberal Education 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 2020/2021 University of Lethbridge Calendar, Course Catalogue). 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).

