

University of  
Lethbridge



## Program Planning Guide

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

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

Calendar Year: 2022/2023

**Major in Kinesiology:**

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

**Academic Calendar:**

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

**High School Admission Requirements:**

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

**Current and Past Program Planning Guides:**

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

**Co-operative Education:**

[www.ulethbridge.ca/career-bridge/co-operative-education](http://www.ulethbridge.ca/career-bridge/co-operative-education)

**Faculty of Arts and Science Advising:**

[www.ulethbridge.ca/artsci/advising](http://www.ulethbridge.ca/artsci/advising)  
artsci.advising@uleth.ca  
403-329-5106  
M2102

**Bachelor of Science**  
**Kinesiology**

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 ([www.ulethbridge.ca/ross/academic-advising](http://www.ulethbridge.ca/ross/academic-advising)) for advising information.

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

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

**Program Requirements**

Completion of at least 40 courses (120.0 credit hours) with cumulative and graduation grade point averages of at least 2.00.

**Major Requirements (24 courses)**

- \_\_\_\_\_ Biology 1010 - Cellular Basis of Life
- \_\_\_\_\_ Kinesiology 1000 - Wellness and Physical Activity
- \_\_\_\_\_ Kinesiology 2200 - Research Methodologies
- \_\_\_\_\_ Kinesiology 2600 - Functional Human Anatomy
- \_\_\_\_\_ Kinesiology 2610 - Human Physiology
- \_\_\_\_\_ Kinesiology 2650 - Functional Biomechanics
- \_\_\_\_\_ Kinesiology 3500 - Nutrition and Physical Activity
- \_\_\_\_\_ Kinesiology 3610 - Exercise Physiology
- \_\_\_\_\_ Kinesiology 3630 - Growth, Development and Aging
- \_\_\_\_\_ Kinesiology 3650 - Biomechanics
- \_\_\_\_\_ Physics 1050 - Introduction to Biophysics

**One of:**

- \_\_\_\_\_ Chemistry 1000 - General Chemistry I
- \_\_\_\_\_ Chemistry 1110 - Chemistry for Life Sciences I

**One of:**

- \_\_\_\_\_ Neuroscience 2610 - Principles of Brain Structure and Function
- \_\_\_\_\_ Neuroscience 2620 - Principles of Behavioural Neuroscience

**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 Kinesiology 4980 (Applied Studies)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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

1. \_\_\_\_\_
2. \_\_\_\_\_

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

1. \_\_\_\_\_

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

1. \_\_\_\_\_

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

1. \_\_\_\_\_
2. \_\_\_\_\_

**Other Courses (minimum 16 courses)**

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

**Notes**

To determine if a given course in Kinesiology has a Science designation, refer to the 2022/2023 University of Lethbridge Calendar, p. 81.

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

**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 (ACCT, AGEM, FINC, HRLR, IGBM, IMGT, MGT, and MKTG) may be counted towards the Lib Ed Requirement.

See the 2022/2023 Calendar, p. 81, for more information.

\_\_\_\_\_ Four Fine Arts and Humanities courses:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

\_\_\_\_\_ Four Social Science courses:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

\_\_\_\_\_ Four Science courses:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
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. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

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, ACCT, ADCS, AGEM, CDEV, CRED, EDUC, FINC, HLSC, HRLR, IGBM, IMGT, MGT, MKTG, NURS, PUBH, and TREC) will not meet this requirement.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

\_\_\_\_\_ 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.

\_\_\_\_\_ 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, ACCT, ADCS, AGEM, CDEV, CRED, EDUC, FINC, HLSC, HRLR, IGBM, IMGT, MGT, MKTG, 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.

\*Disciplines are identified by a specific course label (e.g. KNES, ASTR, and HIST are separate disciplines).

\_\_\_\_\_ **Minor (Optional):** \_\_\_\_\_  
See the 2022/2023 Calendar, p. 323, for more information.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## Sample Sequencing Plan

Shown below is a sample sequence of courses for your degree. Consult timetables for course offerings, prerequisites, and corequisites before registering each 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  
 Elective 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 2610 or 2620  
 Kinesiology 2000-level list course  
 Physical Activity 3000 level  
 Lib Ed Requirement course

### **Year 3, Spring**

Kinesiology 3610  
 Kinesiology 3630  
 Kinesiology 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 elective courses within the major and plan accordingly.

