

Department of Kinesiology
PROGRAM RECORD FORM

MOVEMENT SCIENCE MAJOR

Core Curriculum Requirements

Year 1 - Semester 1			Year 1 – Semester 2		
1.	KINE-1110 95-211	Principles of Mental Skills Training Psychology	1.	KINE-1000 95-200	Health and Wellness
2.	KINE-2250 95-225	Ethics in Sport & Physical Activity	2.	KINE-1050 95-205	Introduction to Exercise Physiology
3.	KINE-1650 95-265	Functional Anatomy	3.	KINE-1500 95-250	Principles of Sport Management
4.	KINE-1800 95-280	Fundamental Mechanics of Human Motion	4.	KINE-2690 95-269	Measurement & Evaluation
5.		Non-Kinesiology Option	5.		Non-Kinesiology Option

Year 2

The following courses are required.

1. KINE-2100 95-210 Human Performance
2. KINE-2240 95-224 Introduction to Occupational Biomechanics/Ergonomics
3. KINE-2600 95-260 Physiology of Fitness
4. KINE-2700 95-270 Research Design

Select 2 of the following:

1. KINE-2220 95-222 Introduction to Leisure
2. KINE-2300 95-230 Sociology of Sport and Physical Activities
3. KINE-2400 95-240 Historical Perspectives on Physical Activity and Sport in Western Civilization
4. KINE-2850 95-285 Human Growth and Development
5. KINE-3500 95-350 Organizational Behaviour

Select 4 Non-Kinesiology Options

1. Option _____
2. Option _____
3. Option _____
4. Option _____

**The following courses DO NOT count towards your degree program
KINE-1030 / KINE-1040 nor any other introductory elective statistics
courses.**

Year 3 and 4

Movement Science Major

1. Select 10 of the following:

KINE-3010 95-301	The Use and Abuse of Drugs
KINE-3020 95-302	Exercise and Fitness Psychology
KINE-3030 95-303	Imagery effects on Performance
KINE-3040 95-304	Sport Nutrition
KINE-3060 95-306	Obesity and Eating Disorders
KINE-3100 95-310	Motor Learning and Control
KINE-3330 95-333	Applied Sport Psychology
KINE-3600 95-360	Physiology of Exercise
KINE-3610 95-361	Musculoskeletal Physiology
KINE-3620 95-362	Human Factors and Work Performance
KINE-3700 95-370	Scientific Basis of Conditioning
KINE-4000 95-400	Human Movement and Aging
KINE-4040 95-404	Population Health
KINE-4080 95-408	Dynamics of Skill Acquisition
KINE-4100 95-410	Physical Activity for Special Populations
KINE-4530 95-453	Perceptual-Motor Development
KINE-4580 95-458	The Endocrine System in Sport, Exercise and Health
KINE-4600 95-460	Cardiovascular Physiology
KINE-4610 95-461	Chronic Disease and Exercise Rehabilitation
KINE-4620 95-462	Exercise in Extreme Environments
KINE-4630 95-463	Applied Neurophysiology
KINE-4640 95-464	The Pathophysiology of Pain
KINE-4650 95-465	Ergonomics and Injury-Prevention
KINE-4710 95-471	Physiological Basis of Sports Therapy
KINE-4750 95-475	Individual Studies
KINE-4780 95-478	Undergraduate Thesis
KINE-4800 95-480	Advanced Biomechanics
KINE-4850 95-485	Group Dynamics in Sport
KINE-4900 95-490	Special Topics – In Movement Science
KINE-4980 95-498	Internship

2. Select 2 of the following:

KINE-4910 95-491	Laboratory Experiences in Biomechanics and Ergonomics
KINE-4920 95-492	Laboratory Experiences in Human and Exercise Physiology
KINE-4930 95-493	Laboratory Experiences in Motor Learning and Psychology of Physical Activity

3. Select 8 options

At least 6 courses must be from Science, Psychology, Engineering and/or Nursing. The remaining 2 courses must be from Science, Psychology, Engineering, Nursing or Kinesiology.

Of the 8 option courses, at least 6 must be at the 2000 level or above. Two may be 1000 level.

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| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |