Honours Bachelor of Science (Kinesiology and Health Studies) for Graduates of Fanshawe College's Fitness and Health Promotion Diploma (with/without thesis)

Admission Requirements

A student may enter the Honours Bachelor of Science (Kinesiology and Health Sciences) program after completing the two-year Diploma in Fitness and Health Promotion from Fanshawe College with a cumulative average equivalent to a 70% (B- or 3.0/4) or better.

Degree Requirements:

Total courses: 25

(a) Required Kinesiology and Health Studies Courses (TAKE ALL 10 COURSES):
o KINE-1110. Principles of Mental Skills Training
o KINE-1660. Functional Anatomy II
o KINE-1800. Fundamental Mechanics of Human Motion
o KINE-2040. Sport Nutrition
o KINE-2100. Human Performance
o KINE-2240. Physical Ergonomics and Injury Prevention
o KINE-2250. Ethics in Kinesiology
o KINE-2690. Measurement and Evaluation
o KINE-2700. Research Design
o KINE-2850. Human Growth and Development

(b) Kinesiology and Health Studies courses (SELECT 6 COURSES):
o KINE-3010. Use and Abuse of Drugs
o KINE-3020. Exercise Psychology
o KINE-3030. Imagery Effects on Performance
o KINE-3060. Obesity and Eating Disorders
o KINE-3100. Motor Learning and Control
o KINE-3330. Applied Sport Psychology
o KINE-3501. Practical Strategies for Social Change: Intervening to Prevent Sexual Violence
o KINE-3600. Respiratory Physiology
o KINE-3610. Musculoskeletal Physiology
o KINE-3630. Cognitive Ergonomics
o KINE-3770. Sport Tactics and Strategies
o KINE-3800. Global Perspectives in Human Kinetics
o KINE-4000. Human Movement and Aging
o KINE-4040. Population Health

o KINE-4080. Dynamics of Skill Acquisition
o KINE-4100. Adapted Physical Activity
o KINE-4530. Perceptual-Motor Development
o KINE-4580. The Endocrine System in Sport, Exercise and Health
o KINE-4600. Cardiovascular Physiology
o KINE-4610. Clinical Exercise Rehabilitation
o KINE-4620. Exercise in Extreme Environments
o KINE-4630. Applied Neurophysiology
o KINE-4640.The Pathophysiology of Pain
o KINE-4650. Advanced Physical Ergonomics and Injury Prevention
o KINE-4660. Cardiac Rehabilitation
o KINE-4670. User Experience
o KINE-4710. Sports Therapy
o KINE-4750. Individual Studies[1,3]
o KINE-4760. Principles of Coaching
o KINE-4770. Outdoor Recreation
o KINE-4780. Undergraduate Thesis (6.0 credits)[1,2]
o KINE-4800. Advanced Biomechanics
o KINE-4850. Group Dynamics in Sport
o KINE-4900. Special Topics in Kinesiology and Health Studies

(c) Kinesiology and Health Studies Laboratory (SELECT 2 COURSES):
o KINE-4920.Laboratory Experiences in Kinesiology I
o KINE-4930.Laboratory Experiences in Kinesiology II

(d) six 2000 level or above courses from the Faculty of Engineering, the Faculty of Nursing, Department of Psychology, the Faculty of Science and/or the Faculty of Education (Minor in Organizational Learning and Teaching only).

(d) one course from any area of study, excluding KINE courses.

Notes:
1. Students can take a maximum of 12 credits from KINE-4750, KINE-4780, and KINE-4980
2. KINE-4780 is a 6.0 credit course, and as such, students successfully completing KINE-4780 will be required to take only 4 of the Kinesiology and Health Studies courses listed in section (c).
[3]KINE-4750 can be taken a maximum of 2 times (KINE-4750-01 and -02).