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

Admission Requirements

A student may enter the Honours Bachelor of Science (Kinesiology and Health Studies) after completing the two-year Diploma in Fitness and Health Promotion 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-2040. Sport Nutrition
o KINE-2100. Human Performance
o KINE-2240. Physical Ergonomics and Injury Prevention
o KINE-2250. Ethics in Kinesiology
o KINE-2600. Physiology of Human Performance
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 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

Notes:

[1] Students can take a maximum of 9 credits from KINE-4750 and KINE-4780.

[2]KINE-4780 is a 6-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 (b).

[3]KINE-4750 can be taken a maximum of 2 times (KINE-4750-01 and -02).

(c) Kinesiology and Health Studies Laboratory (SELECT 1 COURSE):
o KINE-4930. Laboratory Experiences in Kinesiology

(d) six courses at the 2000 level or above 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.

(e) two courses from any area of study, excluding KINE courses.
Transfer credit obtained through this articulation agreement is subject to re-evaluation in cases where the student decides to transfer into another program at the University.