Bachelor of Human Kinetics (Honours Kinesiology - Movement Science) for Graduates of St. Clair College's Two-year Fitness and Health Promotion Program

Degree Requirements (Program Record Form)

Total Courses: **25**

(a) Human Kinetics Core (**3**):

___KINE-2250. Ethics in Sport and Physical Activity
___KINE-2690. Measurement and Evaluation
___KINE-2700. Research Design

(b) Kinesiology - Movement Science Courses:

Take all of (**7**):

___KINE-1110. Principles of Mental Skills Training
___KINE-1660. Functional Anatomy II
___KINE-2040. Sport Nutrition
___KINE-2100. Human Performance Biomechanics/Ergonomics
___KINE-2240. Introduction to Occupational
___KINE-2600. Physiology of Human Performance
___KINE-2850. Human Growth and Development

Take **6** of:

___KINE-3010. Use and Abuse of Drugs
___KINE-3020. Exercise and Fitness Psychology
___KINE-3030. Imagery Effects on Performance
___KINE-3060. Obesity and Eating Disorders
___KINE-3100. Motor Learning and Control
___KINE-3330. Applied Sport Psychology
___KINE-3501. Practical Strategies for Social Change: Intervening to Prevent Sexual Violence
___KINE-3600. Physiology of Exercise and Respiration
___KINE-3610. Musculoskeletal Physiology
___KINE-3620. Human Factors and Work Performance
___KINE-3630. Cognitive Ergonomics
___KINE-4000. Human Movement and Aging
___KINE-4040. Population Health
___KINE-4080. Dynamics of Skill Acquisition
___ KINE-4530. Perceptual Motor Development
___KINE-4580. The Endocrine System in Sport, Exercise and Health
___KINE-4600. Cardiovascular Physiology
___KINE-4610. Chronic Disease and Exercise Rehabilitation
___KINE-4620. Exercise in Extreme Environments
___KINE-4630. Applied Neurophysiology
___KINE-4640. The Pathophysiology of Pain
___KINE-4650. Ergonomics and Injury Prevention
___KINE-4660. Cardiac Rehabilitation
___KINE-4670. User Experience
___KINE-4710. Physiological Basis of Sports Therapy
___KINE-4750. Individual Studies
___KINE-4760. Principles of Coaching
___KINE-4770. Outdoor Recreation
___KINE-4780. Undergraduate Thesis (6 units)
___KINE-4800. Advanced Biomechanics
___KINE-4850. Group Dynamics in Sport
___KINE-4900. Special Topics in Movement Science

Take **1** of:

___KINE-4910. Laboratory Experiences in Biomechanics and Ergonomics
___KINE-4930. Laboratory Experiences in Motor Learning and Psychology of Physical Activity

(c) **6** (six) 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) **2** (two) courses from any area of study, excluding Kinesiology.

NOTE: Of the 6 courses in requirements (c) all must be at the 2000 level or above. 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.

Suggested Course Sequencing

(note: deviation from this sequencing may result in additional time to program completion)

Year 1							
Fall				Winter			
1	☐	KINE-1110	Principles of Mental Skills Training	1	☐	KINE-2250	Ethics in Sport and Physical Activity(x)
2	☐	KINE-2700	Research Design (x)	2	☐	KINE-2100	Human Performance
3	☐	KINE-2240	Introduction to Occupational Biomechanics/Ergonomics	3	☐	KINE-1660	Functional Anatomy II
4	☐	KINE-2600	Physiology of Human Performance	4	☐	____-____	Non-Kin-MS Option
5	☐	____-____	Non-Kin-MS Option	5	☐	____-____	Non-Kin-MS Option
Year 1							
Intersession/Summer							
1	☐	KINE-2690	Measurement and Evaluation (x)				
2	☐	KINE-2040	Sport Nutrition				
3	☐	KINE-2850	Human Growth and Development				
4	☐	____-____	Non-Kin-MS Option				
5	☐	____-____	Non-Kin-MS Option				
Year 2							
Take 1 of:							
	☐	KINE-4910	Laboratory Experiences in Biomechanics and Ergonomics				
	☐	KINE-4930	Laboratory Experiences in Motor Learning and Psychology of Physical Activity				
Take 6 of (# dependent on courses taken in year 1 and 2):							
	☐	KINE-3010	Use and Abuse of Drugs		☐	KINE-4580	The Endocrine System in Sport
	☐	KINE-3020	Exercise and Fitness Psychology		☐	KINE-4600	Cardiovascular Physiology
	☐	KINE-3030	Imagery Effects on Performance		☐	KINE-4610	Chronic Disease and Exercise Rehabilitation
	☐	KINE-3060	Obesity and Eating Disorders(x)		☐	KINE-4620	Exercise in Extreme Environments
	☐	KINE-3100	Motor Learning and Control		☐	KINE-4630	Applied Neurophysiology
	☐	KINE-3330	Applied Sport Psychology(x)		☐	KINE-4640	The Pathophysiology of Pain
	☐	KINE-3501	Practical Strategies for Social Change: Intervening to Prevent Sexual Violence		☐	KINE-4650	Ergonomics and Injury Prevention
	☐	KINE-3600	Physiology of Exercise and Respiration		☐	KINE-4660	Cardiac Rehabilitation
	☐	KINE-3610	Musculoskeletal Physiology		☐	KINE-4670	User Experience for Ergonomics
	☐	KINE-3620	Human Factors and Work Perf		☐	KINE-4710	Phys. Basis of Sports Therapy
	☐	KINE-3630	Cognitive Ergonomics		☐	KINE-4750	Individual Studies
	☐	KINE-4000	Human Movement and Aging		☐	KINE-4760	Principles of Coaching(x)
	☐	KINE-4040	Population Health(x)		☐	KINE-4770	Outdoor Recreation(x)
	☐	KINE-4080	Dynamics of Skill Acquisition		☐	KINE-4780	Undergraduate Thesis (6 units)
	☐	KINE-4530	Perceptual Motor Development		☐	KINE-4800	Advanced Biomechanics
					☐	KINE-4850	Group Dynamics in Sport(x)
					☐	KINE-4900	Special Topics in Movement Science
Take 3 (# dependent on courses taken in year 1 and 2):							
	☐	____-____	Non-Kin-MS Option				
	☐	____-____	Non-Kin-MS Option				