

*Calendar Year: 2004-2005*  
*Faculty: Arts & Science*

The Department of Kinesiology and Physical Education (formerly the Department of Physical Education) offers courses in theoretical perspectives of the study of human movement and the practical application of physical activity involvement. A multidisciplinary field, Kinesiology provides students with a broad perspective for studying physical activity as a cultural form and human performance involvement at all levels and across the lifespan. The concept of personal wellness underlies the interdisciplinary approach to courses and programs within the Department.

The Department of Kinesiology and Physical Education at the University of Lethbridge offers instruction leading to a Bachelor of Arts (B.A.) or a Bachelor of Science (B.Sc.) degree with a major in Kinesiology. The Department also offers a multidisciplinary major in Exercise Science (B.Sc.) which provides students the option of specialization in Biomechanics, Exercise Physiology or Sport Psychology.

#### **Major in Kinesiology for the B.A.**

For the B.A., the major includes courses that provide a broad overview of the discipline of Kinesiology. The major is composed of courses that explore the natural sciences, social sciences and humanities dimensions of Kinesiology. Recreational, educational and high performance aspects of sport, play and physical activity across the lifespan are examined. The study of physical activity/sport as a socializing agent and a cultural form underlies this aspect of the study of Kinesiology. The major in the B.A. degree program will examine individual and group association to physical activity, social and psychological advantages and barriers to lifelong involvement, the relationship of recreation and high performance activity with other social institutions and cultural forms.

Career opportunities in Kinesiology (B.A.) could include: fitness and wellness program development, senior fitness and wellness, fitness industry and corporate fitness leadership, early childhood and youth sport/physical activity program involvement, teaching/coaching, or in conjunction with other programs, sports journalism/broadcasting, sport hall of fame/museum management/curator.

#### **Co-operative Education**

A Co-op option, requiring three work terms, is available. Students interested in the Co-operative Education/Internship program should contact the Coordinator of Co-operative Education in the Career Resources Centre (B610; tel. 403-382-7154) for further information.

# Program Planning Guide

University of  
Lethbridge



*This program guide is designed to help you plan your degree program. The information should help you keep track of your progress in your major, electives and all your degree requirements. Please remember that this is only a guide and not a graduation check. 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.*

## REQUIREMENTS FOR THE B.A. - KINESIOLOGY MAJOR

### The Program

The B.A. degree with a major in Kinesiology requires 40 semester courses, including a minimum of 13 courses for the major (10 Kinesiology plus six Physical Activity). The Department of Kinesiology and Physical Education offers both Kinesiology and Physical Activity courses. Courses in both subject areas are required in the major. Physical Activity courses count as 1.5 credit hours. A maximum of 20 Kinesiology courses (60.0 credit hours, including Physical Activities) is allowed.

### Transfer Credit

Remember that you may use both University of Lethbridge credit and credit transferred from another college or university to meet degree and major requirements. Transfer credit may be either specified or unspecified. Specified credit is indicated on your transcript by the subject name and the specific number of the course, e.g., Kinesiology 1000, Kinesiology 2200, etc. Unspecified credit (1XXX, 2XXX, etc.) is indicated by the subject name and level of the course in parentheses, e.g., Kinesiology (1000 level), Kinesiology (2000 level).

Unspecified course credit means that the University of Lethbridge does not offer the same course you transferred in, but we recognize it and treat it as a regular course. An unspecified course would count as one of your maximum of 20 from one department, but it could not meet a specific course requirement. For example, if Kinesiology 2130 is required in your program, you could not use Kinesiology (2000 level) to fulfill that requirement.

### How do I use the guide?

When you have met one of the requirements, place a check mark beside it. When all the requirements are checked, you should have completed the major.

### Required Kinesiology Theory Courses:

- \_\_\_\_\_ 1. Kinesiology 1000 - Wellness and Physical Activity
- \_\_\_\_\_ 2. Kinesiology 2000 - Foundations of Motor Skill Acquisition
- \_\_\_\_\_ 3. Kinesiology 2110 - Biological and Physical Science Dimensions of Physical Activity Involvement
- \_\_\_\_\_ 4. Kinesiology 2120 - Sociological and Psychological Dimensions of Physical Activity Involvement
- \_\_\_\_\_ 5. Kinesiology 2130 - Humanities Dimensions of Physical Activity Involvement
- \_\_\_\_\_ 6.\*Kinesiology 2200 - Research Methodologies in Physical Activity Involvement
- \_\_\_\_\_ 7. ONE Kinesiology course at the 4000 level:

\_\_\_\_\_

- \_\_\_\_\_ 8-10. THREE additional Kinesiology courses, TWO of which must be at or above the 3000 level:

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

2. \_\_\_\_\_ (3000 level or above)

3. \_\_\_\_\_ (3000 level or above)

\* Kinesiology 2200 is a prerequisite for all 3000- and 4000-level Kinesiology courses.

### Required Physical Activity Courses (PHAC) - Each PHAC is worth 1.5 credits (one-half course):

Students must complete a minimum of SIX PHACs, including TWO at the 3000 level or above.

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

4. \_\_\_\_\_

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

5. \_\_\_\_\_ (3000 level or above)

3. \_\_\_\_\_

6. \_\_\_\_\_ (3000 level or above)

**Note:** Kinesiology majors may earn credit for a maximum of 16 Physical Activity courses.



# SAMPLE COURSE SEQUENCING PLAN

## B.A. - KINESIOLOGY

Shown below is a sample sequence of courses for your degree. If you follow this plan, you should be able to graduate in four years, provided you complete five courses per semester. 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.

### TERMS USED

**GLER course:** A course that could count toward the General Liberal Education Requirement. You may use courses in your major towards this 12-course requirement. See the 2004-2005 University of Lethbridge Calendar, Part 4 - Academic Regulations (pp. 77-80) for complete information.

The Faculty of Arts and Science offers Liberal Education 1001 and 1002, specifically designed to introduce first-year students to the wide scope of human knowledge and teach essential university success skills, critical thinking, and integrative thinking (see the 2004-2005 University of Lethbridge Calendar, Part 15 - Courses, p. 347). LBED 1001 and 1002 may be used toward satisfying the GLER.

**Elective:** A course that you may choose freely from all those available and applicable to your program. Use courses inside or outside your major, bearing in mind any restrictions that may apply (e.g., a maximum of 20 courses from any one department).

<b>YEAR ONE</b>	FALL	SPRING
	Kinesiology 1000 GLER course GLER course GLER course GLER course	Kinesiology 2200* GLER course GLER course GLER course GLER course

<b>YEAR TWO</b>	FALL	SPRING
	Kinesiology 2000 level Kinesiology 2000 level { Physical Activity** { Physical Activity** Elective Elective	Kinesiology 2000 level Kinesiology elective { Physical Activity** { Physical Activity** Elective Elective

<b>YEAR THREE</b>	FALL	SPRING
	Kinesiology 2000 level { Physical Activity 3000 level** { Physical Activity 3000 level** Elective 3000/4000 level Elective Elective	Kinesiology 3000 level Elective 3000/4000 level Elective 3000/4000 level Elective Elective

<b>YEAR FOUR</b>	FALL	SPRING
	Kinesiology 3000 level Elective 3000/4000 level Elective 3000/4000 level Elective Elective	Kinesiology 4000 level Elective 3000/4000 level Elective 3000/4000 level Elective Elective

\* Kinesiology 2200 is a prerequisite for all 3000- and 4000-level Kinesiology courses.

\*\* Physical Activities are half-credit courses.

