

University of
Lethbridge



Program Planning Guide

Name: _____

ID: _____

Calendar Year: 2023/2024

Major in Kinesiology:

www.ulethbridge.ca/artsci/kinesiology

Academic Calendar:

www.ulethbridge.ca/ross/academic-calendar

High School Admission Requirements:

www.ulethbridge.ca/ross/admissions/undergrad/high-school

Current and Past Program Planning Guides:

www.ulethbridge.ca/ross/ppgs

Co-operative Education:

www.ulethbridge.ca/career-bridge/co-operative-education

Faculty of Arts and Science Advising:

www.ulethbridge.ca/artsci/advising
artsci.advising@uleth.ca
403-329-5106
M2102

Bachelor of Science
Kinesiology

This is a planning guide and not a graduation check or guarantee of course offerings. You should have a program check done in your final year of studies. 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.

Contact an Academic Advisor (www.ulethbridge.ca/ross/academic-advising) for advising information.

Name : _____

ID : _____

Program Requirements

Completion of at least 40 courses (120.0 credit hours) with cumulative and graduation grade point averages of at least 2.00.

Major Requirements (24 courses)

- _____ Biology 1010 - Cellular Basis of Life
- _____ Kinesiology 1000 - Wellness and Physical Activity
- _____ Kinesiology 2200 - Research Methodologies
- _____ Kinesiology 2600 - Functional Human Anatomy
- _____ Kinesiology 2610 - Human Physiology
- _____ Kinesiology 2650 - Functional Biomechanics
- _____ Kinesiology 3500 - Nutrition and Physical Activity
- _____ Kinesiology 3610 - Exercise Physiology
- _____ Kinesiology 3630 - Growth, Development and Aging
- _____ Kinesiology 3650 - Biomechanics
- _____ Physics 1050 - Introduction to Biophysics

One of:

- _____ Chemistry 1000 - General Chemistry I
- _____ Chemistry 1110 - Chemistry for Life Sciences I

One of:

- _____ Neuroscience 2610 - Principles of Brain Structure and Function
- _____ Neuroscience 2620 - Principles of Behavioural Neuroscience

Two of:

- _____ Kinesiology 2130 - Humanities Perspectives
- _____ Kinesiology 2140 - Psychological Perspectives
- _____ Kinesiology 2150 - Sociological Perspectives
- _____ Kinesiology 2160 - Management Perspectives

_____ Three additional courses (9.0 credit hours) in Kinesiology at the 3000/4000 level with a Science designation, excluding Kinesiology 3980 and Kinesiology 4980 (Applied Studies)

1. _____
2. _____
3. _____

_____ Two courses (6.0 credit hours) in Kinesiology at the 4000 level with a Science designation, excluding Kinesiology 4980 (Applied Studies)

1. _____
2. _____

_____ One course (3.0 credit hours) in Mathematics at the 1000 level or higher

1. _____

_____ One course (3.0 credit hours) in Statistics at the 1000 level or higher

1. _____

_____ Two courses (6.0 credit hours) in Physical Activity at the 3000 level

1. _____
2. _____

Other Courses (minimum 16 courses)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____

Notes

To determine if a given course in Kinesiology has a Science designation, refer to the 2023/2024 University of Lethbridge Calendar, p. 83.

No more than two Independent Study courses (Kinesiology 3990 or 4990; 6.0 credit hours) may be counted towards the major.

Completion of the Liberal Education List Requirement (Lib Ed Requirement)

Only four courses (12.0 credit hours) in total may be counted from any one discipline toward the Lib Ed Requirement. Disciplines are identified by separate course subject codes.

Only four courses (12.0 credit hours) in total from the Faculty of Education (EDUC), Faculty of Health Sciences (ABHL, ADCS, HLSC, NURS, PUBH, and TREC), and the Dhillon School of Business (ACCT, AGEM, FINC, HRLR, IGBM, IMGT, MGT, and MKTG) may be counted towards the Lib Ed Requirement.

See the 2023/2024 Calendar, p. 83, for more information.

_____ Four Fine Arts and Humanities courses:

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

_____ Four Social Science courses:

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

_____ Four Science courses:

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

Not more than 12 courses (36.0 credit hours) may be completed at the 1000 level (or lower) [0500 - 1999] for credit towards the degree, excluding Activity courses (labelled PHAC and MUSE) and courses numbered in the range of 0520 to 0530.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Completion of at least 15 courses (45.0 credit hours) from disciplines offered by the Faculty of Arts and Science, Faculty of Fine Arts, or the School of Liberal Education at the 3000/4000 level, excluding Activity courses (labelled PHAC and MUSE). Out-of-faculty courses (i.e. labelled ABHL, ACCT, ADCS, AGEM, CDEV, CRED, EDUC, FINC, HLSC, HRLR, IGBM, IMGT, MGT, MKTG, NURS, PUBH, and TREC) will not meet this requirement.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

_____ Not more than five Independent Study courses (15.0 credit hours) may be completed for credit towards the degree.

_____ Not more than five Disciplinary Credit Applied Studies courses (15.0 credit hours) may be completed for credit towards the degree. Students may, in addition, complete Applied Studies 2000, 2001, 2010, and 2011.

_____ * Not more than 24 courses (72.0 credit hours) may be completed from any one discipline for credit towards the degree.

_____ Not more than six credit hours in Activity courses (i.e. courses labelled PHAC and MUSE) may be completed for credit towards the degree, except for Kinesiology majors (not more than 15.0 credit hours) and Music majors (not more than 12.0 credit hours).

_____ Not more than six courses (18.0 credit hours) from disciplines outside the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education may be completed for credit towards the degree (i.e. labelled ABHL, ACCT, ADCS, AGEM, CDEV, CRED, EDUC, FINC, HLSC, HRLR, IGBM, IMGT, MGT, MKTG, NURS, PUBH, and TREC). Courses cross-listed between the Faculty of Arts and Science and another Faculty do not count towards this limit.

_____ Residence requirement:

Degree: a minimum of 20 courses (60.0 credit hours) must be completed at the University of Lethbridge, including at least 10 courses (30.0 credit hours) from disciplines offered by the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education at the 3000/4000 level.

Major: at least half of the courses required in the major must be completed at the University of Lethbridge.

**Disciplines are identified by a specific course label (e.g. KNES, ASTR, and HIST are separate disciplines).*

_____ **Minor (Optional):** _____

See the 2023/2024 Calendar, p. 331, for more information.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Sample Sequencing Plan

Shown below is a sample sequence of courses for your degree. Consult timetables for course offerings, prerequisites, and corequisites before registering each term. 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.

Year 1, Fall

Kinesiology 1000 or Physical Activity 3000 level
 Chemistry 1000 or 1110
 Mathematics 1000 level
 Lib Ed Requirement course
 Lib Ed Requirement course

Year 2, Fall

Kinesiology 2600
Kinesiology 2610
Kinesiology 2650
 Physics 1050
 Lib Ed Requirement course

Year 3, Fall

Kinesiology 3500
 Kinesiology 3650
 Elective 3000/4000 level
 Elective
 Elective

Year 4, Fall

Kinesiology 4000 level
 Kinesiology 3000/4000 level
 Elective 3000/4000 level
 Elective 3000/4000 level
 Elective

Year 1, Spring

Biology 1010
 Kinesiology 2000-level list course
 Physical Activity 3000 level or Kinesiology 1000
 Statistics 1770
 Lib Ed Requirement course

Year 2, Spring

Kinesiology 2200
 Neuroscience 2610 or 2620
 Kinesiology 2000-level list course
 Physical Activity 3000 level
 Lib Ed Requirement course

Year 3, Spring

Kinesiology 3610
 Kinesiology 3630
 Kinesiology 3000/4000 level
 Elective 3000/4000 level
 Elective

Year 4, Spring

Kinesiology 4000 level
 Kinesiology 3000/4000 level
 Elective 3000/4000 level
 Elective 3000/4000 level
 Elective

Note: Courses in **bold** in Years 1 and 2 of the sample sequence are prerequisite(s) for required courses and should be completed early in your program. Students are advised to review the prerequisites for elective courses within the major and plan accordingly.