

EDKP 350. PHYSICAL FITNESS EVALUATION METHODS.

Credits: 3

Offered by: Kinesiology and Physical Ed (Faculty of Education)

Terms offered: Winter 2026

[View offerings for Winter 2026 in Visual Schedule Builder.](#)

Description

Provides hands-on skills and training required to work as a kinesiologist. Focus is placed on risk assessment, fitness evaluation methods, collection and interpretation of client data and individualized physical fitness prescription. Lecture and practical lab hours included.

- Restriction: Open to BSc (Kinesiology) students only.

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

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