

EDKP 450. ADVANCED PRINCIPLES IN APPLIED KINESIOLOGY.

Credits: 3

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

Terms offered: Fall 2025, Winter 2026

View offerings for Fall 2025 or Winter 2026 in Visual Schedule Builder.

Description

To introduce the elements of a periodization plan.

- Prerequisites: EDKP 250 and EDKP 350
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Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

[Launch Visual Schedule Builder](#)