KINESIOLOGY (B.SC.) (90 CREDITS)

Offered by: Kinesiology and Physical Ed (Faculty of Education)
Degree: Bachelor of Science (Kinesiology)
Program credit weight: 90 credits

Program Description

The B.Sc.(Kinesiology) is a 90-credit program. Students who have not completed Quebec CEGEP, French Baccalaureate, International Baccalaureate, or at least one year of university studies are normally enrolled in a four-year B.Sc.(Kinesiology) program, which includes a 30-credit Freshman year for a total of 120 credits.

The focus of the Kinesiology program is a comprehensive understanding of human movement. Kinesiology is a multidisciplinary field viewing human movement from social, historical, psychological, or biological perspectives. The program provides students with a breadth of theoretical knowledge as well as an opportunity to explore related areas in greater depth, including minor programs available elsewhere within the University.

An Honours program is available for particularly strong students. To qualify for the Honours program, students must obtain a CGPA of 3.3 after two years in Kinesiology and must retain this CGPA until graduation.

Graduation Requirement

Prior to graduation, students are required to show proof of certification in Standard Level Safety Oriented First Aid/Level C in Cardiopulmonary Resuscitation, or equivalencies.

Degree Requirements — B.Sc.

This program is offered as part of a Bachelor of Science (B.Sc.) degree.

To graduate, students must satisfy both their program requirements and their degree requirements.

- The program requirements (i.e., the specific courses that make up this program) are listed under the Course Tab (above).
- The degree requirements—including the mandatory Foundation program, appropriate degree structure, and any additional components—are outlined on the Degree Requirements page.

Students are responsible for ensuring that this program fits within the overall structure of their degree and that all degree requirements are met. Consult the Degree Planning Guide on the SOUSA website for additional guidance.

Note: For information about Fall 2025 and Winter 2026 course offerings, please check back on May 8, 2025. Until then, the "Terms offered" field will appear blank for most courses while the class schedule is being finalized.

Freshman Program

29-30 credits of basic science courses depending on the Fall term MATH course selected.

Students admitted from CEGEP or with other Advanced Standing should have equivalencies for these courses to be exempt from Freshman program requirements.

Fall term BIOL and CHEM courses:

Expand allContract all

Course	Title	Credits
BIOL 111	Principles: Organismal Biology.	3
CHEM 110	General Chemistry 1.	4

In consultation with a program adviser, one of the following Fall term MATH courses:

Expand allContract all

Course	Title	Credits
MATH 139	Calculus 1 with Precalculus.	4
MATH 140	Calculus 1.	3
MATH 150	Calculus A.	4

In consultation with a program adviser, one of the following Fall term PHYS courses:

Expand allContract all

Course	Title	Credits
PHYS 101	Introductory Physics - Mechanics.	4
PHYS 131	Mechanics and Waves.	4

Winter term BIOL and CHEM courses:

Expand allContract all

Course	Title	Credits
BIOL 112	Cell and Molecular Biology.	3
CHEM 120	General Chemistry 2.	4

One of the following Winter term MATH courses:

Expand allContract all

Course	Title	Credits
MATH 141	Calculus 2.	4
MATH 151	Calculus B.	4

One of the following Winter term PHYS courses:

Expand allContract all

Course	Title	Credits
PHYS 102	Introductory Physics - Electromagnetism.	4
PHYS 142	Electromagnetism and Optics.	4

Required Courses (51 credits)

Expand allContract all

Course	Title	Credits
ANAT 315	Clinical Human Musculoskeletal Anatomy.	3
ANAT 316	Clinical Human Visceral Anatomy .	3
EDKP 206	Biomechanics of Human Movement.	3
EDKP 215		0
EDKP 250	Introductory Principles in Applied Kinesiology.	3

EDKP 261	Motor Development.	3
EDKP 292	Nutrition and Wellness.	3
EDKP 330	Physical Activity and Public Health.	3
EDKP 350	Physical Fitness Evaluation Methods.	3
EDKP 395	Exercise Physiology.	3
EDKP 396	Adapted Physical Activity.	3
EDKP 443	Research Methods.	3
EDKP 447	Motor Control.	3
EDKP 448	Exercise and Health Psychology.	3
EDKP 450	Advanced Principles in Applied Kinesiology.	3
EDKP 498	Sport Psychology.	3
PHGY 209	Mammalian Physiology 1.	3
PHGY 210	Mammalian Physiology 2.	3

Complementary Courses (15-24 credits)

3 credits from Statistics:

Expand allContract all

Course	Title	Credits
BIOL 373	Biometry.	3
EDPE 375	Introductory Statistics.	3
MATH 203	Principles of Statistics 1.	3
PSYC 204	Introduction to Psychological Statistics.	3
SOCI 350	Statistics in Social Research.	3

3 credits from Psychosocial:

Expand allContract all

Course	Title	Credits
EDKP 394	Historical Perspectives.	3
EDKP 405	Sport in Society.	3
EDKP 548	Applied Exercise Psychology.	3

0-6 credits from Internships/Practicums:

Expand allContract all

Course	Title	Credits
EDKP 301	Kinesiology Internship 1.	3
EDKP 302	Kinesiology Clinic Internship 1.	3
EDKP 401	Kinesiology Internship 2.	3
EDKP 402	Kinesiology Clinic Internship 2.	3
EDKP 451	Personal Trainer Practicum.	3
EDKP 453	Research Practicum in Kinesiology.	3

3 credits from Biomechanics/Motor Learning:

Expand allContract all

Course	Title	Credits
EDKP 444	Ergonomics.	3
EDKP 446	Physical Activity and Ageing.	3
EDKP 566	Advanced Biomechanics	3

6 credits from Exercise Physiology:

Expand allContract all

Course	Title	Credits
EDKP 445	Exercise Metabolism.	3
EDKP 449	Neuromuscular and Inflammatory Pathophysiology.	3
EDKP 485	Cardiopulmonary Exercise Pathophysiology.	3
EDKP 495	Scientific Principles of Training.	3

Select 0-3 credits from Nutrition:

Expand allContract all

Course	Title	Credits
NUTR 503	Nutrition and Exercise.	3

Elective Courses (15-24 credits)

15-24 credits of any 200-500 level courses; in consultation with the Student Adviser, a Minor in another faculty may be possible.