

What?

The Major in Kinesiology focuses on a broader orientation of kinesiology. A sample of kinesiology perspectives covered includes studies in psychology, sociology, philosophy, history sport management and sport law. Bioscience courses such as fitness appraisal injuries, biomechanics, exercise physiology, anatomy, ergonomics can be included.

Progression from year 1 to year 2

To be guaranteed progression from year 1 to year 2 students will need a minimum average of 70% with no grade less than 60%. Students who meet these requirements will be automatically progressed. The department will determine how much space is left in the program and lower the progression average from there pending remaining space. Over the past few years a student with an overall average of mid to high 60's with no grade less than 60% has successfully progressed to year 2. Please remember that this average can fluctuate from year to year depending on how many students are trying to progress and how good their grades are.

How many 1st year credits can I take?

A minimum of 5.0 first year credits must be taken. However, students are allowed to use up to a maximum of 7.0 first credits towards their degree if they choose.

How Do I Know Which Courses Are Activity Credits?

Activity courses have course numbers between 2900 to 2999 or 3900 to 3999. Some will be 0.5 credits (A/B), some will be 0.25 credits (Q,R,S,T). You should plan your schedule so you are only taking one activity at a time throughout your 2nd & 3rd year.

What courses count as Arts &

Humanities Credits (Category B)

Students need 1.0 credits or equivalent from Category B, the Arts & Humanities Faculty.

Classical Studies	Speech
English	Theological Studies
Film Studies	Visual Arts
Languages	Women's Studies
Philosophy	Writing

What are Essay Credits?

Students need 2.0 essay designated credits or equivalent. Essay courses are courses that will have a written word component. It may be an essay or written report. It will be at the professor's discretion.

Essay courses are designated by an "E" if it is a full course. I.E. Sociology 1021E. If it is a half-course it will be marked with either an "F" for first term or "G" for second term. I.E. Kin 2276F.

What are Special Topics Courses?

Special topic courses are courses where the topic may change from year to year. In order to see what topic is being offered, go to the registrar's office timetable for that year and check in the "notes" section.

What Complete the Aquatics Requirement?

Choose from the following activities, canoe 2903, sail 2911, swim 2915, learn to swim 2920, pass a swim test, or provide proof of at least level 6 of Red Cross or equivalent.

Where Can I get my First Aid and CPR Level C?

Students can take a course through their local Red Cross or Saint John's Ambulance services. Additionally both the Student Emergency Response Team, SERT and Campus Recreation offer courses through out the year. Visit Info Source in the UCC for registration for a SERT course or go to campus recreation.

Academic Counselling?

School of Kinesiology 3M Centre Rm. 2225 519-661-3086 www.uwo.ca/fhs/kin www.facebook.com/KinUndergrad

> Shannon Rankin Undergraduate Coordinator **srankin2@uwo.ca**

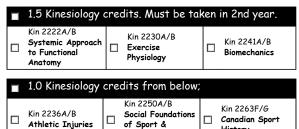
Maryanne Whitmore Academic Counsellor maryanne.whitmore@uwo.ca

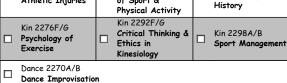


Major in Kinesiology -BA (4 Year)

Western

 5.0 1000 level credits including Kin 1088A, 1080B & Physiology 1021. Write in other credits taken. 				
Kin 1080A/B Psychomotor Behavior		Kin 1088A/B Sport Psychology		Physiology 1021
		-		





0.5 Kinesiology credits.
Kin 2032A/B Research Design in Human Movement Science

Don't Forget!

- Complete Standard First Aid and CPR level C by end of 2nd year.
- Complete aquatics requirement by end of 3rd year. See reverse.

Make sure you have at least 2.0 credits worth of essay designated courses. Note: A max. of 1.0 can be 1000 level

Make sure you have at least 1.0 credit worth of courses O designated as Arts and Humanities (Category B). See reverse to see what classifies this.

Make sure you have a minimum of 5.0 1000 level credits. DO
 NOT take more than 7.0 1000 level credits!

3rd year.	tivity	Credits. 1.0 must r	be tai	ken in 2nd year & 1.0 in
current offerings.		offered in every ye	ar. C	heck timetable to see
Possible 0.25 Activity Credits:				
Kin 2902Q/R/S/T Basketball Skills (old 2202)		Kin 2903Q/R/S/T Canoeing (old 2203)		Kin 2904Q/R/S/T Exercise Skills (old 2204)
Kin 2905Q/R/S/T Football Skills (old 2205)		Kin 2906Q/R/S/T Golf (old 2206)		Kin 2907Q/R/S/T Group Fitness (old 2207)
Kin 2908Q/R/S/T Ice Hockey (old 2208)		Kin 2909Q/R/S/T Judo Skills (old 2209)		Kin 2910Q/R/S/T Rugby Skills (old 2210)
Kin 2911Q/R/S/T Sailing (old 2211)		Kin 2912Q/R/S/T Alpine Skiing (old 2212)		Kin 2913Q/R/S/T Softball Skills (old 2213)
Kin 2914Q/R/S/T Squash Skills (old 2214)		Kin 2915Q/R/S/T Swimming Skills (old 2215)		Kin 2916Q/R/S/T Tennis Skills (old 2216)
Kin 2917Q/R/S/T Track & Field Skills (old 2217)		Kin 2918Q/R/S/T Volleyball Skills (old 2218)		Kin 2919Q/R/S/T Wrestling Skills (old 2219)
Kin 2920Q/R/S/T Learn to Swim (old 2020)		Kin 2921Q/R/S/T Curling (old 2221)		Kin 2922Q/R/S/T Badminton (old 2022)
Kin 2925Q/R/S/T Snowboarding (old 2025)		Kin 2926Q/R/S/T Aqua Fit (old 2021)		Kin 2927Q/R/S/T Nordic Skiing (old 2225)
Kin 2928Q/R/S/T Mountain Biking (old 2220)		Kin 2950Q/R/S/T Special Topic (old 2223)		Kin 2951Q/R/S/T Special Topic (old 2224)
Kin 3902Q/R/S/T Basketball Coaching (old 3302)		Kin 3905Q/R/S/T Football Coaching (old 3305)		Kin 3908Q/R/S/T Ice Hockey Coaching (old 3308)
Kin 3910Q/R/S/T Rugby Coaching (old 3310)		Kin 3915Q/R/S/T Swimming Coaching (old 3315)		Kin 3916Q/R/S/T Tennis Coaching (old 3316)
Kin 3917Q/R/S/T Track & Field Coaching (old 3317)		Kin 3918Q/R/S/T Volleyball Coaching (old 3318)		Kin 3925Q/R/S/T Assessment of Physical Function in Older Adults (old 3025)
Kin 3927Q/R/S/T Adventure Experience 1 (old 3327)		Kin 3928Q/R/S/T Adventure Experience 2 (old 3328)		Kin 3929Q/R/S/T Adventure Experience 3 (old 3329)
Kin 3950Q/R/S/T Special Topic Coaching (old 3321)		Kin 3951Q/R/S/T Special Topic Coachi (old 3322)	ng	
Possible 0.5 Activity Credits:				
Kin 2960A/B Games of Lower Organization (old 2030)		Kin 2961A/B Foundations of Training Technique (old 2040)		Kin 2962A/B Exercise for Specific Populations (old 2042)
Kin 2980A/B Special Topics (old 2200)		Kin 2981A/B Special Topics (old 2201)		Kin 3960A/B Certification for NLS (old 3020)
Kin 3961A/B The Art & Science of Personal Training (old 3304)		Kin 3980 <i>A/B</i> Special Topics (old 3300)		Kin 3981A/B Special Topics (old 3301)
Dance 2274A/B Movement Making		Dance 2275A/B Intro. To Modern Dance		Dance 2276A/B Elementary Modern Dance Technique
Dance 2375A/b Ballet Fundamentals				

2.0 Kinesiology activity credits. 1.0 must be taken in 2nd year & 1.0 in

1.0 Kinesiology credits from below (not previously selected);				
Kin 2250A/B Social Foundations of Sport & Physical Activity		Kin 2263F/G Canadian Sport History		Kin 2276F/G Psychology of Exercise
Kin 2292F/G Critical Thinking & Ethics in Kinesiology		Kin 2298A/B Sport Management		Kin 3362F/G Olympic Issues for Modern Times
Kin 3363A/B Sport & the Body in Western Culture		Kin 3378F/G Sport Literature		Kin 3388A/B Psychology of Sport
Kin 3390F/G Philosophy of Sport		Kin 3398F/G Human Resource Management in Sport		Kin 3399A/B Sport Marketing
Kin 3476F/G Exercise & Health Behavior Change		Dance 2270A/B Dance Improvisation		Dance 3371A/B Beginning Dance Composition & Production
Dance 3372A/B Intermediate Dance Composition & Production				

0.5 Additional Kin non-activity credits, not previously selected. Dance 2270A/B, 2475A/B, 2476A/B, or Dance at the 3000 or 4000 level maybe used toward this. Write in credit taken.

External Required Electives

0.5 Statistics credit. Any level.

Note: If taken as part of 5.0 1st year credit, than choose any elective. Write in credit taken.

8.0 External Elective Credits. Note: A max of 1.0 Kin/ Dance credit can be used towards this. Write in credits taken.				