



## Major in Kinesiology - BA (4 Year)

### 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](http://www.uwo.ca/fhs/kin)  
[www.facebook.com/KinUndergrad](https://www.facebook.com/KinUndergrad)

Shannon Rankin  
Undergraduate Coordinator  
[srankin2@uwo.ca](mailto:srankin2@uwo.ca)

Maryanne Whitmore  
Academic Counsellor  
[maryanne.whitmore@uwo.ca](mailto:maryanne.whitmore@uwo.ca)



## Western

<input type="checkbox"/> Kin 1080A/B <b>Psychomotor Behavior</b>	<input type="checkbox"/> Kin 1088A/B <b>Sport Psychology</b>	<input type="checkbox"/> Physiology 1021
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<input type="checkbox"/> Kin 222A/B <b>Systemic Approach to Functional Anatomy</b>	<input type="checkbox"/> Kin 2230A/B <b>Exercise Physiology</b>	<input type="checkbox"/> Kin 2241A/B <b>Biomechanics</b>
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<input type="checkbox"/> Kin 2236A/B <b>Athletic Injuries</b>	<input type="checkbox"/> Kin 2250A/B <b>Social Foundations of Sport &amp; Physical Activity</b>	<input type="checkbox"/> Kin 2263F/G <b>Canadian Sport History</b>
<input type="checkbox"/> Kin 2276F/G <b>Psychology of Exercise</b>	<input type="checkbox"/> Kin 2292F/G <b>Critical Thinking &amp; Ethics in Kinesiology</b>	<input type="checkbox"/> Kin 2298A/B <b>Sport Management</b>
<input type="checkbox"/> Dance 2270A/B <b>Dance Improvisation</b>		

☐ 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 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!

Possible 0.25 Activity Credits:

<input type="checkbox"/> Kin 2902Q/R/S/T <b>Basketball Skills</b> (old 2202)	<input type="checkbox"/> Kin 2903Q/R/S/T <b>Canoeing</b> (old 2203)	<input type="checkbox"/> Kin 2904Q/R/S/T <b>Exercise Skills</b> (old 2204)
<input type="checkbox"/> Kin 2905Q/R/S/T <b>Football Skills</b> (old 2205)	<input type="checkbox"/> Kin 2906Q/R/S/T <b>Golf</b> (old 2206)	<input type="checkbox"/> Kin 2907Q/R/S/T <b>Group Fitness</b> (old 2207)
<input type="checkbox"/> Kin 2908Q/R/S/T <b>Ice Hockey</b> (old 2208)	<input type="checkbox"/> Kin 2909Q/R/S/T <b>Judo Skills</b> (old 2209)	<input type="checkbox"/> Kin 2910Q/R/S/T <b>Rugby Skills</b> (old 2210)
<input type="checkbox"/> Kin 2911Q/R/S/T <b>Sailing</b> (old 2211)	<input type="checkbox"/> Kin 2912Q/R/S/T <b>Alpine Skiing</b> (old 2212)	<input type="checkbox"/> Kin 2913Q/R/S/T <b>Softball Skills</b> (old 2213)
<input type="checkbox"/> Kin 2914Q/R/S/T <b>Squash Skills</b> (old 2214)	<input type="checkbox"/> Kin 2915Q/R/S/T <b>Swimming Skills</b> (old 2215)	<input type="checkbox"/> Kin 2916Q/R/S/T <b>Tennis Skills</b> (old 2216)
<input type="checkbox"/> Kin 2917Q/R/S/T <b>Track &amp; Field Skills</b> (old 2217)	<input type="checkbox"/> Kin 2918Q/R/S/T <b>Volleyball Skills</b> (old 2218)	<input type="checkbox"/> Kin 2919Q/R/S/T <b>Wrestling Skills</b> (old 2219)
<input type="checkbox"/> Kin 2920Q/R/S/T <b>Learn to Swim</b> (old 2020)	<input type="checkbox"/> Kin 2921Q/R/S/T <b>Curling</b> (old 2221)	<input type="checkbox"/> Kin 2922Q/R/S/T <b>Badminton</b> (old 2022)
<input type="checkbox"/> Kin 2925Q/R/S/T <b>Snowboarding</b> (old 2025)	<input type="checkbox"/> Kin 2926Q/R/S/T <b>Aqua Fit</b> (old 2021)	<input type="checkbox"/> Kin 2927Q/R/S/T <b>Nordic Skiing</b> (old 2225)
<input type="checkbox"/> Kin 2928Q/R/S/T <b>Mountain Biking</b> (old 2220)	<input type="checkbox"/> Kin 2950Q/R/S/T <b>Special Topic</b> (old 2223)	<input type="checkbox"/> Kin 2951Q/R/S/T <b>Special Topic</b> (old 2224)
<input type="checkbox"/> Kin 3902Q/R/S/T <b>Basketball Coaching</b> (old 3302)	<input type="checkbox"/> Kin 3905Q/R/S/T <b>Football Coaching</b> (old 3305)	<input type="checkbox"/> Kin 3908Q/R/S/T <b>Ice Hockey Coaching</b> (old 3308)
<input type="checkbox"/> Kin 3910Q/R/S/T <b>Rugby Coaching</b> (old 3310)	<input type="checkbox"/> Kin 3915Q/R/S/T <b>Swimming Coaching</b> (old 3315)	<input type="checkbox"/> Kin 3916Q/R/S/T <b>Tennis Coaching</b> (old 3316)
<input type="checkbox"/> Kin 3917Q/R/S/T <b>Track &amp; Field Coaching</b> (old 3317)	<input type="checkbox"/> Kin 3918Q/R/S/T <b>Volleyball Coaching</b> (old 3318)	<input type="checkbox"/> Kin 3925Q/R/S/T <b>Assessment of Physical Function in Older Adults</b> (old 3025)
<input type="checkbox"/> Kin 3927Q/R/S/T <b>Adventure Experience 1</b> (old 3327)	<input type="checkbox"/> Kin 3928Q/R/S/T <b>Adventure Experience 2</b> (old 3328)	<input type="checkbox"/> Kin 3929Q/R/S/T <b>Adventure Experience 3</b> (old 3329)
<input type="checkbox"/> Kin 3950Q/R/S/T <b>Special Topic Coaching</b> (old 3321)	<input type="checkbox"/> Kin 3951Q/R/S/T <b>Special Topic Coaching</b> (old 3322)	

Possible 0.5 Activity Credits:

<input type="checkbox"/>	Kin 2960A/B <b>Games of Lower Organization</b> (old 2030)	<input type="checkbox"/>	Kin 2961A/B <b>Foundations of Training Technique</b> (old 2040)	<input type="checkbox"/>	Kin 2962A/B <b>Exercise for Specific Populations</b> (old 2042)
<input type="checkbox"/>	Kin 2980A/B <b>Special Topics</b> (old 2200)	<input type="checkbox"/>	Kin 2981A/B <b>Special Topics</b> (old 2201)	<input type="checkbox"/>	Kin 3960A/B <b>Certification for NLS</b> (old 3020)
<input type="checkbox"/>	Kin 3961A/B <b>The Art &amp; Science of Personal Training</b> (old 3304)	<input type="checkbox"/>	Kin 3980A/B <b>Special Topics</b> (old 3300)	<input type="checkbox"/>	Kin 3981A/B <b>Special Topics</b> (old 3301)
<input type="checkbox"/>	Dance 2274A/B <b>Movement Making</b>	<input type="checkbox"/>	Dance 2275A/B <b>Intro. To Modern Dance</b>	<input type="checkbox"/>	Dance 2276A/B <b>Elementary Modern Dance Technique</b>
<input type="checkbox"/>	Dance 2375A/b <b>Ballet Fundamentals</b>				

<input type="checkbox"/> Kin 2250A/B Social Foundations of Sport & Physical Activity	<input type="checkbox"/> Kin 2263F/G Canadian Sport History	<input type="checkbox"/> Kin 2266F/G Psychology of Exercise
<input type="checkbox"/> Kin 2292F/G Critical Thinking & Ethics in Kinesiology	<input type="checkbox"/> Kin 2298A/B Sport Management	<input type="checkbox"/> Kin 3362F/G Olympic Issues for Modern Times
<input type="checkbox"/> Kin 3363A/B Sport & the Body in Western Culture	<input type="checkbox"/> Kin 3378F/G Sport Literature	<input type="checkbox"/> Kin 3388A/B Psychology of Sport
<input type="checkbox"/> Kin 3390F/G Philosophy of Sport	<input type="checkbox"/> Kin 3398F/G Human Resource Management in Sport	<input type="checkbox"/> Kin 3399A/B Sport Marketing
<input type="checkbox"/> Kin 3476F/G Exercise & Health Behavior Change	<input type="checkbox"/> Dance 2270A/B Dance Improvisation	<input type="checkbox"/> Dance 3371A/B Beginning Dance Composition & Production
<input type="checkbox"/> Dance 3372A/B Intermediate Dance Composition & Production		

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## External Required Electives

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