



Comments: Students need to complete twelve credits of first year sciences in three of the four subject areas (Biology, Chemistry, Math, Physics) in order to graduate from Human Kinetics.

First Term	Course Credits	Required Credits
<i>Required:</i>		9.00
ENGL 100 University Writing Strategies	3.00	
HKIN 103 Active Health	3.00	
HKIN 190 Anatomy and Physiology I	3.00	
 <i>Choose 6.00 credits from the following list:</i>		 6.00
BIOL Biology 100-Level	3.00	
CHEM Chemistry 100-Level	3.00	
MATH Math 100-Level	3.00	
PHYS Physics 100-Level	3.00	
		15.00
Second Term	Course Credits	Required Credits
<i>Required:</i>		9.00
HKIN 151 Biomechanics I	3.00	
HKIN 161 Leisure and Sport in Society	3.00	
HKIN 191 Anatomy and Physiology II	3.00	
 <i>Choose 6.00 credits from the following list:</i>		 6.00
BIOL Biology 100-Level	3.00	
CHEM Chemistry 100-Level	3.00	
MATH Math 100-Level	3.00	
PHYS Physics 100-Level	3.00	
		15.00
Third Term	Course Credits	Required Credits
<i>Required:</i>		6.00
HKIN 230 Human Motor Behaviour I	3.00	
HKIN 275 Exercise Physiology	3.00	
 <i>Choose 9.00 credits from the following list:</i>		 9.00
HKIN 241 Care and Prevention of Sports Injuries	3.00	
HKIN 252 Contemporary Health Issues	3.00	
University Transferable 100 or 200-Level Electives	3.00	
		15.00
Fourth Term	Course Credits	Required Credits
<i>Required:</i>		9.00
HKIN 231 Mental Theories in Sport and Exercise	3.00	
HKIN 261 Health, Policy and Society	3.00	
HKIN 284 Human Growth and Development	3.00	
 <i>Choose 6.00 credits from the following list:</i>		 6.00
HKIN 112 Health and Human Nutrition	3.00	
HKIN 205 Principles of Strength and Conditioning	3.00	
University Transferable 100 or 200-Level Electives	3.00	
		15.00
Total Program Credits		60.00