



First Term	Course Credits	Required Credits
<i>Required:</i>		12.00
ENGL 100 University Writing Strategies	3.00	
HKIN 103 Active Health	3.00	
HKIN 116 Performance Analysis of Selected Individual Sports and Activities I	3.00	
HKIN 190 Anatomy and Physiology I	3.00	
 <i>Choose 3.00 credits of electives:</i>		3.00
University Transferable Elective	3.00	
		15.00
Second Term	Course Credits	Required Credits
<i>Required:</i>		12.00
HKIN 117 Performance Analysis of Selected Individual Sports and Activities II	3.00	
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 3.00 credits from the following list:</i>		3.00
HKIN 112 Health and Human Nutrition	3.00	
University Transferable Elective	3.00	
		15.00
Third Term	Course Credits	Required Credits
<i>Required:</i>		9.00
HKIN 216 Performance Analysis of Selected Team Sports/Activities I	3.00	
HKIN 230 Human Motor Behaviour I	3.00	
HKIN 275 Exercise Physiology	3.00	
 <i>Choose 6.00 credits from the following list:</i>		6.00
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>		12.00
HKIN 217 Performance Analysis of Selected Team Sports/Activities II	3.00	
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 3.00 credits from the following list:</i>		3.00
HKIN 205 Principles of Strength and Conditioning	3.00	
University Transferable 100 or 200-Level Elective	3.00	
		15.00
Total Program Credits		60.00