



Diploma in Human Kinetics

First Year

Required:

	Course Credits	Required Credits
ENGL 100 University Writing Strategies	3.00	
HKIN 103 Active Health	3.00	
HKIN 125 Introduction to Leadership in Health and Physical Activity	3.00	
HKIN 151 Biomechanics I	3.00	
HKIN 161 Leisure and Sport in Society	3.00	
HKIN 190 Anatomy and Physiology I	3.00	
HKIN 191 Anatomy and Physiology II	3.00	

Choose 9.00 credits of electives:

HKIN 100 or 200-level	3.00	
Elective 100 or 200-level (excluding HKIN)	6.00	

21.00

9.00

30.00

Second Year

Required:

	Course Credits	Required Credits
CMNS 220 Advanced Business Writing and Editing	3.00	
HKIN 230 Human Motor Behaviour I	3.00	
HKIN 231 Mental Theories in Sport and Exercise	3.00	
HKIN 261 Health, Policy and Society	3.00	
HKIN 275 Exercise Physiology	3.00	
HKIN 284 Human Growth and Development	3.00	
HKIN 296 Human Kinetics Career Seminar Series	3.00	

Choose 9.00 credits of electives:

HKIN 100 or 200-level	3.00	
Elective 100-level or higher (excluding HKIN)	6.00	

21.00

9.00

30.00

Total Program Credits

60.00