



# PROGRAM PLANNING GUIDE

**Name:** \_\_\_\_\_

**ID:**

## Bachelor of Arts

### Kinesiology



Kinesiology is the study of human movement through physical activity and the critical role it plays from both an individual and cultural perspective. Our programs are designed to provide you with the opportunity to study the theoretical and practical applications of activity as a cultural form, as well as individual performance at all levels of involvement and all ages. You will also gain an understanding of movement through the integration of specialized knowledge found in topics like anatomy, biomechanics, culture, exercise physiology, leadership, media, motor control, race and ethnicity.

#### What determines my program requirements?

Please refer to the Academic Calendar ([www.ulethbridge.ca/ross/academic-calendar](http://www.ulethbridge.ca/ross/academic-calendar)) for complete program information.

**Calendar Year:** 2025/2026 - Your calendar year is set to the academic year you are admitted (or readmitted) and you should follow the requirements for that year for the duration of your program.

**Faculty/School:** Faculty of Arts and Science ([www.ulethbridge.ca/artsci](http://www.ulethbridge.ca/artsci))

**Program(s):** Bachelor of Arts

**Major(s):** Kinesiology

**Minor:** A defined set of courses, designed to provide depth in a particular discipline, study in an interdisciplinary area, or focus on a theme-related topic. To learn more about optional minors see [www.ulethbridge.ca/ross/minors](http://www.ulethbridge.ca/ross/minors).

#### Am I admissible to this program?

**Admission:** [www.ulethbridge.ca/ross/admissions/undergrad](http://www.ulethbridge.ca/ross/admissions/undergrad)

**Transfer:** [www.ulethbridge.ca/ross/transfer-resources](http://www.ulethbridge.ca/ross/transfer-resources)

#### When/How do I apply to the University?

**Deadlines:** [www.ulethbridge.ca/ross/admissions/undergrad/deadlines](http://www.ulethbridge.ca/ross/admissions/undergrad/deadlines)

**Step-by-Step:** [www.ulethbridge.ca/ross/admissions/step-by-step](http://www.ulethbridge.ca/ross/admissions/step-by-step)

#### Where can I find information on courses?

**Course Catalogue:** [www.ulethbridge.ca/ross/courses](http://www.ulethbridge.ca/ross/courses)

**Registration Guide:** [www.ulethbridge.ca/ross/registration-guide](http://www.ulethbridge.ca/ross/registration-guide)

#### When can I register for classes?

**Register early!** (March for Summer and Fall; November for Winter)

**Registration Dates:** [www.ulethbridge.ca/ross/registration-dates](http://www.ulethbridge.ca/ross/registration-dates)

#### How can I enhance my program?

**Career Bridge:** [www.ulethbridge.ca/career-bridge](http://www.ulethbridge.ca/career-bridge)

**Co-op Education:** [www.ulethbridge.ca/career-bridge/co-operative-education](http://www.ulethbridge.ca/career-bridge/co-operative-education)

**Honours Thesis:** [www.ulethbridge.ca/ross/undergraduate-thesis](http://www.ulethbridge.ca/ross/undergraduate-thesis)

**Double Major:** [www.ulethbridge.ca/ross/double-major](http://www.ulethbridge.ca/ross/double-major)

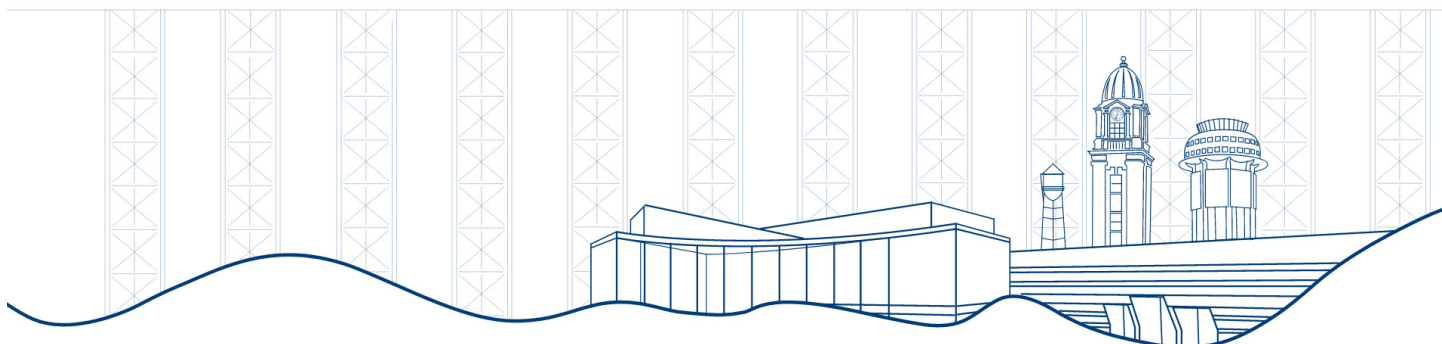
#### What supports are available to students?

**Student Services:** [www.ulethbridge.ca/campus-life/student-services](http://www.ulethbridge.ca/campus-life/student-services)

**Student Success Centre:** [www.ulethbridge.ca/student-success-centre](http://www.ulethbridge.ca/student-success-centre)

**Accessible Learning:** [www.ulethbridge.ca/ross/alc](http://www.ulethbridge.ca/ross/alc)

**Counselling Services:** [www.ulethbridge.ca/counselling](http://www.ulethbridge.ca/counselling)





**Required courses and notes**

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**Major Requirements (19 Courses)**

- \_\_\_\_\_ 1. Kinesiology 1000 - Wellness and Physical Activity
- \_\_\_\_\_ 2. Kinesiology 2110 - Biophysical Perspectives
- \_\_\_\_\_ 3. Kinesiology 2130 - Humanities Perspectives
- \_\_\_\_\_ 4. Kinesiology 2140 - Psychological Perspectives
- \_\_\_\_\_ 5. Kinesiology 2150 - Sociological Perspectives
- \_\_\_\_\_ 6. Kinesiology 2160 - Management Perspectives
- \_\_\_\_\_ 7. Kinesiology 2200 - Research Methodologies
- \_\_\_\_\_ 8. Kinesiology 2600 - Functional Human Anatomy
- \_\_\_\_\_ 9.-13. Five courses (15.0 credit hours) in Kinesiology at the 3000/4000 level with a Humanities or Social Science designation, excluding Kinesiology 3980 and Kinesiology 4980 (Applied Studies)
  - \_\_\_\_\_ 9. \_\_\_\_\_
  - \_\_\_\_\_ 10. \_\_\_\_\_
  - \_\_\_\_\_ 11. \_\_\_\_\_
  - \_\_\_\_\_ 12. \_\_\_\_\_
  - \_\_\_\_\_ 13. \_\_\_\_\_
- \_\_\_\_\_ 14.-16. Three courses (9.0 credit hours) in Kinesiology at the 4000 level with a Humanities or Social Science designation, excluding Kinesiology 4980 (Applied Studies)
  - \_\_\_\_\_ 14. \_\_\_\_\_
  - \_\_\_\_\_ 15. \_\_\_\_\_
  - \_\_\_\_\_ 16. \_\_\_\_\_
- \_\_\_\_\_ 17.-19. Three courses (9.0 credit hours) in Physical Activity at the 3000 level
  - \_\_\_\_\_ 17. \_\_\_\_\_
  - \_\_\_\_\_ 18. \_\_\_\_\_
  - \_\_\_\_\_ 19. \_\_\_\_\_

**Electives (21 Courses)**

- \_\_\_\_\_ 20.-40. Twenty-one additional courses (63.0 credit hours) chosen to complete program requirements
  - \_\_\_\_\_ 20. \_\_\_\_\_
  - \_\_\_\_\_ 21. \_\_\_\_\_
  - \_\_\_\_\_ 22. \_\_\_\_\_
  - \_\_\_\_\_ 23. \_\_\_\_\_
  - \_\_\_\_\_ 24. \_\_\_\_\_
  - \_\_\_\_\_ 25. \_\_\_\_\_
  - \_\_\_\_\_ 26. \_\_\_\_\_
  - \_\_\_\_\_ 27. \_\_\_\_\_
  - \_\_\_\_\_ 28. \_\_\_\_\_
  - \_\_\_\_\_ 29. \_\_\_\_\_
  - \_\_\_\_\_ 30. \_\_\_\_\_
  - \_\_\_\_\_ 31. \_\_\_\_\_
  - \_\_\_\_\_ 32. \_\_\_\_\_
  - \_\_\_\_\_ 33. \_\_\_\_\_
  - \_\_\_\_\_ 34. \_\_\_\_\_
  - \_\_\_\_\_ 35. \_\_\_\_\_
  - \_\_\_\_\_ 36. \_\_\_\_\_
  - \_\_\_\_\_ 37. \_\_\_\_\_
  - \_\_\_\_\_ 38. \_\_\_\_\_
  - \_\_\_\_\_ 39. \_\_\_\_\_
  - \_\_\_\_\_ 40. \_\_\_\_\_

**Notes**

To determine if a given course in Kinesiology has a Humanities or Social Science designation, see **School of Liberal Education** in the 2025/2026 University of Lethbridge Calendar, [www.ulethbridge.ca/ross/academic-calendar](http://www.ulethbridge.ca/ross/academic-calendar).

No more than two Independent Study courses (Kinesiology 3990 or Kinesiology 4990; 6.0 credit hours) may be counted towards the major.



## Required courses and notes

Name: \_\_\_\_\_

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### Liberal Education List Requirement

Only four courses (12.0 credit hours) in total may be counted from any one discipline toward the Lib Ed Requirement. Disciplines are identified by separate course subject codes. Cross-listed courses count toward the limit for both disciplines (e.g. IGBM 3250/INDG 3250 counts toward the limit for Dhillon School of Business courses and Indigenous Studies).

Only four courses (12.0 credit hours) in total from the Faculty of Education (EDUC), Faculty of Health Sciences (ADCS, HLSC, INHL, NURS, PUBH, and TREC), and the Dhillon School of Business (ACCT, AGEM, FINC, GLBU, HRLR, IGBM, MGT, and MKTG) may be counted towards the Lib Ed Requirement.

To determine if a course has a Liberal Education designation, see School of Liberal Education in the 2025/2026 University of Lethbridge Undergraduate Calendar, [www.ulethbridge.ca/ross/academic-calendar](http://www.ulethbridge.ca/ross/academic-calendar).

\_\_\_\_\_ **1.-4. List I: Fine Arts and Humanities**

- \_\_\_\_\_ 1. \_\_\_\_\_
- \_\_\_\_\_ 2. \_\_\_\_\_
- \_\_\_\_\_ 3. \_\_\_\_\_
- \_\_\_\_\_ 4. \_\_\_\_\_

\_\_\_\_\_ **5.-8. List II: Social Science**

- \_\_\_\_\_ 5. \_\_\_\_\_
- \_\_\_\_\_ 6. \_\_\_\_\_
- \_\_\_\_\_ 7. \_\_\_\_\_
- \_\_\_\_\_ 8. \_\_\_\_\_

\_\_\_\_\_ **9.-12. List III: Science**

- \_\_\_\_\_ 9. \_\_\_\_\_
- \_\_\_\_\_ 10. \_\_\_\_\_
- \_\_\_\_\_ 11. \_\_\_\_\_
- \_\_\_\_\_ 12. \_\_\_\_\_

### General Requirements

\_\_\_\_\_ A minimum of 40 courses (120.0 credit hours) with a GPA of at least 2.00.

\_\_\_\_\_ A maximum of five Independent Study courses (15.0 credit hours) may be completed for credit towards the degree.

\_\_\_\_\_ A maximum of five Disciplinary Credit Applied Studies courses (15.0 credit hours) may be completed for credit towards the degree. Students may, in addition, complete Applied Studies 2000, 2001, 2010, and 2011.

\_\_\_\_\_ A maximum of 24 courses (72.0 credit hours) may be completed from any one discipline for credit towards the degree. Disciplines are identified by a specific course label (e.g. KNES, ASTR, and HIST are separate disciplines).

\_\_\_\_\_ A maximum of 6.0 credit hours in Activity courses (i.e. courses labelled PHAC and MUSE) may be completed for credit towards the degree, except for Kinesiology majors (not more than 15.0 credit hours) and Music majors (not more than 12.0 credit hours).

\_\_\_\_\_ A maximum of six courses (18.0 credit hours) from disciplines offered outside the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education may be completed for credit towards the degree (i.e. labelled ACCT, ADCS, AGEM, CDEV, CRED, EDUC, FINC, GLBU, HLSC, HRLR, IGBM, INHL, MGT, MKTG, NURS, PUBH, and TREC). Courses cross-listed between the Faculty of Arts and Science and another Faculty or School do not count towards this limit.

\_\_\_\_\_ Residence requirement: a minimum of 20 courses (60.0 credit hours) must be completed at the University of Lethbridge, including at least 10 courses (30.0 credit hours) from disciplines offered by the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education at the 3000/4000 level. At least half of the courses required in the major must be completed at the University of Lethbridge.

A **maximum** of 12 courses (36.0 credit hours) may be completed at the 1000 level (or lower) for credit towards the degree, excluding Activity courses (labelled PHAC and MUSE) and courses numbered in the range of 0520 to 0530.

\_\_\_\_\_ **1.-12. Introductory Course Limit**

- \_\_\_\_\_ 1. \_\_\_\_\_
- \_\_\_\_\_ 2. \_\_\_\_\_
- \_\_\_\_\_ 3. \_\_\_\_\_
- \_\_\_\_\_ 4. \_\_\_\_\_
- \_\_\_\_\_ 5. \_\_\_\_\_
- \_\_\_\_\_ 6. \_\_\_\_\_
- \_\_\_\_\_ 7. \_\_\_\_\_
- \_\_\_\_\_ 8. \_\_\_\_\_
- \_\_\_\_\_ 9. \_\_\_\_\_
- \_\_\_\_\_ 10. \_\_\_\_\_
- \_\_\_\_\_ 11. \_\_\_\_\_
- \_\_\_\_\_ 12. \_\_\_\_\_

A **minimum** of 15 courses (45.0 credit hours) from disciplines offered by the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education at the 3000/4000 level, excluding Activity courses (labelled PHAC and MUSE). Out-of-faculty courses (i.e. labelled ACCT, ADCS, AGEM, CDEV, CRED, EDUC, FINC, GLBU, HLSC, HRLR, IGBM, INHL, MGT, MKTG, NURS, PUBH, and TREC) will not meet this requirement.

\_\_\_\_\_ **1.-15. Senior Course Requirement**

- \_\_\_\_\_ 1. \_\_\_\_\_
- \_\_\_\_\_ 2. \_\_\_\_\_
- \_\_\_\_\_ 3. \_\_\_\_\_
- \_\_\_\_\_ 4. \_\_\_\_\_
- \_\_\_\_\_ 5. \_\_\_\_\_
- \_\_\_\_\_ 6. \_\_\_\_\_
- \_\_\_\_\_ 7. \_\_\_\_\_
- \_\_\_\_\_ 8. \_\_\_\_\_
- \_\_\_\_\_ 9. \_\_\_\_\_
- \_\_\_\_\_ 10. \_\_\_\_\_
- \_\_\_\_\_ 11. \_\_\_\_\_
- \_\_\_\_\_ 12. \_\_\_\_\_
- \_\_\_\_\_ 13. \_\_\_\_\_
- \_\_\_\_\_ 14. \_\_\_\_\_
- \_\_\_\_\_ 15. \_\_\_\_\_

### Optional Minor:

For information about minors see **Minors** in the 2025/2026 University of Lethbridge Calendar, [www.ulethbridge.ca/ross/academic-calendar](http://www.ulethbridge.ca/ross/academic-calendar). Consult with an Academic Advisor if you wish to add a minor to your program.

\_\_\_\_\_ **1.-6. Required Courses**

- \_\_\_\_\_ 1. \_\_\_\_\_
- \_\_\_\_\_ 2. \_\_\_\_\_
- \_\_\_\_\_ 3. \_\_\_\_\_
- \_\_\_\_\_ 4. \_\_\_\_\_
- \_\_\_\_\_ 5. \_\_\_\_\_
- \_\_\_\_\_ 6. \_\_\_\_\_



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Shown below is the recommended sequence of courses for your degree. Consult timetables for course offerings, prerequisites, and corequisites before registering each term as some courses may have limited offerings (ie. once a year, alternating years, or only offered in the Fall or Winter terms).

Consult with an Academic Advisor in your faculty if you wish to alter this sequence with regard to the specifically listed courses.

**Note that this sequence was prepared based on course scheduling at the time of publication and may change during your studies.**

### First Year

- Kinesiology 1000
- Kinesiology 2000 level
- Kinesiology 2000 level
- Lib Ed Requirement course
- Lib Ed Requirement course
- Lib Ed Requirement course
- Lib Ed Requirement course
- Lib Ed Requirement course
- Lib Ed Requirement course
- Lib Ed Requirement course

### Second Year

- Kinesiology 2000 level
- Kinesiology 2000 level
- Kinesiology 2000 level
- Kinesiology 2000 level
- Kinesiology 2000 level
- Physical Activity 3000 level
- Lib Ed Requirement course
- Elective
- Elective
- Elective

### Third Year

- Kinesiology 3000/4000 level
- Kinesiology 3000/4000 level
- Kinesiology 3000/4000 level
- Kinesiology 3000/4000 level
- Physical Activity 3000 level
- Physical Activity 3000 level
- Elective 3000/4000 level
- Elective 3000/4000 level
- Elective 3000/4000 level
- Elective

### Fourth Year

- Kinesiology 3000/4000 level
- Kinesiology 4000 level
- Kinesiology 4000 level
- Kinesiology 4000 level
- Elective 3000/4000 level
- Elective 3000/4000 level
- Elective 3000/4000 level
- Elective 3000/4000 level
- Elective
- Elective