



PROGRAM PLANNING GUIDE

Name: _____

ID:

Bachelor of Science

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) 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)

Program(s): Bachelor of Science

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.

Am I admissible to this program?

Admission: www.ulethbridge.ca/ross/admissions/undergrad

Transfer: www.ulethbridge.ca/ross/transfer-resources

When/How do I apply to the University?

Deadlines: www.ulethbridge.ca/ross/admissions/undergrad/deadlines

Step-by-Step: www.ulethbridge.ca/ross/admissions/step-by-step

Where can I find information on courses?

Course Catalogue: www.ulethbridge.ca/ross/courses

Registration Guide: 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

How can I enhance my program?

Career Bridge: www.ulethbridge.ca/career-bridge

Co-op Education: www.ulethbridge.ca/career-bridge/co-operative-education

Honours Thesis: www.ulethbridge.ca/ross/undergraduate-thesis

Double Major: www.ulethbridge.ca/ross/double-major

What supports are available to students?

Student Services: www.ulethbridge.ca/campus-life/student-services

Student Success Centre: www.ulethbridge.ca/student-success-centre

Accessible Learning: www.ulethbridge.ca/ross/alc

Counselling Services: www.ulethbridge.ca/counselling





Required courses and notes

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Major Requirements (24 Courses)

- _____ 1. Biology 1010 - Cellular Basis of Life
- _____ 2. Kinesiology 1000 - Wellness and Physical Activity
- _____ 3. Kinesiology 2200 - Research Methodologies
- _____ 4. Kinesiology 2600 - Functional Human Anatomy
- _____ 5. Kinesiology 2610 - Human Physiology
- _____ 6. Kinesiology 2650 - Functional Biomechanics
- _____ 7. Kinesiology 3500 - Nutrition and Physical Activity
- _____ 8. Kinesiology 3610 - Exercise Physiology
- _____ 9. Kinesiology 3630 - Growth, Development and Aging
- _____ 10. Kinesiology 3650 - Biomechanics
- _____ 11. Physics 1050 - Introduction to Biophysics
- _____ 12. **One of:**
 - _____ Chemistry 1000 - General Chemistry I
 - _____ Chemistry 1110 - Chemistry for Life Sciences I
- _____ 13. **One of:**
 - _____ Neuroscience 2610 - Principles of Brain Structure and Function
 - _____ Neuroscience 2620 - Principles of Behavioural Neuroscience
- _____ 14.-15. **Two of:**
 - _____ Kinesiology 2130 - Humanities Perspectives
 - _____ Kinesiology 2140 - Psychological Perspectives
 - _____ Kinesiology 2150 - Sociological Perspectives
 - _____ Kinesiology 2160 - Management Perspectives
- _____ 16.-18. Three additional courses (9.0 credit hours) in Kinesiology at the 3000/4000 level with a Science designation, excluding Kinesiology 3980 and Kinesiology 4980 (Applied Studies)
 - _____ 16. _____
 - _____ 17. _____
 - _____ 18. _____
- _____ 19.-20. Two courses (6.0 credit hours) in Kinesiology at the 4000 level with a Science designation, excluding Kinesiology 4980 (Applied Studies)
 - _____ 19. _____
 - _____ 20. _____
- _____ 21. One course (3.0 credit hours) in Mathematics at the 1000 level or higher
 - _____
- _____ 22. One course (3.0 credit hours) in Statistics at the 1000 level or higher
 - _____
- _____ 23.-24. Two courses (6.0 credit hours) in Physical Activity at the 3000 level
 - _____ 23. _____
 - _____ 24. _____

Electives (16 Courses)

- _____ 25.-40. Sixteen additional courses (48.0 credit hours) chosen to complete program requirements
 - _____ 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 Science designation, see **School of Liberal Education** in the 2025/2026 University of Lethbridge Calendar, www.ulethbridge.ca/ross/academic-calendar.

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



Required courses and notes

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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.

_____ **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. 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
- Biology 1010**
- One of: Chemistry 1000 or 1110
- Kinesiology 2000-level list course
- Mathematics 1000 level
- Physical Activity 3000 level
- Statistics 1770
- Lib Ed Requirement course
- Lib Ed Requirement course
- Lib Ed Requirement course

Second Year

- Kinesiology 2200**
- Kinesiology 2600**
- Kinesiology 2610**
- Kinesiology 2650**
- One of: Neuroscience 2610 or Neuroscience 2620
- Physics 1050
- Kinesiology 2000-level list course
- Physical Activity 3000 level
- Lib Ed Requirement course
- Lib Ed Requirement course

Third Year

- Kinesiology 3500
- Kinesiology 3610
- Kinesiology 3630
- Kinesiology 3650
- Science Kinesiology 3000/4000 level
- Elective 3000/4000 level
- Elective 3000/4000 level
- Elective
- Elective
- Elective

Fourth Year

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

Note: Courses in bold in Years 1 and 2 of the sample sequence are prerequisite(s) for required courses and should be completed early in your program. Students are advised to review the prerequisites for elective courses within the major and plan accordingly.