

FACULTY OF HEALTH

School of Health and Human Performance

Bachelor of Science (Kinesiology) First Year Course Planning Guide

2023-2024 Academic Year

The guide below can be used to assist you with your first-year course selection. Use the table below, the [academic timetable](#) and the [schedule worksheet](#) to build your schedule. Plan your required courses first, and then choose your electives based on your interests and future goals. For complete degree requirements, see the Academic Calendar at www.dal.ca/calendar.

Transfer students or any student with questions about Kinesiology course selection should contact one of the HAHP advisors:

Heidi Tracey Baillie at htb@dal.ca or Lindsay Currie at lindsay.currie@dal.ca

Fall	Winter
Kinesiology (KINE) 1104: Foundations in Kinesiology Lecture and Lab	Kinesiology (KINE) 1102: Physical Activity and Health Lecture and Lab
Anatomy (ANAT) 1020 or 1010: Basic Human Anatomy Lecture only	Kinesiology (KINE) 1106: Philosophy and Ethics for Kinesiology Lecture and Tutorial (tutorial is in an online format)
English (ENGL) 1100: Writing for University * Lecture and Tutorial	Kinesiology (KINE) 1108: Psychology and Physical Activity Lecture and Lab
Physiology (PHYL) 1011 or 1001: Human Physiology** Lecture (for 1011 or 1001) and Tutorial (only for 1011)	Physiology (PHYL) 1012 or 1002: Human Physiology 2** Lecture (for 1012 or 1002) and Tutorial (only for 1012)
Science Elective (see options below) **** Lecture and Lab or Tutorial (if required)	Science Elective (see options below) **** Lecture and Lab or Tutorial (if required)
Interprofessional Health Education (IPHE) 4900: Interprofessional Health Education Portfolio ***	Interprofessional Health Education (IPHE) 4900: Interprofessional Health Education Portfolio. ***

* **ENGL1100:** Please register for designated Kinesiology lecture section and choose one tutorial from designated Kinesiology tutorial sections. The tutorial may show at the same time as the lecture and may appear as a conflict - please proceed to register for both regardless as you will only have a lecture or tutorial on those days.

** **PHYL 1011/1001 and 1012/1002** – If registering for 1011 and/or 1012, students must register for a tutorial along with the lecture. If registering for 1001 and/or 1002, it will be lecture only and when the course starts, you may then sign up for Teaching Assistant led tutorials. We recommend students take PHYL 1011/1012 with the required tutorial, if possible.

*** **IPHE 4900:** Register for this like you would a course but when the semester begins, you will not actually attend a lecture each Tuesday/Thursday as noted in the timetable. Students must register in IPHE 4900 (section 02) every term during the degree.

**** SCIENCE ELECTIVE CHOICES

The science elective chosen for each term in first year must be selected from the following list – please select one course from the list for each term:

FALL

- **Biology:** [BIOL 1010.03](#) or [BIOL1020.03](#)
- **Chemistry:** [CHEM 1011.03](#)
- **Mathematics:** [MATH 1000.03](#) or [MATH 1215.03](#)
- **Psychology:** [PSYO 1011.03](#) or [PSYO 1031.03](#)

WINTER

- **Biology:** [BIOL 1011.03](#) or [BIOL 1021.03](#)
- **Chemistry:** [CHEM 1012.03](#) (Pre-requisite CHEM 1011.03)
- **Mathematics:** [MATH 1010.03](#) (Pre-requisite MATH 1215.03 or MATH 1000.03)
- **Psychology:** [PSYO 1012.03](#) or [PSYO 1032.](#)



MY PLAN FOR FALL TERM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:35					
9:05					
9:35					
10:05					
10:35					
11:05					
11:35					
12:05					
12:35					
13:05					
13:35					
14:05					
14:35					
15:05					
15:35					
16:05					
16:35					
Evening Classes					

Course	Ex. Biology 2030					
Lecture CRN	10241					
Lab CRN	10245					
Tutorial CRN	10255					



MY PLAN FOR WINTER TERM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:35					
9:05					
9:35					
10:05					
10:35					
11:05					
11:35					
12:05					
12:35					
13:05					
13:35					
14:05					
14:35					
15:05					
15:35					
16:05					
16:35					
Evening Classes					

Course	Ex. Biology 2030					
Lecture CRN	10241					
Lab CRN	10245					
Tutorial CRN	10255					



Register
ON TRACK

dal.ca/newstudents

