

Bachelor of Science (Kinesiology) First Year Course Planning Worksheet

2025-2026 Academic Year

The guide below can be used to assist you with your first-year course selection. Use the table below, the [academic timetable](http://www.dal.ca/timetable) (www.dal.ca/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 (section 02): Basic Human Anatomy Lecture only	Kinesiology (KINE) 1106: Philosophy and Ethics for Kinesiology Lecture and Tutorial (tutorial is in an online format)
HAHP 1200: Health Communications 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. **

* **PHYL 1011/1001 and 1012/1002:** If registering for 1011 and 1012, students must register for a tutorial along with the lecture. If registering for 1001 and 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. It is also possible to complete PHYL 1001 + 1012 or 1011 + 1002.

** **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 1032.03](#)

[Find Courses and Build your Schedule](#)



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2025-2026 Academic Year

1. Go to the [Academic Timetable](https://dal.ca/timetable) (dal.ca/timetable).
2. On the Academic Timetable, you can select the Term and Location; it is recommended to review course offerings one term at a time (so select Fall first and after Fall is completed, go back and select Winter). For Location, it is best to select All so you can see all course options (in-person, online, etc.)
3. Select the subject from the subject drop-down list; note that courses are listed by subject, not program or degree.
4. Find the course required (e.g. KINE 1104) and write down the CRN number for one of the lecture (Lec) sections and write the course, at the time listed, onto the blank schedule sheet. You can click the arrow button next to the course title to see the course description. The CRN, right under the course title, is a unique five-digit code (e.g. 13789) and each section for a course has a unique CRN that you need to use to register.
5. If applicable, select a tutorial (Tut) and/or lab (Lab) section, record the CRN for each component and add the time to the blank schedule. You must register for one of each of the sections that appear for each course (Lec, Lab, and Tut). Each section is a different color in the timetable to help you see the differences. Not all courses will have a lab and/or tutorial but if one is listed for the course, you must register for one.
6. Check the first column for notes such as restrictions (R), or preferred sections for select programs, or any other important information. Also review any other notes that may show for lectures, tutorials, or labs.
7. Repeat the process to find the CRNs for all courses required for the given term. While recording CRNs in your schedule, be aware of time conflicts. If there is a conflict, you must find a different selection that does not conflict.
8. Once you have found all the CRNs for your courses in the Fall term, repeat the same process for the Winter term.

Register for Courses

1. Access [DalOnline](https://dalonline.dal.ca/) (https://dalonline.dal.ca/) and click Web for Students, then click Registration.
2. Select Register for Classes, twice.
3. From the drop-down menu, select your term, starting with 2025/2026 Fall and select Continue.
4. Select Enter CRNs from the option across the top of the screen - do not use the Class Search option.
 - a. Add as many CRN text boxes as needed for all lectures, labs, and/or tutorials.
 - b. Type one CRN into each text box
 - c. Once all CRNs have been added, select Add to Summary
5. Your tentative schedule will be available in the panel in the bottom left and a summary of your courses can be seen in a panel in the bottom right of the screen.
 - a. In the bottom left panel, confirm your schedule is accurate and that there are no course conflicts.
 - b. In the bottom right panel, next to each pending course, confirm your intended action, generally Web Registered
 - c. Once you have checked everything looks good, select Submit in the bottom right corner to finalize your course registration.
6. After registering for the Fall term, select a new term and complete the process again for the 2025/2026 Winter term.

If errors occur after submitting CRNs please reach out to one of your advisors for assistance to resolve the issue.

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Please refer to dal.ca/registration for more support on how to read the Academic Timetable and register for courses.



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					



Register
ON TRACK

dal.ca/newstudents

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