

FACULTY OF HEALTH

School of Health and Human Performance

Bachelor of Science (Kinesiology) First Year Course Planning Guide

2024-2025 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)
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/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.](#)



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