

Name: _____

 ID #: **B0** _____

Please see page 2 for additional details on requirements under each section and take special note of items marked with a symbol.

| Year | SCHOOL/CORE (6 cr hrs) | OTHER REQUIRED (21 cr hrs) | KINESIOLOGY (54 cr hrs) | SCIENCE/OPEN ELECTIVES (39 cr hrs) |
|------|--|--|--|--|
| I | IPHE 4900 (00) * <i>Interprofessional Health Education Portfolio</i> <p style="text-align: right;"><i>Year Grade</i></p> | ANAT 1020 (03) <i>Basic Human Anatomy</i> PHYL 1011 (03) <i>Human Physiology 1</i> PHYL 1012 (03) <i>Human Physiology 2</i> HAHP 1200 (03) <i>Health Communications</i> | KINE 1102 (03) <i>Physical Activity & Health</i> KINE 1104 (03) <i>Intro to Kinesiology</i> KINE 1106 (03) <i>Philosophy & Ethics for Kinesiology</i> KINE 1108 (03) <i>Psychology of Physical Activity</i> | SCIENCE _____ ♦ SCIENCE _____ ♦ |
| II | HAHP 2000 (03) <i>Human Growth & Development</i> IPHE 4900 (00) <i>Interprofessional Health Education Portfolio</i> | PHYC 1310 (03) <i>Physics In and Around You</i> MATH 1060 (03) <i>Intro Stats for Health Sciences</i> HLTH 2201 (03) <i>Intro to Indigenous Health</i> | KINE 2310 (03) <i>Physiology of Exercise</i> KINE 2320 (03) <i>Kinesiological Anatomy</i> KINE 2430 (03) <i>Motor Control and Learning</i> KINE 2465 (03) <i>Intro to Biomechanics</i> | SCIENCE _____ ♦ SCIENCE _____ ♦ |
| III | HLTH 3010 (03) <i>Intro to Research Methods</i> IPHE 4900 (00) <i>Interprofessional Health Education Portfolio</i> | | KINE 3250 (03) <i>Human Nutrition</i> KINE 3200 (03) <i>Sociocultural Issues in Physical Activity</i> KINE 3500 (03) <i>Principles of Measurement & Evaluation</i> KINE _____ KINE _____ KINE _____ KINE _____ KINE _____ KINE _____ † KINE _____ † | OPEN _____ OPEN _____ OPEN _____ OPEN _____ OPEN _____ OPEN _____ OPEN _____ OPEN _____ |
| IV | IPHE 4900 (00) <i>Interprofessional Health Education Portfolio</i> | | | OPEN _____ □ OPEN _____ □ OPEN _____ □ OPEN _____ □ OPEN _____ □ |

SCHOOL/CORE – this category refers to courses that are taken by Kinesiology students and other students in the School of Health and Human Performance.

***IPHE 4900 – INTERPROFESSIONAL HEALTH EDUCATION PORTFOLIO**

Students in the Faculty of Health Professions must register for IPHE 4900 each term while registered in their respective degree program. This is a non-credit requirement that has no course fee. Students will take part in interprofessional collaborative learning experiences that will be outlined by the School each year. For more information, see [here](#).

OTHER REQUIRED: These are courses that are required for the degree but are offered outside of the School of Health and Human Performance.

KINESIOLOGY: These courses are offered within the Kinesiology division and are primarily restricted to Kinesiology students. The **list below is not a complete list** so students should always consult the timetable for the most up to date list of offerings each year. As well, not all courses listed below are offered every year.

† - Students will select 21 credit hours of Kinesiology electives in total and 6 credit hours (those marked with †) must be 4000 level. The other 15 credit hours can be either 3000 or 4000 level. Please keep pre-requisites in mind when planning for your KINE elective so you can complete the pre-requisite courses the year prior to the upper level course.

| | | | |
|----------------|--|------------------------|---|
| KINE 3320 (03) | Anatomical Basis of Human Movement | KINE 3741 (03) | Coaching Science Practicum |
| KINE 3384 (03) | Physical Activities for Persons with Disabilities | KINE 4108 (03) | Mind/Body Connections and Well Being |
| KINE 3414 (03) | Exercise Testing and Prescription for Healthy Populations | KINE 4240 (03) | Lessons from Ted Lasso |
| KINE 3419 (03) | Application of Physiological Principles to Human Performance | KINE 4417/4418 (03+03) | Advanced Exercise Testing and Prescription for Clinical Populations |
| KINE 3430 (03) | Principles of Skill Acquisition | KINE 4466 (03) | Advanced Biomechanics |
| KINE 3440 (03) | Sensory and Motor Function | KINE 4577 (03) | Cognitive Ergonomics |
| KINE 3476 (03) | Principles of Ergonomics | KINE 4600 (03) | Practicum in Kinesiology |
| KINE 3482 (03) | Care and Prevention of Injuries | KINE 4700+ (03) | Senior Seminars (**see timetable for multiple seminar listings) |
| KINE 3485 (03) | Psychology of Sport and Physical Activity | KINE 4800 (03 or 06) | Independent Study (see below) |
| KINE 3740 (03) | Coaching Science Seminar | | |

SCIENCE ELECTIVES: ♦ Twelve credit hours (those marked with a ♦) must be selected from:

| | | | | | |
|--|----|---|---|----|--|
| BIOL 1010 (03) - Principles of Biology I | or | BIOL 1020 (03)– Introductory Biology I | BIOL 1011 (03) - Principles of Biology II | or | BIOL 1021 (03) – Introductory Biology II |
| CHEM 1011 (03) - Concepts in Chemistry | | | CHEM 1012 (03) - Concepts in Chemistry II | | |
| PSYO 1011 (03) or PSYO 1031 (03) – Introduction to Psychology & Neuroscience I | | | PSYO 1012 (03) or PSYO 1032 (03) - Introduction to Psychology & Neuroscience II | | |
| MATH 1000 (03) - Differential & Integral Calculus | or | Math 1215 (03) - Life Sciences Calculus | MATH 1010 (03) - Differential & Integral Calculus | | |
| PHYC 1320 (03) - Physics In and Around You II | | | | | |

OPEN ELECTIVES: ☒ Students will take 27 credit hours of open electives. At least 15 of the 27 credit hours (those marked with ☒) must be at the 2000 level or above. Open electives can be chosen from any subject area, as long as the course is available for registration.

HONOURS PROGRAM:

- Students may apply for Honours by May 1st of the third year. If accepted, the required Honours courses (KINE 4901 and 4902) are counted as 6 credit hours of open electives.
- Six credit hours of Math are required for Honours completion (Math 1060 and another 3 credits of Math, typically MATH 1000 or 1215, or MATH 2080 or 2060).
- Please consult an advisor for further information on Honours.

CERTIFICATES: Students in Kinesiology may want to consider adding a certificate to the degree. For more information on certificates available at Dal, please see the [Academic Calendar](#). Important to note is that not all certificates are available to all students at Dal and depending on certificate requirements, it may not be possible to fit requirements for all certificates into the 120 credit hours needed for the Kinesiology degree. Make sure to plan early and to discuss further, please contact an advisor.

INDEPENDENT STUDY: At times it may be possible to have an independent course created by an instructor if a faculty member is involved in a research project where they may need a student to conduct part of the study for academic credit. If a student wishes to do independent work in an area in which there is no course offered, they may approach a faculty member with expertise in that area to investigate the option to create an independent study course in that area.

STUDY ABROAD: It may be possible for students to do a semester abroad. This is typically scheduled for winter semester of year 3 but does require advanced planning. If interested in investigating further, please consult an advisor during or before the fall semester of year 2.