

Honours BKin

Degree/Progression Requirements

The Honours BKin degree in the Department of Kinesiology & Physical Education consists of a minimum of 20.0 credits, **not more than 6.5 of which may be at the 100 level**. The program must include at least 9.5 and may include at most 10.0 senior credits (200 level or higher) in Kinesiology & Physical Education. Non-KPE electives may be taken from any discipline.

Progression requirements for the Honours BKin program are based on grade point averages (GPA) obtained from all courses taken and are calculated on a cumulative basis. For progression from year-to-year, the requirements are a minimum GPA of 5.00 (C) in Kinesiology & Physical Education courses, and a minimum overall GPA (including KP courses) of 5.00 (C). For graduation with the Honours BKin degree, the requirements are a minimum cumulative GPA of 7.00 (B-) in Kinesiology & Physical Education courses, a minimum overall GPA (including KP courses) of 5.00 (C), and the completion of all program requirements (including 96 hours of leadership/activity experience). A BKin (no Honours) degree is conferred when all programs requirements are met and a cumulative GPA between 5.00 and 6.99 in Kinesiology & Physical Education courses and a minimum overall GPA (including KP courses) of 5.00 (C) is obtained.

Course Requirement Overview

<p>YEAR 1 (2.0 required KP credits, 2.0 required non-KP, 1.0 non-KP elective*):</p> <ul style="list-style-type: none"> <input type="checkbox"/> KP100: Fundamental Movement Skills & Physical Literacy <input type="checkbox"/> KP141: Historical & Philosophical Foundations <input type="checkbox"/> KP161: Fundamentals of Motor Learning and Control <input type="checkbox"/> KP181: Fundamentals of Sport & Exercise Psychology <input type="checkbox"/> Both BI110 and <input type="checkbox"/> BI111 <input type="checkbox"/> Both PS101 and <input type="checkbox"/> PS102 <input type="checkbox"/> Non-KP Elective _____ <input type="checkbox"/> Non-KP Elective _____ 	<p>YEAR 3 and Year 4 (1.5 required KP credits, 4.5-5.0 KP electives, and 3.5-4.0 Non-KP electives*):</p> <ul style="list-style-type: none"> <input type="checkbox"/> KP300: Teaching & Coaching Physical Activity OR <input type="checkbox"/> KP344: Organization & Administration in Physical Activity <input type="checkbox"/> KP322: Exercise Physiology <input type="checkbox"/> KP390: Inferential Statistics <input type="checkbox"/> KP Elective at 300 level _____ <input type="checkbox"/> KP Elective at 300 level _____ <input type="checkbox"/> KP Elective at 300 level _____ <input type="checkbox"/> KP Elective at 400 level _____ <input type="checkbox"/> KP Elective at 400 level _____ <input type="checkbox"/> KP Elective at 400 level _____ <input type="checkbox"/> Senior KP Elective _____ <input type="checkbox"/> Senior KP Elective _____ <input type="checkbox"/> Senior KP Elective _____ <input type="checkbox"/> Senior Non-KP Elective _____ <input type="checkbox"/> Senior Non-KP Elective _____ <input type="checkbox"/> Senior Non-KP Elective _____ <input type="checkbox"/> Senior Non-KP Elective _____ <input type="checkbox"/> Senior Non-KP Elective _____ <input type="checkbox"/> Senior Non-KP Elective _____ <input type="checkbox"/> Senior Non-KP Elective _____ <input type="checkbox"/> Senior (KP or Non-KP) Elective _____
<p>YEAR 2 (3.5 required KP credits, 1.5 non-KP electives*):</p> <ul style="list-style-type: none"> <input type="checkbox"/> KP200: Applied Movement Skills & Athlete Development <input type="checkbox"/> KP211: Sociology of Physical Activity <input type="checkbox"/> KP221: Functional Human Anatomy <input type="checkbox"/> KP222: Human Physiology <input type="checkbox"/> KP231: Fundamentals of Health <input type="checkbox"/> KP251: Fundamentals of Biomechanics <input type="checkbox"/> KP290: Research Methods <input type="checkbox"/> Non-KP Elective _____ <input type="checkbox"/> Non-KP Elective _____ <input type="checkbox"/> Non-KP Elective _____ 	

• **Non-Kin Electives: Can be but do not have to be 100-level credits.**

COMMUNITY LEADERSHIP/ACTIVITY EXPERIENCES

Every student must gain a **minimum of 96 hours** of community related leadership/activity experiences. These shall be obtained by participating in between 2 and 4 different applied experiences related to their studies in Kinesiology and Physical Education, with no fewer than 16 hours for any one experience. These experiences shall be leadership oriented, have an applied educational component and involve participation in some form of volunteer or paid activity in the community. These activities shall involve the student in some form of leadership, administrative, instructing, or service capacity related to the wide scope of kinesiology, physical activity, recreation and applied health. **All leadership activity experiences must be approved, prior to their commencement, by the department's undergrad advisor or chair.**

<p>Placement #1: _____</p> <p>Supervisor: _____</p> <p><input type="checkbox"/> Proposal Form <input type="checkbox"/> Completion Form</p> <p>Placement Hours (min 16 hrs): _____</p>	<p>Placement #3: _____</p> <p>Supervisor: _____</p> <p><input type="checkbox"/> Proposal Form <input type="checkbox"/> Completion Form</p> <p>Placement Hours (if required – min 16 hrs): _____</p>
<p>Placement #2: _____</p> <p>Supervisor: _____</p> <p><input type="checkbox"/> Proposal Form <input type="checkbox"/> Completion Form</p> <p>Placement Hours (min 16 hrs): _____</p>	<p>Placement #4: _____</p> <p>Supervisor: _____</p> <p><input type="checkbox"/> Proposal Form <input type="checkbox"/> Completion Form</p> <p>Placement Hours (if required – min 16 hrs): _____</p>

NOTE: STUDENTS GRADUATING IN JUNE 2022 WILL ONLY NEED 40 HOURS TO COMPLETE REQUIREMENTS THAT MAY INCLUDE ONLY ONE EXPERIENCE.

NOTE: NOT ALL REQUIREMENTS ARE REFLECTED ON THIS PROGRAM OUTLINE. IT IS THE RESPONSIBILITY OF THE STUDENT TO ENSURE THAT ALL ACADEMIC PROGRAM AND COURSE REQUIREMENTS HAVE BEEN MET. PLEASE REFER TO REGULATIONS IN THE CALENDAR.

Honours BKin with Concentrations

Honours BKin students may declare one of the four modules listed below, as a concentration, and thus have it appear on their transcript. To do so, student must take a minimum of 2.5 credits in the module:

Athletic Performance and Injury Management

This concentration highlights evidence-based performance development, injury prevention, and rehabilitation concepts and practices in a range of athletic contexts (e.g., competitive sport, dance, and physically challenging occupations). [Courses](#) provide opportunities to delve into theory and best practices related to athletic performance development and injury prevention/managements.

[KP201](#) - Applied Movement Skills: Fitness and Strength Training
[KP202](#) - Applied Movement Skills: Endurance Sports
[KP332](#) - Exercise Nutrition
[KP340](#) - Special Topics
[KP351](#) - Biomechanics of Human Movement
[KP361](#) - Sensorimotor Control and Learning Across the Lifespan
[KP381](#) - Advanced Psychology of Sport and Exercise
[KP422](#) - Advanced Exercise Physiology
[KP425](#) - Neuromuscular Function in Exercise
[KP426](#) - Fitness Assessment and Exercise Prescription
[KP443](#) - Ethics in Sport, Physical Activity and Health
[KP451](#) - Advanced Biomechanics

[KP452](#) - Occupational Biomechanics and Ergonomics
[KP464](#) - Movement Disorders and Clinical Neural Control
[KP465](#) - Balance, Posture and Gait
[KP466](#) - Seminar in Motor Learning and Control
[KP472](#) - Athletic Injuries
[KP481](#) - Applied Psychology of Human Performance
[KP483](#) - The Psychology of Injury Rehabilitation in Sport & Physical Activity
[KP484](#) - Seminar in Psychology of Sport and Exercise
[KP491](#) - Research and Application in Kinesiology: Capstone Experience

Movement, Health and Development

This concentration deepens an understanding of, and ability to translate into practice, evidence-based concepts related to physical activity, healthy living, and human development. Courses provide opportunities to delve into theory and best practices focused on assisting individuals across the lifespan and in a range of movement contexts to engage in developmentally appropriate healthy lifestyles.

[KP201](#) - Applied Movement Skills: Fitness and Strength Training
[KP202](#) - Applied Movement Skills: Endurance Sports
[KP331](#) - Health and Illness Across the Lifespan
[KP332](#) - Exercise Nutrition
[KP340](#) - Special Topics
[KP351](#) - Biomechanics of Human Movement
[KP361](#) - Sensorimotor Control and Learning Across the Lifespan
[KP371](#) - Disability, Developmental Delays and Physical Activity
[KP381](#) - Advanced Psychology of Sport and Exercise
[KP422](#) - Advanced Exercise Physiology
[KP425](#) - Neuromuscular Function in Exercise
[KP426](#) - Fitness Assessment and Exercise Prescription
[KP431](#) - Aging, Physical Activity and Health
[KP434](#) - Epidemiology
[KP435](#) - Exercise is Medicine

[KP451](#) - Advanced Biomechanics
[KP452](#) - Occupational Biomechanics and Ergonomics
[KP460](#) - Children in Physical Activity
[KP464](#) - Movement Disorders and Clinical Neural Control
[KP465](#) - Balance, Posture and Gait
[KP466](#) - Seminar in Motor Learning and Control
[KP471](#) - Adapted Physical Activity for Individuals with Disabilities
[KP472](#) - Athletic Injuries
[KP481](#) - Applied Psychology of Human Performance
[KP482](#) - Behaviour Change and Physical Activity
[KP483](#) - The Psychology of Injury Rehabilitation in Sport and Physical Activity
[KP484](#) - Seminar in Psychology of Sport and Exercise
[KP491](#) - Research and Application in Kinesiology: Capstone Experience

Physical Activity Education and Promotion

This concentration emphasizes a conceptual and evidence-based understanding of lifelong physical education and physical activity promotion. Courses provide opportunities to delve into theory and best practices related to structuring/promoting physical activity/education [programs](#) and developing physical activity policies applicable across the lifespan.

[KP311](#) - Gender and Media in Sport
[KP331](#) - Health and Illness Across the Lifespan
[KP340](#) - Special Topics
[KP341](#) - History of Physical Activity and Sport in Canada
[KP343](#) - Sport Development, Governance, & Globalization
[KP344](#) - Organization and Administration in Physical Activity and Sport
[KP345](#) - Sport Personalities, Celebrities, and Rivalries
[KP371](#) - Disability, Developmental Delays and Physical Activity
[KP381](#) - Advanced Psychology of Sport and Exercise
[KP431](#) - Aging, Physical Activity and Health

[KP434](#) - Epidemiology
[KP435](#) - Exercise is Medicine
[KP441](#) - The Modern Olympic Games
[KP442](#) - Marketing in Sport and Physical Activity
[KP443](#) - Ethics in Sport, Physical Activity and Health
[KP460](#) - Children in Physical Activity
[KP471](#) - Adapted Physical Activity for Individuals with Disabilities
[KP482](#) - Behaviour Change and Physical Activity
[KP484](#) - Seminar in Psychology of Sport and Exercise
[KP491](#) - Research and Application in Kinesiology: Capstone Experiences

Sport Development and Management

This concentration advances an understanding of the integration of sport into culture as well as concepts related to sport development and sport management. Courses provide opportunities to delve into theory and best practices related to organizing, administering, and promoting sport programs as well as using sport in various forms as a tool to address social issues.

[KP311](#) - Gender and Media in Sport
[KP340](#) - Special Topics
[KP341](#) - History of Physical Activity and Sport in Canada
[KP343](#) - Sport Development, Governance, & Globalization
[KP344](#) - Organization and Administration in Physical Activity and Sport

[KP345](#) - Sport Personalities, Celebrities, and Rivalries
[KP441](#) - The Modern Olympic Games
[KP442](#) - Marketing in Sport and Physical Activity
[KP443](#) - Ethics in Sport, Physical Activity and Health
[KP491](#) - Research & Application in Kinesiology: Capstone Experiences

●[KP340](#) and [KP342](#), when the content is relevant and approved by the Department, may count towards concentration credits. A note will be forwarded to the Registrar's Office to include the course credit.

●[KP491](#) Research & Application in Kinesiology is a multidisciplinary "capstone" course open to students with a minimum 8.0 GPA. The theme of [KP491](#) will vary based on the instructor(s) leading the course.