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**KINESIOLOGY PROGRAM COURSE COMPLETION RECORD 2021 to Current**

**Student Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Program Start Date:** \_\_\_\_\_\_\_\_\_

**Academic Goal**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* ENGL 101 can be taken in place of ENGL 100 ***Certificate Complete***

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| **Course** | **Prerequisites**  | **Term/Yr** | **(✓)** |
| **SEMESTER 1** |
| **KNES 104:** Introduction to Personal Health and Wellbeing | Minimum 65% in ENGL 090, English Studies 12, English for First Persons 12, or equivalent |  |  |
| **KNES 190:** Basic Human Anatomy | Minimum 65% in ENGL 090, English Studies 12, English for First Persons 12, or equivalent |  |  |
| **KNES 163:** Physical Literacy for Life | Minimum 65% in ENGL 090, English Studies 12, English for First Persons 12, or equivalent |  |  |
| **ENGL 100:** English Composition | Minimum 65% in ENGL 090, English Studies 12, English for First Persons 12, or equivalent |  |  |
| **PSYC 101 or BIOL 101:** Intro to Psychology 1 or Biology 1 | PSYC 101: Minimum 65% in English 12 or equivalent BIOL 101: Biology 12 or A & P 12 or BIOL 090 |  |  |
| **SEMESTER 2** |
| **KNES 102**: Intro to Motor Skill Acquisition | Minimum 65% in ENGL 090, English Studies 12, English for First Persons 12, or equivalent |  |  |
| **KNES 103:** Intro to Biomechanics | Foundations 11, or Pre-Calculus 11, or Applications 11, or Principles 11 or equivalent; and KNES 152 *or* KNES 190 *or* KNES 163 with a minimum grade of C- (55%) |  |  |
| **KNES 110:** Foundations of Exercise and Physical Fitness | KNES 190 *or* KNES 200 with a minimum grade of C- (55%) |  |  |
| **KNES 201**: Sport and Health Policy in Canada | ENGL 100 *or* ENGL 101 with a minimum grade of C- (55%)  |  |  |
| **PSYC 102 or BIOL**: Intro to Psychology 2 or Biology 2 | PSYC 102: Minimum 65% in English 12 or equivalent. PSYC 101 is recommended BIOL 102: BIOL 101 |  |  |

 ***Diploma Complete***

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| **Course** | **Prerequisites**  | **Term/ Yr** | **(✓)** |
| **SEMESTER 3** |
| **KNES 200:** Functional Human Anatomy and Physiology 1 | Biology 12 or Anatomy & Physiology 12 (minimum 65%), *or* BIOL 090, *or* BIOL 101/102 *or* KNES 190 |  |  |
| **KNES 204:** Psychology of Sport and Exercise | PSYC 101 or PSYC 151 with a minimum grade of C- (55%) *or* completion of a least 18 KNES credits. |  |  |
| **KNES 209:** Research Methods and Inquiry in Kinesiology and Health Sciences | Successful completion of at least 18 credits of courses. STAT 106 recommended |  |  |
| **KNES 206**: Intro to Exercise Physiology | KNES 190 *or* KNES 200 with a minimum grade of C- (55%), and KNES 110 *or* KNES 152 with a minimum grade of C- (55%) |  |  |
| **Elective:** 100 or 200 level | See course specifics |  |  |
| **SEMESTER 4** |
| **KNES 202:** Physical Growth and Human Development | KNES 163 with a minimum grade of C- (55%) |  |  |
| **KNES 203:** Intro to Athletic Injuries | KNES 190 or KNES 200 with a minimum grade of C- (55%) |  |  |
| **KNES 205:** Nutrition | Either Anatomy & Physiology 12, or Life Sciences 11, or Biology 12, or BIOL 090 or BIOL 101, or KNES 190, or KNES 200 |  |  |
| **KNES 210:** Functional Human Anatomy and Physiology 2 | KNES 200 or permission of the instructor |  |  |
| **KNES 270:** Exercise Testing and Prescription **or elective**  | KNES 110 or KNES 154 with a minimum grade of C- (55%) and KNES 206 with a minimum grade of C- (55%) |  |  |

* Electives should be selected based on further post-secondary requirements or career/personal interest, and each elective must be a university transferable 100 or 200 level, 3-credit course.
* If a student’s goal is to get the diploma in two consecutive years, then they should follow the course sequences prescribed as presented above in each semester. There are no guarantees that a course will be available without schedule conflict if a student takes courses out of the prescribed order.
* A student may choose to take select courses with the Kinesiology program to optimize transferability to an ongoing university to complete a Kinesiology degree. See BC transfer guide or consult with an Ed. Advisor for assistance. It is important to ensure that a student may also need to meet the high school entrance requirements of that university, regardless of the entrance requirements that they have met for COTR.
* A student may wish to complete the Kinesiology diploma with KNES 270 in year 2 to qualify to write the external examinations through CSEP (Canadian Society of Exercise Physiology) to become a CSEP- CPT (Certified Personal Trainer). This is a rare opportunity, as many programs offer this option starting in year 3 of a Kinesiology degree. Please see Kinesiology coordinator for details.