

2016 Admission Program of Study – BKIN

(Revised July 2017)

The complete BKIN programs consist of 20.0 full academic courses and three outdoor education courses. All students are required to obtain an acceptable (minimum eight-hour) course in each of Standard First Aid and CPR (i.e., Basic Rescuer – level C).

KPE students enrolled prior to 2016/17 must refer to the Program of Study of their year of admission for their degree requirements. Reference copies are available online. The Registrar’s Office staff is available to assist you with meeting program requirements.

Note: Academic courses with a “Y” in the course code designator are full course credits (eight months) and those with “H” are half course credits (four or eight months), with the exception of some Practica courses which are quarter-credit courses (see Practica course descriptions for details). For the final listing of courses available and the term and times they are offered in the current academic year, refer to the Academic Timetable.

Year I - BPHE AND BKIN PROGRAMS

Academic Courses

- ◆ ANA 126Y Elementary Human Anatomy
- ◆ KPE 100H Physical Cultural Studies
- ◆ KPE 120H Foundations of Sport, Exercise and Health Psychology
- ◆ KPE 160H Fundamentals of Human Movement
- ◆ KPE 161H Fitness: Principles and Practice
- ◆ KPE 162H Personal Health
- ◆ KPE 180H Introduction to Movement Observation and Evaluation (practica)
- ◆ KPE 181H Fundamental Principles of Fitness and Exercise (practica)
- ◆ KPE 190H Inquiry in Kinesiology and Physical Education
- ◆ **ONE** half course equivalent (any level) from another division of this University¹

Outdoor Project

- ◆ ODP 100H Outdoor Project I

Year II - BPHE AND BKIN PROGRAMS

Academic Courses

- ◆ KPE 200H Physical Culture and the Human Condition
- ◆ KPE 220H Psychosocial Development
- ◆ KPE 260H Introduction to Human Physiology
- ◆ KPE 261H Theory of Motor Skill Acquisition - Motor Learning
- ◆ KPE 263H Introductory Biomechanics
- ◆ KPE 264H Exercise Physiology
- ◆ KPE 280H Physical Activity and Exercise Applications (practica)²
- ◆ KPE 281H Principles of Physical Activity and Exercise Program Design (practica)²
- ◆ KPE 290Y Research Design & Evaluation
- ◆ **ONE** half course equivalent (any level) from another division of this University¹

Outdoor Project

- ◆ ODP 200H Outdoor Project II

Notes:

- ◆ = Required course
 - ❖ = Optional course
- Optional courses may not be offered every year. For listings of courses and times offered in the current year, refer to the [Timetables webpage](#).
- 1 No less than two and no more than six full course equivalent electives from another division of this university may count as BPHE/BKIN degree credits. Only one and a half such credits may be at the 100 series level.
 - 2 Students are required to successfully complete KPE180H and KPE181H before proceeding to upper year practica courses.

Year III & IV - BKIN PROGRAM

Academic Courses

(MUST TAKE 10.0 FULL COURSE EQUIVALENTS)

- ◆ KPE 334H Adapted Physical Activity
- ◆ KPE 360H Advanced Cardiorespiratory Physiology
- ◆ KPE 400H Ethics and Power in Kinesiology, Physical Education and Health Fields
- ◆ **ONE** half course equivalent in the Specific Applications of Physical Activity, Exercise or Sport. Choose from:
KPE326H1, KPE329H1, KPE333H1, KPE340H1, KPE342H1, KPE380H1, KPE423H1, KPE427H1 or
KPE442H1
Note: Once a course is used in this requirement it may not be used again for another category requirement.
- ◆ **ONE** full course equivalent from category A
- ◆ **ONE** (minimum) to **FIVE** (maximum) full course equivalents from another division of this university
Note: total elective 100 level courses from another division across all four years **MUST NOT** exceed 1.5 FCE
- ◆ **TWO** (minimum) to **SIX** (maximum) full course equivalents from categories C and/or B
(see the most recent Calendar for an up to date listing of courses)

Outdoor Project

- ◆ **One of:**
- ❖ ODP 300H Advanced Canoe Tripping
- ❖ ODP 301H White Water Canoeing
- ❖ ODP 302H Fundamentals of Winter Camping

Standard First Aid/CPR C

- ◆ PAO 900H All students are required to obtain an acceptable course in each of Standard First Aid and CPR C