

Student Name: _____ ID # _____

Advisor Name: _____ Anticipated Graduation Date: _____

BACHELOR OF ARTS IN HUMAN KINETICS CHECKLIST (122 s.h.) 2025-26 Academic Calendar

1. Inquiry: Ways of Knowing – Core Requirements (37 s.h.*)

**University Core Requirements are modified for students who transfer in with 57 s.h. or more of initial transfer credit. See [Academic Calendar](#) for details.*

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
FOUNDATIONAL INQUIRIES (25 sem. hrs.)				Academic Writing Requirement ¹			
<i>Academic Research & Writing</i>				WAYS OF KNOWING (12 sem. hrs.)			
	ENGL _____	3	Choose two of ENGL 101, 102, 103, 104.	In addition to the courses on the left, students must take an additional 15 sem. hrs. from each of the following categories, 9 s.h. of which must be from outside of the student's major.			
	ENGL _____	3					
<i>Foundations</i>				<i>Aesthetic & Performance Inquiry</i>			
	FNDN 101	1	Compulsory during the first semester of the first year for all new students unless they have a minimum 24 sem. hrs. initial transfer credit.			3	Choose 3 sem. hrs. from the Aesthetic & Performance Inquiry category below.
	FNDN 102	3	Normally taken before year three.	<i>Cultural & Linguistic Inquiry</i>			
	FNDN 201	3				3	Choose 3 sem. hrs. from the Cultural & Linguistic Inquiry category below.
<i>Logical & Ethical Reasoning</i>				<i>Experiential & Embodied Inquiry</i>			
	PHIL _____	3	Choose one of PHIL 100, 103, 105, 106, 109, or 210.		**	**	Satisfied by HKIN Activity or Field Placement requirements.
<i>Religious & Spiritual Thought</i>				<i>Historical & Archival Inquiry</i>			
	RELS _____	3	Choose RELS 110 or 160. Recommended in 1st semester of the 1st year.			3	Choose 3 sem. hrs. from the Historical & Archival Inquiry category below.
	RELS 111	3		<i>Quantitative & Computational Inquiry</i>			
	RELS 112	3				3	Choose 3 sem. hrs. from the Quantitative & Computational Inquiry category below.
<i>Scientific Method & Lab Research</i>				<i>Social & Global Inquiry</i>			
	**	**	Satisfied by BIOL 241.		**	**	Satisfied by HKIN 325.

¹**Academic Writing Requirement:** students must take WRTG 100 (native English speakers) or WRTG 101 (non-native English speakers) in their first semester at TWU, unless exempt at the time of admission to the University. WRTG course credit may be included toward a degree program as elective credit.

Ways of Knowing: Categories

Aesthetic & Performance Inquiry	ART 181, 182, 230, 250, 280; ENGL 207, 208, 310; HKIN 342; MCOM 211, 221, 231, 369; MUSI 110; PHIL 370; SAMC 111, 370; THTR 130, 161; any Music Ensembles; any Music (MUSA) Private Lessons.
Cultural & Linguistic Inquiry	ANTH 210, 395; EDUC 496; ENGL 334, 340, 482; GREE 235; HEBR 245; HIST 237; IDIS 201; POLS 237; RELS 235, 245; SOCI 395; any World Languages & Cultures course (CHIN, FREN, JAPA, RUSS, SPAN).
Historical & Archival Inquiry	ART 237, 238; ECON 306; GENV 312; HIST 107, 108, 135, 306, 339, 391; MUSI 131, 132; NURS 230; PHIL 203, 314, 421; POLS 391; PSYC 408; RELS 320, 351, 352, 475; SAMC 112; SOCI 391; THTR 331, 332.
Quantitative & Computational Inquiry	BUSI 176, 275; CHEM 104, 112; CMPT 140; DATA 100; ECON 176, 275; GENV 282, 382, 383; MATH 102, 108, 123, 150, 190, 191; PHYS 112; PSYC 207; SOCI 207; SOCS 305, 383; STAT 102, 108.

2. Human Kinetics Theory Requirements (24 s.h.)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN 191	3			HKIN 298	3	
	HKIN 195	3			HKIN 325	3	
	HKIN 260	3			HKIN 351	3	
	HKIN 292	3			HKIN 372	3	

3. Human Kinetics Theory Electives (15 s.h.)

Minimum of 15 s.h. of upper-level credit unless additional leadership credits or 342 are taken in activity section.

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN _____				HKIN _____		
	HKIN _____				HKIN _____		
	HKIN _____						

4. Human Kinetics Activity Requirements (3 - 10 s.h.)

Choose any combination of HKIN activity courses to total 3-10 s.h. Spartan Athletes can choose 1 team credit to count towards the total.

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN _____				HKIN _____		
	HKIN _____				HKIN _____		
	HKIN _____				HKIN _____		
	HKIN _____				HKIN _____		
	HKIN _____				HKIN _____		

5. Human Kinetics Field Placement Requirements (3 - 5 s.h.)

To be chosen in consultation with Field Placement coordinator. Note 1, 2, and 3 credit options.*

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN _____				HKIN _____		
	HKIN _____				HKIN _____		
	HKIN _____						*Choose from HKIN 252, 355, 450, 452, 454, 455, 456, 457, 458, or 472.

6. Ancillary Requirements (6 s.h.)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	BIOL 241	3			BIOL 242	3	

Continued on next page.

7. Elective Courses (34 s.h.)

Students are encouraged, but not required, to take elective classes that contribute to a concentration or a minor. If you choose to take a concentration or a minor, please attach the appropriate concentration/minor checklist available at twu.ca/advising.

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES

NOTES:

- A total of 122 s.h. of credit, including a minimum of 42 s.h. of upper-level credit (24 s.h. in the major) is required to complete this degree. Students must have a minimum overall (cumulative) GPA of 2.0 to graduate.
- You must complete an [Application for Graduation](#) via the Student Portal and [submit a copy of your filled in program checklist\(s\)](#) (i.e. this document) to the Office of the Registrar by April 30 of the year prior to your completion. For more information on the graduation process, please visit twu.ca/graduation.

This program is offered under TWU's exempt status with the Degree Quality Assessment Board.

THIS CHECKLIST IS INTENDED TO ASSIST STUDENTS AND ADVISORS IN ENSURING THAT ALL REQUIREMENTS ARE MET. IT IS THE RESPONSIBILITY OF THE **STUDENT** TO MEET ALL REQUIREMENTS.

		YEAR 1
✓	s.h.	Fall
	1	FNDN 101
	3	RELS 110 or 160
	3	ENGL ¹
	3	Core ²
	3	HKIN 195
	3	Elective
Semester Total: 16		

		YEAR 2
✓	s.h.	Fall
	3	RELS 112
	3	HKIN 292 ³
	3	HKIN 298 ³
	3	BIOL 241
	3	Elective
Semester Total: 15		

		YEAR 3
✓	s.h.	Fall
	3	Theory ⁴
	3	HKIN 325 ³
	3	HKIN 372
	1 - 2	Field ⁴
	3	Elective
	3	Elective
Semester Total: 16 - 17		

		YEAR 4
✓	s.h.	Fall
	3	Theory ⁵
	3	Theory ⁵
	1	HKIN
	1 - 2	Field ⁴
	3	Elective
	3	Elective
Semester Total: 14 - 15		

		YEAR 1
✓	s.h.	Spring
	3	FNDN 102
	3	RELS 111
	3	ENGL ²
	3	Core ²
	3	HKIN 191 ³
	1	HKIN
Semester Total: 16		

		YEAR 2
✓	s.h.	Spring
	3	FNDN 201
	3	Core ²
	3	Core ²
	3	HKIN 260 ³
	3	BIOL 242
	1	HKIN
Semester Total: 16		

		YEAR 3
✓	s.h.	Spring
	3	HKIN 351 ³
	3	Theory ⁶
	1 - 2	Field ⁴
	1 - 3	HKIN ⁷
	3	Elective
Semester Total: 11 - 14		

		YEAR 4
✓	s.h.	Spring
	3	Core ²
	3	Theory ⁶
	3	Theory ⁶
	1 - 2	Field ^{4,8}
	1	HKIN
	3	Elective
Semester Total: 14 - 15		

COURSE LEGEND

Core Courses

1. Choose from: ENGL 101, 102, 103, 104.
2. Core electives should be chosen as follows:
 ONE Logical & Ethical Reasoning
 ONE Cultural & Linguistic Inquiry
 ONE Aesthetic & Performance Inquiry
 ONE Historical & Archival Inquiry
 ONE Qualitative & Computational Inquiry

Major Courses

3. This course is offered in both the fall and spring semesters.
4. HKIN theory elective: choose from HKIN 177, 276, 280.
5. HKIN theory elective: choose from HKIN 340, 350, 377, 384, 391, 420, 428, 453.
6. HKIN theory elective: choose from HKIN 303, 320, 340, 350, 375, 384, 440, 446, 465, 475, 480, 482, 492, 495.

Major + Core Courses

1. HKIN Field Placement: choose from HKIN 251, 252, 257, 352, 357, 355, 450, 452, 454, 455, 456, 457, 458, 459, 460, 472.
7. HKIN activity course: note there are 1- and 3-credit options. This is a good place to take a 3-credit option if desired.
8. Depending on how many field placement vs. activity credits you want, you could take another activity course here.

Ancillary Courses

Ancillary + Core Courses

Electives

Summer Sessions are encouraged to reduce semester load and/or repeat courses.

This is an example of what a 4-year degree plan might look like. It is not the official program checklist. In the case of any discrepancy between this program plan and the checklist, the checklist shall prevail. It is the student's responsibility to ensure they complete all program requirements as laid out in the approved checklist.

		YEAR 1		YEAR 2		YEAR 3		YEAR 4		YEAR 5	
✓	s.h.	Fall		Fall		Fall		Fall		Fall	
	1	FNDN 101		3	RELS 112	3	Core ²	3	Theory ⁵	3	Theory ⁵
	3	RELS 110 or 160		3	HKIN 298 ³	3	Theory ⁴	3	HKIN 325	3	Elective
	3	ENGL ¹		3	BIOL 241	3	HKIN 292 ³	3	HKIN 372	3	Elective
	3	Core ²		3	Elective	3	Elective	3	Elective	1	HKIN
	3	HKIN 195				1	HKIN	1 - 2	Field ⁷	1 - 2	Field ⁷
Semester Total: 13				Semester Total: 12				Semester Total: 13 - 14			
		YEAR 1		YEAR 2		YEAR 3		YEAR 4		YEAR 5	
✓	s.h.	Spring		Spring		Spring		Spring		Spring	
	3	FNDN 102		3	FNDN 201	3	Core ²	3	HKIN 351 ³	3	Theory ⁶
	3	RELS 111		3	Core ²	3	HKIN 260 ³	3	Theory ⁶	3	Theory ⁶
	3	ENGL ²		3	Core ²	3	Elective	3	Elective	3	Elective
	3	HKIN 191 ³		3	BIOL 242			1 - 3	HKIN ⁸	1	HKIN
	1	HKIN						1 - 2	Field ⁷	1 - 2	Field ^{7,9}
Semester Total: 13				Semester Total: 12				Semester Total: 11 - 14			

COURSE LEGEND

Core Courses

1. Choose from: ENGL 101, 102, 103, 104
2. Core electives should be chosen as follows:
 ONE Logical & Ethical Reasoning
 ONE Cultural & Linguistic Inquiry
 ONE Aesthetic & Performance Inquiry
 ONE Historical & Archival Inquiry
 ONE Qualitative & Computational Inquiry

Major Courses

3. This course is offered in both the fall and spring semesters.
4. HKIN theory: choose from 177, 276, or 280.
5. HKIN theory: choose from 340, 350, 377, 384, 391, 420, 428, 453.
6. HKIN theory: choose from 303, 320, 340, 350, 375, 384, 440, 446, 465, 475, 480, 482, 492, 495.

Major + Core Courses

7. HKIN Field Placement: choose from 251, 252, 257, 352, 357, 355, 450, 452, 454, 455, 456, 457, 458, 459, 460, 472.
8. HKIN activity course: note there are 1 & 3 credit options.
9. Depending on how many field placement vs. activity credits you want, you could take another activity course here.

Ancillary Courses

Ancillary + Core Courses

Electives

Summer Sessions are encouraged to reduce semester load and/or repeat courses.

This is an example of what a 5-year degree plan might look like. It is not the official program checklist. In the case of any discrepancy between this program plan and the checklist, the checklist shall prevail. It is the student's responsibility to ensure they complete all program requirements as laid out in the approved checklist.