

Student Name: \_\_\_\_\_ ID # \_\_\_\_\_

Advisor Name: \_\_\_\_\_ Anticipated Graduation Date: \_\_\_\_\_

## BACHELOR HUMAN KINETICS: KINESIOLOGY STREAM CHECKLIST (122 s.h.)

### 2025-26 Academic Calendar

#### 1. Inquiry: Ways of Knowing – Core Requirements (34 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 <sup>1</sup>			
Academic Research & Writing				WAYS OF KNOWING (9 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 12 sem. hrs. from each of the following categories, 9 s.h. of which must be from outside of the student's major.			
	ENGL _____	3					
Foundations				Aesthetic & Performance Inquiry			
	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. (Choose HKIN 342 if seeking BCAA membership.)
	FNDN 102	3	Normally taken before year three.	Cultural & Linguistic Inquiry			
	FNDN 201	3				3	Choose 3 sem. hrs. from the Cultural & Linguistic Inquiry category below.
Logical & Ethical Reasoning				Experiential & Embodied Inquiry			
	PHIL _____	3	Choose one of PHIL 100, 103, 105, 106, 109, or 210.		**	**	Satisfied by Activity course requirements.
Religious & Spiritual Thought				Historical & Archival Inquiry			
	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		Quantitative & Computational Inquiry			
	RELS 112	3			**	**	Satisfied by STAT 102 or PSYC 207.
Scientific Method & Lab Research				Social & Global Inquiry			
	**	**	Satisfied by BIOL 241.		**	**	Satisfied by HKIN 325.

<sup>1</sup>**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

<b>Aesthetic &amp; Performance Inquiry</b>	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.
<b>Cultural &amp; Linguistic Inquiry</b>	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).
<b>Historical &amp; Archival Inquiry</b>	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.

## 2. Human Kinetics Theory Requirements (66 s.h.)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN 177	3			HKIN 372	3	
	HKIN 191	3			HKIN 375	3	
	HKIN 195	3			HKIN 391	3	
	HKIN 260	3			HKIN 420	3	
	HKIN 276	3			HKIN 428	3	
	HKIN 292	3			HKIN 465	3	
	HKIN 298	3			HKIN 475	3	
	HKIN 303	3			HKIN 482	3	
	HKIN 325	3			HKIN 492	3	
	HKIN 340	3			HKIN _____	3	Choose two courses from 280 <sup>1</sup> , 377, 400, 440, 446 <sup>2</sup> , 453, 495, 497, or 498.
	HKIN 351	3			HKIN _____	3	

<sup>1</sup> If choosing HKIN 280, ensure that you will be able to reach 42 s.h. of upper-level credit in your entire program.

<sup>2</sup> Students should consider 446 for eligibility with the BC Association of Kinesiology and for those going into programs such as Physiotherapy.

## 3. Human Kinetics Activity Requirements (3 s.h.\*)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN _____				HKIN _____		
	HKIN _____			*Must include one of HKIN 103 (1), 107 (1), 201 <sup>3</sup> (3), or 202 <sup>3</sup> (3).			

<sup>3</sup>Students looking for eligibility with the BC Association of Kinesiologists should take HKIN 201 or 202 as this organization does not recognize 1-credit activity courses. Students are not eligible for HKIN 201 or 202 if one of HKIN 103 or 107 has already been taken.

## 4. Human Kinetics Field Placement Requirements (3 s.h.\*)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN _____				HKIN _____		
	HKIN _____			*Select from HKIN 251, 252, 352, 355, 450, 452, 454, 455, 456, 458, 472.			

Strength & Conditioning Specialization students: choose HKIN 452. Students seeking BC Kinesiology Association membership: choose HKIN 450 or 472.

## 5. Ancillary Requirements (9 s.h.)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	BIOL 241	3			_____	3	Choose from STAT 102 or PSYC 207
	BIOL 242	3					

Continued on next page.

## 6. Elective Courses (7 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](http://twu.ca/advising). **Students seeking BC Kinesiology Association membership will need HKIN courses for their electives. students pursuing further schooling (e.g., grad school, physiotherapy) should check entrance requirements and may need to use elective courses to meet these entrance requirements.**

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

### NOTES:

- Students interested in qualifying for BC Association of Kinesiologist Certification must have a minimum grade of 60% in HKIN and Science courses.
- The BC Association of Kinesiologists may change their course requirements for registration at any time. The School of Human Kinetics cannot guarantee that this checklist will meet their latest registration requirements.
- 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. Students seeking BC Kinesiology Association membership must complete a total of 30 courses in HKIN or Science, which may result in more than the 122 s.h. of credit required for graduation.
- 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](http://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			YEAR 2			YEAR 3			YEAR 4		
✓	s.h.	Fall	✓	s.h.	Fall	✓	s.h.	Fall	✓	s.h.	Fall
	1	FNDN 101		3	RELS 112		3	Core <sup>2</sup>		3	HKIN 428
	3	RELS 110		3	Core <sup>2</sup>		3	HKIN 303		3	HKIN 420
	3	ENGL <sup>1</sup>		3	HKIN 276		3	HKIN 391		3	HKIN 482
	3	Core <sup>2</sup>		3	HKIN 292 <sup>3</sup>		3	HKIN 372		3	Theory <sup>8</sup>
	3	HKIN 191 <sup>3</sup>		3	BIOL 241		3	STAT 102 or PSYC 207		1 - 3	Field <sup>9</sup>
	3	HKIN 195		1	HKIN 201 <sup>3</sup> 202 <sup>3,4</sup>		1-2	Field <sup>9</sup>			
Semester Total: 16			Semester Total: 16			Semester Total: 16 - 17			Semester Total: 13 - 15		
YEAR 1			YEAR 2			YEAR 3			YEAR 4		
✓	s.h.	Spring	✓	s.h.	Spring	✓	s.h.	Spring	✓	s.h.	Spring
	3	FNDN 102		3	FNDN 201		3	Core <sup>2</sup>		3	HKIN 325
	3	RELS 111		3	Core <sup>2</sup>		3	HKIN 340 <sup>3</sup>		3	HKIN 492
	3	ENGL <sup>1</sup>		3	HKIN 260 <sup>3</sup>		3	HKIN 375		3	HKIN 475
	3	Core <sup>2</sup>		3	HKIN 298 <sup>3</sup>		3	HKIN 351		3	HKIN 465
	3	HKIN 177		3	BIOL 242		3	Theory <sup>5</sup>		3	Elective or Theory <sup>5</sup>
				1	HKIN <sup>6</sup>		1 - 2	Field <sup>9</sup>		1	HKIN <sup>7</sup>
Semester Total: 15			Semester Total: 16			Semester Total: 16 - 17			Semester Total: 13		

## COURSE LEGEND

### Core Courses

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

### Major Courses

- This course is offered in both the fall and spring semesters.
- HKIN 202 is women's only.
- HKIN Theory: choose from 280, 377, 400, 440, 453, 446 (choose 446 for physio and occupational therapy), 495, 497, or 498.
- HKIN Theory: choose from 400 or 453. If you have already completed your HKIN Theory Option, take an elective course here instead.

### Major + Core Courses

- Only take HKIN 103 or 107 if not taking HKIN 201 or 202
- Only if not taking HKIN 201 or 202
- HKIN Field Placement: 251, 252, 257, 352, 357, 355, 450, 452, 454, 455, 456, 457, 458, 472 – note 1, 2 or 3 credit options.

### 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	✓	s.h.	Fall	✓	s.h.	Fall	✓	s.h.	Fall	✓	s.h.	Fall
	1	FNDN 101		3	RELS 112		3	Core <sup>2</sup>		3	STAT 102 or PSYC 207		3	HKIN 420
	3	RELS 110		3	HKIN 292 <sup>3</sup>		3	Core <sup>2</sup>		3	HKIN 325 <sup>3</sup>		3	HKIN 428
	3	ENGL <sup>1</sup>		3	HKIN 298 <sup>3</sup>		3	HKIN 276		3	HKIN 372		3	HKIN 482
	3	Core <sup>2</sup>		3	BIOL 241		3	Theory <sup>5</sup>		3	HKIN 391		3	Elective
	3	HKIN 195								1 - 2	Field <sup>8</sup>		1 - 3	Field <sup>7</sup>
Semester Total: 13			Semester Total: 12			Semester Total: 12			Semester Total: 13 - 14			Semester Total: 13 - 15		
YEAR 1			YEAR 2			YEAR 3			YEAR 4			YEAR 5		
✓	s.h.	Spring	✓	s.h.	Spring	✓	s.h.	Spring	✓	s.h.	Spring	✓	s.h.	Spring
	3	FNDN 102		3	FNDN 201		3	Core <sup>2</sup>		3	HKIN 303		3	HKIN 492
	3	RELS 111		3	HKIN 177		3	Core <sup>2</sup>		3	HKIN 375		3	HKIN 465
	3	ENGL <sup>1</sup>		3	HKIN 201 <sup>3</sup> or 202 <sup>3,4</sup>		3	HKIN 340 <sup>3</sup>		3	HKIN 351 <sup>3</sup>		3	Theory <sup>6</sup> or Elective
	3	HKIN 191 <sup>3</sup>		3	BIOL 242		3	HKIN 260 <sup>3</sup>		3	Theory <sup>5</sup>		3	HKIN 475
										1 - 2	Field <sup>8</sup>		1	HKIN
													1	Activity
Semester Total: 12			Semester Total: 12			Semester Total: 12			Semester Total: 13 - 14			Semester Total: 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 Aesthetic and Performance Inquiry  
ONE Cultural & Linguistic Inquiry  
ONE Historical & Archival Inquiry

#### Major Courses

3. This course is offered in both the fall and spring semesters.
4. HKIN 202 is women's only.
5. Theory: choose from HKIN 280, 377, 400, 440, 446 (choose 446 for physio and occupational therapy), 453, 495, 497 or 498.
6. Theory: choose from HKIN 400 or 453.

#### Major + Core Courses

7. Only if not taking HKIN 201 or 202.
8. HKIN Field Placement: 251, 252, 257, 352, 357, 355, 450, 452, 454, 455, 456, 457, 458 or 472 — note 1, 2, or 3 credit options.

#### 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.