

Student Name: _____ ID # _____

Advisor Name: _____ Anticipated Graduation Date: _____

HUMAN KINETICS MINOR/CONCENTRATION CHECKLIST (27/33 s.h.)

2025-26 Academic Calendar

Minor (24 s.h.) + Ancillary Course (3 s.h.)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN 191	3			HKIN _____	0 - 1	Field Placement
	HKIN 195	3			HKIN _____	3	Choose 12 s.h. of Theory electives (see listing below). Must include minimum of 9 sem. hrs. of upper-level courses.
	HKIN 298	3			HKIN _____	3	
	HKIN _____	___	2 - 3 s.h. of Activity credit.		HKIN _____	3	
	HKIN _____	___			HKIN _____	3	
	HKIN _____	___			BIOL 241	3	Ancillary.

Concentration (30 s.h.) + Ancillary Course (3 s.h.)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN 191	3			HKIN _____	3	Choose 18 s.h. of Theory electives (see list below). Must include minimum of 12 sem. hrs. of upper-level courses.
	HKIN 195	3			HKIN _____	3	
	HKIN 298	3			HKIN _____	3	
	HKIN _____	___	2 - 3 s.h. of Activity credit.		HKIN _____	3	
	HKIN _____	___			HKIN _____	3	
	HKIN _____	___			HKIN _____	3	
	HKIN _____	0 - 1	Field Placement (see list below)		BIOL 241	3	Ancillary.

Human Kinetics Theory Electives:

HKIN 177, 230, 260, 276, 280, 292, 303, 320, 325, 340, 350, 351, 372, 375, 377, 384, 391, 396, 400, 420, 428, 440, 446, 453, 465, 475, 480, 482, 492, 495, 497, 498.

Field Placement Courses:

HKIN 251, 252, 257, 355, 455, 456, 458.







NOTES:

- A total of 24 s.h., including a minimum of 9 s.h. of upper-level credit is required to complete a Minor, and a total of 30 s.h. including a minimum of 12 s.h. of upper-level credit is required to complete a Concentration. Students must have a minimum overall (cumulative) GPA of 2.0.
- 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 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.







April 2025

YEAR 1			YEAR 2			YEAR 3			YEAR 4		
✓	s.h.	Fall	✓	s.h.	Fall	✓	s.h.	Fall	✓	s.h.	Fall
	3	HKIN 195		3	BIOL 241		3	Theory ⁴		3	Theory ⁴
							1 - 3	HKIN ² or Field ³			
Semester Total: 3			Semester Total: 3			Semester Total: 4 - 6			Semester Total: 3		
YEAR 1			YEAR 2			YEAR 3			YEAR 4		
✓	s.h.	Spring	✓	s.h.	Spring	✓	s.h.	Spring	✓	s.h.	Spring
	3	HKIN 191 ¹		3	HKIN 298 ¹		3	Theory ⁴		3	Theory ⁴
				1 - 3	HKIN ²					1 - 3	HKIN ²
Semester Total: 3			Semester Total: 4 - 6			Semester Total: 3			Semester Total: 4 - 6		

COURSE LEGEND	
	Core Courses
	Required Courses
1. This course is offered in both the fall and spring semesters.	
	Required + Core Courses
2. 2-3 total semester hours of activity courses needed to complete HKIN minor. For HKIN activity courses, there are 1 and 3-credit options. The 3-credit options include 201, 202 (women's only), 266, 316, 336, or 342. You can also do three 1-credit activity courses. Note: HKIN 103, 107, 201, or 203 are pre-requisites for HKIN 303 (one of your upper-level theory options). If you are taking 1-credit activity courses, you can slip them in as you like.	
3. HKIN Field Placement: choose from 251, 252, 257, 355 A, 455 A, 456 A, or 458 A (note: chose the 1-credit option – section A). For your minor you can do 1 field placement and 2 credits of activity courses or no field placement and 3 credits of activity courses.	
	Ancillary Courses
	Ancillary + Core Courses
	Electives
4. Take an HKIN theory elective course. Plan this based on what you want to take and when courses are offered. Note: you must have 9 credits of upper-level (i.e. 300 or 400 level) HKIN theory electives.	
<i>Summer Sessions are encouraged to reduce workload and/or retake courses.</i>	

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
	3	HKIN 195		3	BIOL 241		1 - 3	HKIN ²		3	Theory ⁴		3	Theory ⁴
										1 - 3	Field ³ or HKIN ²			
Semester Total: 3			Semester Total: 3			Semester Total: 1 - 3			Semester Total: 4 - 6			Semester Total: 3		
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	HKIN 191 ¹		3	HKIN 298 ¹		1 - 3	HKIN ²		3	Theory ⁴		3	Theory ⁴
Semester Total: 3			Semester Total: 3			Semester Total: 1 - 3			Semester Total: 3			Semester Total: 3		







COURSE LEGEND	
	Core Courses
	Required Courses
1. This course is offered in both the fall and spring semesters.	
	Required + Core Courses
2. 2-3 total semester hours of activity courses needed to complete your HKIN minor. For HKIN activity courses, note 1 and 3-credit options. The 3-credit options include 201, 202 (women's only), 266, 316, 336, or 342. You can also do three 1-credit activity courses.*	
3. HKIN Field Placement: choose from 251, 252, 257, 355 A, 455 A, 456 A, or 458 A. For your minor you can do 1 field placement and 2 credits of activity courses or no field placement and 3 credits of activity courses. You can take your field placement any semester of year 4 or 5.	
	Ancillary Courses
	Ancillary + Core Courses
	Electives
4. Take an HKIN theory elective course. Plan this based on what you want to take and when courses are offered. Note: you must have 9 credits of upper-level (i.e. 300 or 400 level) HKIN theory electives.	

***Note:** HKIN 103, 107, 201, or 203 are pre-requisites for HKIN 303 (one of your upper-level theory options). If you are taking 1-credit activity courses, you can slip them in as you like.

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.

YEAR 1			YEAR 2			YEAR 3			YEAR 4		
✓	s.h.	Fall	✓	s.h.	Fall	✓	s.h.	Fall	✓	s.h.	Fall
	3	HKIN 195		3	BIOL 241		3	Theory ⁵		3	Theory ⁵
	1 - 3	HKIN ²					1 - 3	Theory ⁵ or ⁶ HKIN ²		3	Theory ⁵
Semester Total: 4 - 5			Semester Total: 3			Semester Total: 4 - 6			Semester Total: 6		

YEAR 1			YEAR 2			YEAR 3			YEAR 4		
✓	s.h.	Spring	✓	s.h.	Spring	✓	s.h.	Spring	✓	s.h.	Spring
	3	HKIN 191 ¹		3	HKIN 298 ¹		3	Theory ⁵		3	Theory ⁵
	1 - 3	HKIN ²					1 - 3	Theory ⁵ or ⁶ HKIN ²		1 - 2	Field ^{3,4}
Semester Total: 4 - 5			Semester Total: 3			Semester Total: 4 - 6			Semester Total: 4 - 5		







COURSE LEGEND	
	Core Courses
	Required Courses
1. This course is offered in both the fall and spring semesters. If the course is full and you are unable to take the course during the semester given in the plan, you can take it the next semester. Take another required course in its place.	
	Required + Core Courses
2. HKIN activity courses: note 1- and 3-credit options. 3. HKIN Field Placement: choose from HKIN 251, 252, 257, 355 A, 455 A, 456 A, or 458 A. 4. May do an activity credit in place of a Field Placement.	
	Ancillary Courses
	Ancillary + Core Courses
	Electives
5. HKIN theory elective: choose from HKIN 177, 230, 260, 276, 280, 292, 303, 320, 325, 340, 350, 351, 372, 375, 377, 384, 391, 396, 400, 420, 428, 440, 446, 453, 465, 475, 480, 482, 492, 495, 497, 498. 6. Make sure one of these times you take an HKIN theory elective.	
<i>Summer Sessions are encouraged to reduce workload and/or retake courses.</i>	

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.

Concentration in *Human Kinetics* - 5 Year Plan

2025-2030

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
	3	HKIN 195		3	BIOL 241		1 - 3	Theory ³ or HKIN ²		3	Theory ⁴		3	Theory ⁴
Semester Total: 3			Semester Total: 3			Semester Total: 1 - 3			Semester Total: 3			Semester Total: 6		
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	HKIN 191 ¹		3	HKIN 298 ¹		1 - 3	Theory ³ or HKIN ²		3	Theory ⁴		3	Theory ⁴
				1 - 3	HKIN ²					1 - 3	Theory ⁴ or ⁷ Field ^{5,6}		1 - 3	Theory ⁴ or ⁷ Field ^{5,6}
Semester Total: 3			Semester Total: 4 - 6			Semester Total: 1 - 3			Semester Total: 4 - 6			Semester Total: 4 - 6		

COURSE LEGEND	
	Core Courses
	Required Courses
	Required + Core Courses
	Ancillary Courses
	Ancillary + Core Courses
	Electives

1. This course is offered in both the fall and spring semesters. If the course is full during the semester given in the plan, you can take it the next semester. Take another required course in its place.

2. HKIN activity courses: note 1- and 3-credit options. 2-3 total semester hours of activity courses needed to complete your HKIN concentration.

3. HKIN theory elective or activity course.
4. HKIN theory elective: choose from HKIN 177, 230, 260, 276, 280, 292, 303, 320, 325, 340, 350, 351, 372, 375, 377, 384, 391, 396, 400, 420, 428, 440, 446, 453, 465, 475, 480, 482, 492, 495, 497, 498
5. HKIN Field Placement: choose from 251, 252, 257, 355 A, 455 A, 456 A, or 458 A.
6. You can do an activity credit in place of a Field Placement.
7. Make sure one of these times you take an HKIN theory elective.

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.