

Student Name: _____ ID # _____

Advisor Name: _____ Anticipated Graduation Date: _____

BACHELOR HUMAN KINETICS: COACHING 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 ¹			
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 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					
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.
	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 HKIN 201.
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.

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.

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.

2. Human Kinetics Theory Requirements (60 s.h.)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN 177	3			HKIN 351	3	
	HKIN 191	3			HKIN 372	3	
	HKIN 195	3			HKIN 377	3	
	HKIN 260	3			HKIN 420	3	
	HKIN 276	3			HKIN 440	3	
	HKIN 280	3			HKIN 453	3	
	HKIN 298	3			HKIN 480	3	
	HKIN 303	3			HKIN _____	3	Choose an upper-level HKIN Theory course.
	HKIN 325	3			HKIN _____	3	Choose an upper-level HKIN Theory course.
	HKIN 340	3			HKIN _____	3	Choose an upper-level HKIN Theory course.

3. Human Kinetics Activity Requirement (3 s.h.)

✓	COURSE	S.H.	NOTES
	HKIN 201	3	

4. Human Kinetics Field Placement Requirements (6 s.h.)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN 257	1	Strength Coach Specialization take: 251		HKIN 457	3	Strength Coach Specialization take: 452
	HKIN 357	2	Strength Coach Specialization take: 352				

5. Ancillary Requirements (9 s.h.)

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

6. Elective Courses (10 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.
- Electives can be filled with additional HKIN courses or courses in areas of personal interest. Electives can also be used for courses in other disciplines that would provide complementary skills and knowledge for coaching (e.g., Psychology, Media & Communications, Business, etc.).
- 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.

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 ²		3	HKIN 351 ³
	3	RELS 110 or 160		3	HKIN 201 ³		3	HKIN 325 ³		3	HKIN 420
	3	ENGL ¹		3	HKIN 276		3	HKIN 340 ³		3	HKIN 453
	3	Core ²		3	HKIN 280		3	HKIN 372		3	HKIN 457
	3	HKIN 191 ³		3	BIOL 241		3	HKIN 377		3	Elective or HKIN Theory
	3	HKIN 195					3	PSYC 207 or STAT 102			
Semester Total: 16			Semester Total: 15			Semester Total: 18			Semester Total: 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	Core ²		3	Theory ⁴		3	HKIN 440
	3	RELS 111		3	FNDN 201 ³		3	HKIN 303		3	Theory ⁴
	3	ENGL ¹		3	HKIN 257		3	HKIN 357		3	Theory ⁴
	3	Core ²		3	HKIN 260		3	HKIN 480		3	Elective or HKIN Theory
	3	HKIN 177		3	HKIN 298		3	Elective		3	Elective
				3	BIOL 242						
Semester Total: 15			Semester Total: 18			Semester Total: 15			Semester Total: 15		

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.

Major + Core Courses

Ancillary Courses

Ancillary + Core Courses

Electives

- Choose an HKIN theory elective that is 300- or 400-level.

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	Core ²		3	Core ²		3	HKIN 340 ³		3	HKIN 420
	3	RELS 110 or 160		3	RELS 112		3	HKIN 201 ³		3	HKIN 351 ³		3	HKIN 453
	3	ENGL ¹		3	HKIN 280		3	HKIN 276		3	HKIN 372		3	HKIN 457
	3	HKIN 191 ³		3	BIOL 241		3	HKIN 325 ³		3	HKIN 377		3	HKIN Theory or Elective
	3	HKIN 195					3	PSYC 207 or STAT 102						
Semester Total: 13			Semester Total: 12			Semester Total: 15			Semester Total: 12			Semester Total: 12		
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 ²		3	HKIN 357		3	HKIN Theory
	3	RELS 111		3	Core ²		3	HKIN 260 ³		3	HKIN 440		3	HKIN Theory
	3	ENGL ¹		3	HKIN 257		3	HKIN 303		3	HKIN 480		3	HKIN Theory or Elective
	3	HKIN 177 ³		3	HKIN 298 ³		3	Elective		3	HKIN Theory		3	Elective
				3	BIOL 242									
Semester Total: 12			Semester Total: 12			Semester Total: 12			Semester Total: 12			Semester Total: 12		

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. 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.

Major + Core Courses

Ancillary Courses

Ancillary + Core Courses

Electives

4. Choose an HKIN theory elective that is 300 or 400-level.

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.