

Student Name: _____ ID # _____

Advisor Name: _____ Anticipated Graduation Date: _____

BACHELOR HUMAN KINETICS CHECKLIST: ALL STREAMS (122 s.h.) 2026-27 Academic Calendar

1. Inquiry: Ways of Knowing – Core Requirements (34 -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 (9 -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 12 sem. hrs. from each of the following categories, <i>9 s.h. of which must be from outside of the student's major.</i>			
	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. (Choose HKIN 342 if seeking BCAA membership.)
	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					Choose 3 sem. hrs. from the Quantitative & Computational Inquiry category below. <i>*May be satisfied by stream requirement of STAT 102 or PSYC 207.</i>
<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; LDRS 302; 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. Required HKIN Theory Courses: ALL Streams (21 – 24 s.h.)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN 177	3			HKIN 298	3	
	HKIN 191	3			HKIN 325	3	
	HKIN 195	3			HKIN 351	3	
	HKIN 292*	3	Not required for <u>Coaching Stream</u> .		HKIN 372	3	

3. Stream Courses – Choose your stream below.

Generalist Stream (36 – 43 s.h.)

HKIN Theory Electives (24 – 27 s.h.)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN _____	3			HKIN _____	3	
	HKIN _____	3			HKIN _____	3	
	HKIN _____	3			HKIN _____	3	
	HKIN _____	3			HKIN _____	3	
	HKIN _____	3					

Activity Requirements (6 – 10 s.h.)

Choose any combination of HKIN activity courses to total 6 - 10 s.h. Spartan Athletes can choose 1 team credit to count towards the total.

	HKIN _____	3			HKIN _____	3	
	HKIN _____	3			HKIN _____	3	
	HKIN _____	3			HKIN _____	3	
	HKIN _____	3			HKIN _____	3	
	HKIN _____	3			HKIN _____	3	

Field Placement Requirements (3 – 6 s.h.) To be chosen in consultation with field placement coordinators.

	HKIN _____	3	Choose from HKIN 252, 355, 450, 452, 454, 455, 456, 457, 458, or 472. Note 1, 2, or 3 credit options.		HKIN _____	3	Choose from HKIN 252, 355, 450, 452, 454, 455, 456, 457, 458, or 472. Note 1, 2, or 3 credit options.
	HKIN _____	3			HKIN _____	3	
	HKIN _____	3			HKIN _____	3	

Coaching Stream (48 s.h.)

Additional HKIN Theory Requirements (39 s.h.)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN 260	3			HKIN 377	3	
	HKIN 276	3			HKIN 420	3	
	HKIN 280	3			HKIN 440	3	
	HKIN 303	3			HKIN 453	3	
	HKIN 340	3			HKIN 480	3	

HKIN _____	3	Choose three upper-level HKIN Theory courses.	Field Placement Requirements (6 s.h.)		
HKIN _____	3		HKIN 257	1	Strength Coach Specialization take: 251
HKIN _____	3		HKIN 357	2	Strength Coach Specialization take: 352
HKIN Activity Requirements (3 s.h.)			HKIN 457	3	Strength Coach Specialization take: 452
HKIN 201	3				

Kinesiology Stream (57 s.h.)

Additional HKIN Theory Requirements (48 s.h.)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN 260	3			HKIN 420	3	
	HKIN 276	3			HKIN 428	3	
	HKIN 292	3			HKIN 465	3	
	HKIN 303	3			HKIN 473	3	
	HKIN 340	3			HKIN 475	3	
	HKIN 372	3			HKIN 482	3	
	HKIN 375	3			HKIN 492	3	
	HKIN 391	3			HKIN _____	3	Choose from 280 ¹ , 377, 400, 440, 446 ² , 453, 495, 497, or 498.

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

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

HKIN Activity Requirements (3 s.h.)

HKIN _____			HKIN _____		
HKIN _____			*Must include one of HKIN 103 (1), 201³ (3), or 202³ (3).		

³Students 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.

Field Placement Requirements (3 s.h.)

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.

Sport Management Stream (54 – 60 s.h.)

Additional HKIN Theory Requirements (30 – 33 s.h.)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	HKIN 230	3			HKIN 459	3	
	HKIN 292	3			HKIN 460	3	
	HKIN 320	3			HKIN _____	3	Choose 3 – 4 upper-level HKIN Theory Courses. If you choose just 3 courses, then you will do 24 semester hours of BUSI.
	HKIN 334	3			HKIN _____	3	
	HKIN 372	3			HKIN _____	3	

HKIN Activity Requirements (3 s.h.)					
	HKIN _____		Choose three 1-credit HKIN activity courses or one 3-credit Activity Course.		
	HKIN _____				
	HKIN _____				
Business Requirements (21 – 24 s.h.)					
Note: a minimum C grade is required in each business course. Please ensure all prerequisite requirements have been met.					
	BUSI 111	3		BUSI 280	3
	BUSI 121	3		BUSI _____	3
	BUSI 231	3		BUSI _____	3
	BUSI 245	3		BUSI _____	3
Choose 2 – 3 courses from: BUSI 334, 335, 352, 435, 437. If you choose just 2 courses, you will do 51 semester hours of HKIN.					

4. Ancillary Requirements (6 – 9 s.h.)

✓	COURSE	S.H.	NOTES	✓	COURSE	S.H.	NOTES
	BIOL 241	3	ALL Streams.		_____	3	Kinesiology and Coaching Streams: choose from STAT 102 or PSYC 207.
	BIOL 242	3					

5. Elective Courses (7 – 16 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. **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.
- Graduation requirement: A total of at least 122 s.h of credit, including a minimum of 42 s.h. in the major, a minimum of 42 s.h. of upper-level credit (24 s.h. in the major), and a minimum cumulative GPA of 2.0 overall and in the major.
- 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 June 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.