**Wilfrid Laurier University**

**Department of Kinesiology & Physical Education**

**HONOURS (BKin) PROGRAM OUTLINE/Progression Worksheet**

**2016-2017**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The Honours BKin degree in the Department of Kinesiology & Physical Education consists of a minimum of 20.0 credits, not more than 6.5 of which may be at the 100 level. The program must include at least 9.5 and may include at most 10.0 senior credits in Kinesiology & Physical Education. Non-KPE electives may be taken from any discipline.

Please note: a senior credit is a course at the 200 level or higher.

Progression requirements for the Honours BKin program are based on grade point averages (GPA) obtained from all courses taken and are calculated on a cumulative basis. For progression from year-to-year, the requirements are a minimum GPA of 5.00 (C) in Kinesiology & Physical Education courses, and a minimum overall GPA (including KP courses) of 5.00 (C). For graduation with the Honours degree, the requirements are a minimum cumulative GPA of 7.00 (B-) in Kinesiology & Physical Education courses, and a minimum overall GPA (including KP courses) of 5.00 (C).

**YEAR I (2.0 required KP credits, 2.0 required non-KP, 1.0 non-KP electives)**

KP100: Fundamental Movement Skills & Physical Literacy Non-KP Electives (1.0 Credit)

KP141: Historical & Philosophical Foundations in Kinesiology 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

KP161: Fundamentals of Motor Learning and Control 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

KP181: Fundamentals of Sport & Exercise Psychology

Both BI110 and BI111

Both PS101 and PS102

**YEAR 2 (3.5 required KP credits, 1.5 non-KP electives)**

KP200: Applied Movement Skills: Team, Individual, and Dual Sports Non-KP Electives (1.5 Credits)

KP211: Sociology of Physical Activity 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

KP221: Human Regional Anatomy 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

KP222: Human Physiology 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

KP231: Fundamentals of Health

KP251: Fundamentals of Biomechanics

KP290: Research Methods

**YEAR 3 (1.5 required KP credits, 3.5 KP and Non-KP electives)**

KP322: Physiology of Physical Activity Non-KP Electives (2.0 Credits)

KP390: Inferential Statistics 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

KP300: Principles of Coaching Theory 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**OR** 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

KP301: Principles of Leadership, Community Engagement, and Sport

**Remainder of YEAR 3 and YEAR 4 (additional 4.5 to 5.0 credits KP electives)**

KP Electives at the 300-level (1.5 credits)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

KP Electives at the 400-level (1.5 credits)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Senior KP Electives (1.5 credits – mandatory)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Senior Electives (2.0 credits –mandatory) (0.5 may be KP)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*Students may take KP201 and KP202 as senior KP electives.**

**MODULES**

Students may declare one of the four modules listed below, as a concentration area, and thus have it appear on their transcript. To do so, students must take a minimum of 3.0 credits in the module, of which up to 1.5 credits may be from a capstone experience course, if the KPE GPA is 8.0 or higher.

Modules:

1. **Health and Rehabilitation (9)**

KP331 Health Across the Lifespan

KP332 Exercise Nutrition

KP351 Biomechanics of Human Movement

KP361 Sensorimotor Control and Learning Across the Lifespan

KP371 Disability, Developmental Delays and Physical Activity

KP381 Advanced Psychology of Sport and Exercise

KP426 Fitness Assessment and Exercise Prescription

KP472 Sports Medicine

KP482 Behaviour Modification

+ KP491 Research and Application in Kinesiology: Capstone Experiences selections, if GPA = 8.0 or higher

1. **Human Movement and Performance (12)**

KP201 Applied Movement Skills: Fitness and Strength Training

KP202 Applied Movement Skills: Endurance Sports

KP325 Neural Control of Human Movement

KP332 Exercise Nutrition

KP361 Sensorimotor Control and Learning Across the Lifespan

KP351 Biomechanics of Human Movement

KP371 Disability, Developmental Delays and Physical Activity

KP381 Advanced Psychology of Sport and Exercise

KP422 Physiology of Exercise

KP426 Fitness Assessment and Exercise Prescription

KP472 Sports Medicine

KP481 Advanced Psychology of Performance

+ KP491 Research and Application in Kinesiology: Capstone Experiences selections, if GPA = 8.0 or higher

1. **Teaching, Coaching and Management (11)**

KP201 Applied Movement Skills: Fitness and Strength Training

KP202 Applied Movement Skills: Endurance Sports

KP300 Principles of Coaching Theory

KP341 History of Physical Activity in Canada

KP381 Advanced Psychology of Sport and Exercise

KP371 Disability, Developmental Delays and Physical Activity

KP344 Organization & Administration of Physical Activity

KP460 Children in Physical Activity

KP472 Sports Medicine

KP481 Advanced Psychology of Performance

+ KP491 Research and Application in Kinesiology: Capstone Experiences selections, if GPA = 8.0 or higher

1. **Physical Activity Promotion (9)**

KP331 Health Across the Lifespan

KP341 History of Physical Activity in Canada

KP381 Advanced Psychology of Sport and Exercise

KP332 Exercise Nutrition

KP344 Organization & Administration of Physical Activity

KP371 Disability, Developmental Delays and Physical Activity

KP426 Fitness Assessment and Exercise Prescription

KP460 Children in Physical Activity

KP481 Advanced Psychology of Performance

KP482 Behaviour Modification

+ KP491 Research and Application in Kinesiology: Capstone Experiences selections, if GPA = 8.0 or higher

**Capstone Courses:**

A capstone course is considered to be a culminating experience that is taken during the final year of student’s degree. Intended to prepare students for the next steps (e.g. the rigor of graduate school, the workplace, etc.) the capstone courses require that students explore, synthesize and critically analyze literature in the field. Each capstone course will include some type of major assignment such as: a) directed research study; b) written research paper; c) major portfolio; d) applied practical experience; and/or e) major presentation. Approximately 8 capstone courses will run each year, with courses alternating every two years. Students must have a GPA of 8.0 to take a capstone courses.

**KP490**: Thesis (1.0 credit)

**KP491**: Research and Application in Kinesiology (0.5 credit)

Topics include, but are not limited to:

* Psychology of Injury Rehabilitation in Sport and Physical Activity
* Ethics in Sport, Exercise and Health
* Aging, Physical Activity and Health
* Movement Disorders
* Advanced Exercise Psychology
* Psychology of Injury Rehabilitation
* Epidemiology
* Modern Olympics
* Advanced Physical Activity for Individuals with Developmental Disabilities
* Marketing in Sport and Activity
* Balance, Posture and Gait
* Advanced Sociology of Physical Activity
* Seminar in Athletic Injuries

***NOTES:***

|  |  |
| --- | --- |
| 1. | Every [student](http://legacy.wlu.ca/calendars/glossary.php?cal=1&g=936&y=69) must gain a minimum of 96 hours of community related leadership/activity experiences. These shall be obtained by participating in between 2 and 4 different applied experiences related to their studies in Kinesiology or Physical Education, with no fewer than 16 hours for any one experience. These experiences shall be leadership oriented, have an applied educational component and involve participation in some form of volunteer or paid activity in the community. These activities shall involve the student in some form of leadership, administrative, instructing, or service capacity related to the wide scope of kinesiology, physical activity, recreation and applied health. **All leadership/activity experiences must be approved, prior to their commencement, by the department's undergraduate advisor or chair.** Online link to this information: http://legacy.wlu.ca/calendars/program.php?cal=1&d=1601&p=3355&s=764&y=69 |

**Not all requirements are reflected on this program outline. it is the responsibility of the student to ensure that all academic program and course requirements have been met. Please refer to regulations in the calendar.**