

Archived: September 9, 2021

## Education Programs

# Bachelor of Kinesiology

### Location Offered:

Nanaimo

### Credential:

Bachelor Degree

### Program Length:

4 Years

## The Program

Kinesiology is the art and science of human movement, and at VIU, the Kinesiology program is your foundation for careers in education, research, rehabilitation sciences (occupational therapy, physical therapy, and massage therapy), coaching, personal training, sports management, and administration and many others.

The Kinesiology program provides students with the knowledge and experience to pursue careers in education, fitness/wellness management, movement science, outdoor leadership, rehabilitation sciences, coaching, athlete development, and sports administration. Students will explore the nature of human movement and learn essential skills to improve quality of life through activity and exercise. The program provides a broad foundation in many aspects of kinesiology and exposes students to diverse learning environments and applied experiences including lectures, labs, activity classes, online learning, and applied research and scholarship.

## Program Outline

| Years 1 and 2   | Credits   |
|---|-----------|
| KIN 201* - (Human Anatomy)  | 3         |
| KIN 202 - (Dynamics of Motor Skills Acquisition)                        | 3         |
| KIN 220* - (Human Physiology)   | 3         |
| KIN 260 - (Foundations of Canadian Sport, Health and Physical Activity) | 3         |
| KIN 280 - (Physical Growth and Motor Development)                       | 3         |
| <i>Nine</i> two-credit Kinesiology Activity courses                     | 18        |
| Degree English Requirement  | 6         |
| <i>Twenty-one</i> elective credits                                      | 21        |
| <b>Total Credits</b>  | <b>60</b> |

*\* These courses fulfill the Lab/Science requirements for the Education program.*

| <b>Years 3 and 4</b>   | <b>Credits</b> |
|--|----------------|
| KIN 302 - (Applied Exercise Physiology and Prescription)         | 3              |
| KIN 351 - (Human Wellness)                                       | 3              |
| KIN 371 - (Organization and Administration of Physical Activity) | 3              |
| KIN 391 - (Research Methods in Kinesiology)                      | 3              |
| KIN 400 - (Biomechanics)   | 3              |
| KIN 460 - (Psycho-Social Aspects of Physical Activity)           | 3              |
| KIN 461 - (Applied Leadership in Physical Activity)              | 3              |
| KIN 480 - (Inclusive and Adapted Physical Activity and Sport)    | 3              |
| KIN 491 - (Scholarship in Kinesiology)                           | 3              |
| <i>Nine</i> credits of upper-level KIN electives                 | 9              |
| <i>Six</i> upper-level elective credits                          | 6              |
| <i>Eighteen</i> elective credits                                 | 18             |
| <b>Total Credits</b>   | <b>60</b>      |

## Admission Requirements

- General admission requirements apply.
- A minimum grade of "C+" in English 12, or equivalent.
- A minimum grade of "C+" in Anatomy and Physiology 12, or equivalent.
- Foundations of Mathematics 11 or Pre-calculus 11, or equivalent.

### Notes on Admission

- Enrolment in this program is limited. Students who meet or exceed the minimum admission requirements may not necessarily be admitted to the program.

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