

Archived: September 9, 2021

Education Programs

Kinesiology (BA)

Location Offered:

Nanaimo

Credential:

Bachelor Degree

Options:

Minor

Program Length:

4 Years

The Program

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

The Kinesiology (Minor) 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.

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
Six two-credit Kinesiology Activity courses	12
Degree English Requirement	6
Twenty-seven elective credits	27
Total Credits	60

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

Years 3 and 4	Credits
KIN 302 - (Applied Exercise Physiology and Prescription)	3
KIN 351 - (Human Wellness)	3
KIN 400 - (Biomechanics)	3
KIN 460 - (Psycho-Social Aspects of Physical Activity)	3
KIN 461 - (Applied Leadership in Physical Activity)	3
<i>Three</i> credits of upper-level KIN electives	3
<i>Twenty-four</i> upper-level elective credits	24
<i>Eighteen</i> elective credits	18
Total Credits	60

Students must fulfill all the Institutional B.A. degree requirements, including Degree English Requirements. Contact the Kinesiology Department or the B.A. Degree Advisor for more information.

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