

Archived: August 8, 2022

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 - (Introduction to Motor Learning and Control)	3
KIN 203** - (Instructional Strategies for Sport and Physical Education)	3
KIN 220* - (Human Physiology)	3
KIN 232 - (Exercise Prescription)	3
KIN 253 - (Introduction to Nutrition)	3
KIN 262 - (Introduction to Sport and Exercise Psychology)	3
KIN 280 - (Physical Growth and Motor Development)	3
KIN 291 - (Introduction to Kinesiology)	3
Five two-credit Kinesiology Activity courses***	10
Degree English Requirement	6
Elective credits****	17
Total Credits	60

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

** KIN 203 must be taken in the first year of the program.

**** Kinesiology Activity courses are numbered in the 100 level. Two credits each from KIN 203, KIN 222, KIN 270 and KIN 285 may count as activity courses.

**** Elective credits can be from any level (100-400) and from any program area.

Years 3 and 4	Credits
KIN 391 - (Research Methods in Kinesiology)	3
KIN 491 - (Scholarship in Kinesiology)	3
<i>Twenty-four</i> upper-level KIN electives	24
Elective credits**	18
Upper-level elective credits***	12
Total Credits	60

***Elective credits can be from any level (100-400) and from any program area.*

**** Upper-level elective credits are any courses numbered 300 or 400.*

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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