

KINESIOLOGY – SPECIALIZATION (SCIENCE) – BACHELOR OF SCIENCE (HONOURS)

KINE-P-BSH

Subject: Administered by the School of Kinesiology and Health Studies.

Plan: Consists of 102.00 units as described below.

Program: The Plan, with sufficient electives to total 120.00 units, will lead to a Bachelor of Science (Honours) Degree.

Code	Title	Units
1. Core		
A. Complete the following:		
HLTH 101	Social Determinants of Health	3.00
KNPE 125	Introduction to Human Physiology	3.00
KNPE 153	Introductory Biomechanics	3.00
KNPE 167	Socio-Cult Dimensions of Sport and Physical Activity	3.00
B. Complete the following:		
PSYC 100	Principles of Psychology	6.00
C. Complete 3.00 units from the following: 3.00		
KNPE 251	Introduction to Statistics	
	STAT_Options	
D. Complete the following:		
KNPE 225	Advanced Human Physiology	3.00
KNPE 227	Exercise Physiology	3.00
KNPE 254	Biomechanical Analysis of Human Movement	3.00
KNPE 255	Physical Activity, Fitness, and Health	3.00
KNPE 261	Theory of Motor Behaviour and Motor Learning	3.00
KNPE 265	Psychology of Sport and Exercise	3.00
E. Complete the following:		
HLTH 252	Introduction to Research Methods	3.00
F. Complete the following:		
ANAT 315	The Human Musculoskeletal System	3.00
ANAT 316	The Human Visceral Systems	3.00
G. Complete the following:		
KNPE 400	Professional Issues in Allied Health	3.00
2. Option		
A. Complete 6.00 units from the following: 6.00		
	HLTH at the 400-level or above	
	KNPE at the 400-level or above	
B. Complete 18.00 units from the following: 18.00		
	HLTH at the 300-level or above	

	KNPE at the 300-level or above	
C. Complete 3.00 units from the following: 3.00		
	HLTH at any level	
	KNPE at any level	
D. Complete 3.00 units from the following course list: 3.00		
	ASC_Science_Excluding_KNPE_HLTH at the 300-level or above	
E. Complete 9.00 units from the following course list: 9.00		
	ASC_Science_Excluding_KNPE_HLTH at the 200-level or above	
F. Complete 12.00 units from the following course list: 12.00		
	ASC_Science_Excluding_KNPE_HLTH	
Electives		
	Elective Courses	18.00
Total Units		120.00

3. Additional Requirements

A. 3.00 units in the Plan must be selected from each of the following course lists: KINE_Labs; KINE_Exercise_Options; KINE_Socio-Culture_Options; KINE_Health_Promo_Options.

B. No more than 12.00 units from KINE_Professional_Options may be used to satisfy the Plan requirements.

4. Notes

A. PACT courses may **not** be used towards the requirements of this degree program. This includes any elective requirements.

B. Students interested in being accepted into the Athletic Therapy or Strength and Conditioning “mini-stream” will apply at the end of first year for the limited number of spaces that are available. Students accepted into these streams will be permitted to access the entry level courses KNPE 331 or KNPE 345 starting in their second year.

C. Students in the KINE-P-BSH Plan are permitted to complete only one “mini-stream” towards the requirements for their degree plan.

D. A maximum of 6.00 units from courses offered by other Faculties and Schools may be counted toward the program and/or Plan requirements. This includes courses in BMED, COMM, GLPH, HSCI, LAW, NURS, and courses in the Faculty of Engineering and Applied Science.



Kinesiology Course Lists

The following lists contain courses offered through other Departments. In accordance with Academic Regulation 2.6 (Access to Classes), students do not have enrolment priority in all of these courses. Access to these courses may only be made available during the Open Enrolment period, and then only if space permits.

ASC_Science_Excluding_KNPE_HLTH

Code	Title	Units
Natural and Physical Science Courses		
ANAT		
ASTR		
BCHM		
BIOL		
BIOM		
BMED 384	Integrative Laboratory Course	3.00
BMED 470	Principles of 'Omics'	3.00
BMED 480	Clinical Applications of Human Anatomy	3.00
CANC		
CHEE 209	Analysis Of Process Data	3.50
CHEM		
CISC		
COGS		
COMM 162	Managerial Statistics	3.00
COMP		
CRSS		
DDHT		
ECON 250	Introduction to Statistics	3.00
ENSC 201	Environmental Toxicology and Chemical Risks	3.00
ENSC 301	Environmental Assessment	3.00
ENSC 307	Marine Environmental Issues	3.00
ENSC 320	Wildlife Issues in a Changing World	3.00
ENSC 407	Global Water Issues	3.00
ENSC 425	Ecotoxicology	3.00
ENSC 471	Environmental Analysis Methods	3.00
ENSC 480	Special Topics in Environmental Science	3.00
EPID		
GEOL		
GLPH 472	Special Populations: Neonatal to End-of-Life-Care	3.00
GPHY_Physical Course List ¹		
GPHY_Tech/Methods Course List ¹		
LISC ²		
MATH		

MICR

NSCI		
NURS 323	Introduction to Statistics	3.00
NURS 324	Research in Nursing	3.00

PATH

PHAR

PHGY

PHYS

POLS 285	Introduction to Statistics	3.00
PSYC 100	Principles of Psychology	6.00
PSYC 101	Principles of Psychology I	3.00
PSYC 103	Principles of Psychology III	3.00
PSYC 202	Statistics in Psychology	3.00
PSYC 203	Research Methods in Psychology	3.00
PSYC 221	Cognitive Psychology	3.00
PSYC 271	Brain and Behaviour I	3.00
PSYC 299	Introduction to Directed Research in Psychology	3.00

PSYC 301	Advanced Statistical Inference	3.00
PSYC 302	Advanced Research Methods	3.00
PSYC 450	Advanced Topics in Developmental Psychology	3.00

PSYC_Cognitive_Neuroscience Course List ¹

REPD

SOCY 210	Social Research Methods	3.00
SOCY 211	Introduction to Statistics	3.00

STAM

STAT

¹ The GPHY and PSYC Course Lists noted here may be found in the Departments/Schools and Degree Plans (<https://www.queensu.ca/academic-calendar/arts-science/schools-departments-programs/>) section of this *Calendar*.

² Excluding LISC 171/3.0, LISC 173/3.0, LISC 271/3.0, LISC 373/3.0, LISC 471/3.0, LISC 493/3.0.

KINE_Exercise_Options

Code	Title	Units
Applied Exercise Science Options		
KNPE 327	Exercise Physiology Laboratory	3.00
KNPE 339	Advanced Exercise Metabolism	3.00
KNPE 349	Sports Nutrition	3.00
KNPE 353	Experiments in Neuromechanical Kinesiology	3.00
KNPE 354	Occupational Biomechanics and Physical Ergonomics	3.00

KNPE 355	Lifestyle and Cardiometabolic Assessment Laboratory	3.00
KNPE 356	Exercise Prescription	3.00
KNPE 425	Physiology of Stress	3.00
KNPE 429	Skeletal Muscle Oxygen Delivery: Demand Matching in Exercise	3.00
KNPE 439	Critical Appraisal and Translation of Muscle Physiology Research	3.00
KNPE 447	Advanced Exercise Physiology Laboratory	3.00
KNPE 449	Advanced Protein Metabolism	3.00
KNPE 450	Ergonomics	3.00
KNPE 453	Locomotor Neuromechanics	3.00
KNPE 454	Clinical Biomechanics	3.00
KNPE 455	Advanced Physical Activity and Health	3.00
KNPE 459	Clinical Exercise Physiology	3.00

KINE_Health_Promo_Options

Code	Title	Units
Physical Activity, Epidemiology and Health Promotion Options		
HLTH 102	Personal Health and Wellness	3.00
HLTH 205	Introduction to Health Promotion	3.00
HLTH 230	Basic Human Nutrition	3.00
HLTH 237	An Introduction to Drugs, Drug Use and Drug Dependence	3.00
HLTH 305	Fundamentals of Health Policy	3.00
HLTH 323	Epidemiology	3.00
HLTH 331	Advanced Human Nutrition	3.00
HLTH 332	Foundations for Understanding Disability: A Health Perspective	3.00
HLTH 350	Topics in Global Health	3.00
HLTH 351	Health in Humanitarian Crises	3.00
HLTH 360	Globalization and Black Health	3.00
HLTH 401	Interprofessional Collaborative Education	3.00
HLTH 402	Disability Studies: Issues, Research, and Policy	3.00
HLTH 403	Community Based Rehabilitation	3.00
HLTH 404	Global Studies of Social Inclusion, Community Participation and Mental Health	3.00
HLTH 410	Environment and Health	3.00
HLTH 416	Program Planning and Evaluation	3.00
HLTH 417	Community-Based Programming and Evaluation	3.00
HLTH 430	Critical Weight Studies	3.00
HLTH 435	Seminar on HIV/AIDS Prevention	3.00
HLTH 437	Seminar on Harm Reduction	3.00

HLTH 445	Critical Population Health	3.00
HLTH 455	Health and Built Environments	3.00
HLTH 493	Advanced Topics in Health Studies I	3.00
KNPE 335	Healthy Aging	3.00
KNPE 338	Field Course in Kinesiology and Health Studies	3.00
KNPE 433	Global Sport and Disability	3.00
KNPE 463	Community-Based Physical Activity Promotion	6.00

KINE_Labs

Code	Title	Units
Kinesiology Laboratory Options		
KNPE 327	Exercise Physiology Laboratory	3.00
KNPE 353	Experiments in Neuromechanical Kinesiology	3.00
KNPE 355	Lifestyle and Cardiometabolic Assessment Laboratory	3.00
KNPE 356	Exercise Prescription	3.00
KNPE 447	Advanced Exercise Physiology Laboratory	3.00

KINE_Professional_Options

Code	Title	Units
Professional/Applied Options		
KNPE 300	Community-Based Practicum	3.00
KNPE 330	Athletic Therapy Field Placement	4.50
KNPE 331	Care and Prevention of Athletic Injuries	3.00
KNPE 337	Physical Activity Promotion for Children and Youth	3.00
KNPE 345	The Science and Methodology of Sport Training Conditioning Programs	3.00
KNPE 346	Strength and Conditioning Field Placement	4.50
KNPE 430	Athletic Therapy Internship	4.50
KNPE 446	Strength and Conditioning Internship	4.50

KINE_Socio-Cultural_Options

Code	Title	Units
Psychology and Socio-Cultural Studies of Physical Activity and Health Options		
HLTH 235	Food Systems	3.00
HLTH 315	Theory and Practice of Health Behaviour Change	3.00
HLTH 333	Contemporary Issues in Human Sexuality	3.00
HLTH 334	Health, Illness, and Society	3.00
HLTH 350	Topics in Global Health	3.00
HLTH 402	Disability Studies: Issues, Research, and Policy	3.00



HLTH 404	Global Studies of Social Inclusion, Community Participation and Mental Health	3.00
HLTH 430	Critical Weight Studies	3.00
HLTH 434	Social Movements in Health	3.00
HLTH 445	Critical Population Health	3.00
HLTH 455	Health and Built Environments	3.00
HLTH 495	Advanced Topics in Health Studies II	3.00
KNPE 203	Coaching and Leadership in Sport	3.00
KNPE 237	Child and Adolescent Motor Development	3.00
KNPE 363	Team Dynamics in Sport: Theory and Practice	3.00
KNPE 365	Motivational Interviewing for Physical Activity Behaviour Change	3.00
KNPE 366	Race, Sport and Physical Activity	3.00
KNPE 367	Fitness, the Body, and Culture	3.00
KNPE 465	Sport Participation and Performance	3.00
KNPE 473	Sport and Culture	3.00

STAT_Options

Code	Title	Units
Statistic Course Options		
BIOL 243	Introduction to Statistics	3.00
CHEE 209	Analysis Of Process Data	3.00
COMM 162	Managerial Statistics	3.00
ECON 250	Introduction to Statistics	3.00
GPHY 247	Introduction to Statistics	3.00
KNPE 251	Introduction to Statistics	3.00
NURS 323	Introduction to Statistics	3.00
POLS 285	Introduction to Statistics	3.00
PSYC 202	Statistics in Psychology	3.00
SOCY 211	Introduction to Statistics	3.00
STAM 200	Introduction to Statistics	3.00
STAT 263	Introduction to Statistics	3.00