

## Kinesiology and Health Science (SPECIALIZED HONOURS BA) –

(For Students Entering KINE 2010 or 2011)

*This checklist is an interpretation of the official degree requirements listed in the York University Calendar.*

*Select your year of entry to review your degree requirements.*

*The York University Calendar is available online at: [www.registrar.yorku.ca/calendars/](http://www.registrar.yorku.ca/calendars/)*

GENERAL EDUCATION REQUIREMENTS (18 Credits)	CREDITS	COURSES PASSED	COURSES PLANNED
Humanities (AP/HUMA) 1000 or 2000 level	6		
Social Science (AP/SOSC) 1000 or 2000 level or Modes of Reasoning (AP/MODR) 1000 level	6		
Natural Science (SC/NATS) 1000 Level	6		
<i>Approved General Education Courses are available at: <a href="http://www.yorku.ca/health/current_students/GeneralEducation.html">www.yorku.ca/health/current_students/GeneralEducation.html</a></i>			
ELECTIVES			
A minimum of 18 credits outside the major.			
Course outside major (HH/PSYC 1010 6.00. Pre-requisite for upper level KINE courses)	6 (3+3)		
Course outside major	6 (3+3)		
Course outside major	6 (3+3)		
MAJOR REQUIREMENTS (60 credits)			
KINESIOLOGY CORE COURSES (42 credits)			
KINE 1000 6.00 Sociocultural Perspectives in Kinesiology	6		
KINE 1020 6.00 Fitness and Health	6		
KINE 2011 3.00 Human Physiology I	3		
KINE 2031 3.00 Human Anatomy	3		
KINE 2049 3.00 Research Methods in Kinesiology	3		
KINE 2050 3.00 Analysis of Data in Kinesiology I	3		
KINE 3000 3.00 Psychology of Physical Activity and Health	3		
KINE 3012 3.00 Human Physiology II	3		
KINE 3020 3.00 Skilled Performance & Motor Learning	3		
KINE 3030 3.00 Biomechanics of Human Movement	3		
KINE 4010 3.00 Exercise Physiology	3		
KINE 4020 3.00 Human Nutrition	3		
ADDITIONAL KINESIOLOGY COURSES (18 credits)			
KINE 4000 Level – Any KINE course	3		
KINE 4000 Level – Any KINE course	3		
KINE 4000 Level – Any KINE course (Recommended)*	3		
KINE 4000 Level – Any KINE course (Recommended)*	3		
Any KINE course, any level	3		
Any KINE course, any level	3		
<i>*These 4000 Level credits may be done in another Department. Students are reminded that 60 KINE credits are required for a Specialized Honours degree.</i>			
OTHER COURSES			
3000 or 4000 Level – Any Course/Any Department	6 (3+3)		
Any Course/Any Level/Any Department	6 (3+3)		
Any Course/Any Level/Any Department	6 (3+3)		
Any Course/Any Level/Any Department	6 (3+3)		
UPPER-LEVEL REQUIREMENT			
A minimum of 36 credits must be taken at the 3000 level or above. At least 18 credits must be at the 4000 level, including at least 12 credits at the 4000 level, in the major.			
TOTAL ACADEMIC CREDITS REQUIRED		120	

### PRACTICUM COURSES (PKIN)

Category	Course Number
Aquatics (PKIN 02XX)	
Team (PKIN 03XX)	
Individual/Dual (PKIN 04XX)	
Dance/Gymnastics (PKIN 05XX)	
Track and Field (PKIN 06XX)	
Emergency Care (PKIN 07XX)	
Elective (PKIN XXXX)	
Elective (PKIN XXXX)	

**Note – at least one course must be taken in each of the six core PKIN areas.**

## **WHAT YOU NEED TO KNOW TO GRADUATE**

It is the responsibility of the student for knowing and fulfilling all degree and program requirements outlined in the York University Undergraduate Calendar. The Undergraduate Calendar is available online at [calendars.registrar.yorku.ca](http://calendars.registrar.yorku.ca)

Each student is also responsible for the following:

- verifying the accuracy of registration records, including all course changes;
- fulfilling the requirements and being aware of academic progress in all registered courses;
- noting and abiding by the sessional dates and add/drop deadlines published on the Current Students Web site at [registrar.yorku.ca/enrol/dates/](http://registrar.yorku.ca/enrol/dates/)

### **Tracking your academic progress**

1. Understand your degree requirements

- Degree Progress Report  
[registrar.yorku.ca/mydegreepress](http://registrar.yorku.ca/mydegreepress)

A self-service tool that allows you to track your progress towards your degree. Available only to students in a single major.

- Review the undergraduate calendar according to your year of entry  
[calendars.registrar.yorku.ca](http://calendars.registrar.yorku.ca)
- Use the checklists found in this publication (and online at [kine.info.yorku.ca](http://kine.info.yorku.ca))

2. Monitor your grade point average (GPA) by using the GPA calculator  
[health.info.yorku.ca/current-student-information/calculate-your-gpa/](http://health.info.yorku.ca/current-student-information/calculate-your-gpa/)

3. Keep track of add/drop deadlines  
[registrar.yorku.ca/enrol/dates/](http://registrar.yorku.ca/enrol/dates/)

4. Take advantage of academic support services available to you. (e.g. Learning Skills and Writing Department)

5. Review your grade report at the end of each academic session. Fall/Winter session in May and Summer session in September.

Review the online module “Understanding Your Undergraduate Grade Report”  
[registrar.yorku.ca/grades/report/](http://registrar.yorku.ca/grades/report/)

6. Understand Honours standing requirements.

Upon completion of each academic session (Fall/Winter and Summer), students must have a minimum cumulative average to continue in an Honours program (120 credits). See Academic Standing section for Honours standing requirements.

7. Students are advised to complete the practicum (PKIN) requirements by the end of their third year of study.

### **Application to Graduate**

All students must apply to graduate online. Detailed information on how to apply, including deadlines and steps you need to take to prepare for convocation are available in the York Convocation Web site at [www.yorku.ca/mygraduation/](http://www.yorku.ca/mygraduation/)

Students are advised to apply to graduate as early as possible, preferably after registering in their final course(s). The Degree Audit Unit sends letters to students who appear to be missing a degree requirement. If you have applied early and there is a problem you may be able to resolve the problem during the Winter term. Normally, the deadline to apply for the Spring (June) convocation deadline is January 31<sup>st</sup> and for the Fall (October) convocation is July 31<sup>st</sup>. See Current Students Web site for online application form and current year deadlines.