

PHYSICAL ACTIVITY AND HEALTH MAJOR

This major provides students with an understanding of and appreciation for the importance of physical activity as it relates to health, fitness, and well-being over the lifespan. Biopsychosocial factors influencing acquisition and maintenance of physical activity and health will be emphasized.

Students Please Note:

1. Please refer to the University Calendar to determine the specific course prerequisites.
2. Some of the courses listed may not be offered in a given year; students should plan their programs accordingly.
3. If you have questions about your major, the selection of appropriate courses, or discover errors in this document, please contact your Academic Advisor (ksradvisors@ualberta.ca) in the [KSR Student Service Office](#).

Note: All Students in the BKin degree program must select one of KIN 303 or HE ED 321 as a Year 3 program core requirement. Depending on your selection of either KIN 303 or HE ED 321, your major courses will be:

If KIN 303 is selected	If HE ED 321 is selected
1. Required 4 Major Core Courses • HE ED 320: <i>Social Dimensions of Health and Health Promotion</i> • HE ED 321: <i>Psychological Dimensions of Health Promotion</i> • KIN 334: <i>Physical Activity, Nutrition & Energy Balance</i> (Prereq: KIN 200) • KIN 335: <i>Advanced Conditioning Methodology</i> (Prereq: KIN 200) • Major Option (3 units) - see below • Major Option (3 units) - see below	1. Required 4 Major Core Courses • HE ED 320: <i>Social Dimensions of Health and Health Promotion</i> • KIN 334: <i>Physical Activity, Nutrition & Energy Balance</i> (Prereq: KIN 200) • KIN 335: <i>Advanced Conditioning Methodology</i> (Prereq: KIN 200) • Major Option (3 units) - see below • Major Option (3 units) - see below • Major Option (3 units) - see below

2. Major Options (6 - 9 units)

HE ED	221	Population Health (Prereqs: HE ED 110 or 120, KIN 101 and 103)
KIN	294	A Conceptual Approach to Physical Activity
KIN	372	Neuroscience Considerations for Adapted Physical Activity (Prereqs: KRLS 207 and KIN 200)
KIN	385	Physical Activity & the Aging Adult
KIN	400	Human Gross Anatomy (Prereq: KIN 100)
KIN	403	The Application of Psychological Skills to Sport and Physical Activity (Prereq: KIN 303)
KIN	411	Physiology of Emergency Response Occupations (prereq: KIN 335)
KIN	413	Cardiopulmonary Exercise Physiology (Prereq: KIN 200)
KIN	434	Physical Activity and Chronic Disease Management (Prereq: KIN 334)
KIN	440	Advanced Sports Injury Management (Prereq: KIN 240)
NUTR	100	Nutrition and Well-being
KRLS	421	Play Leadership
RLS	331	Leisure Education
SOC	382	Sociology of Health and Illness (Prereq: SOC 100 or Consent of Instructor)
INT D	403/408	Foundations of Collaborative Practice (1 unit)/Variable Topic Course (2 units), consult with your advisor

3. In Field Learning (9 units)*

KRLS 290 (3 units) - take in Fall term of year 3
KRLS 493 (6 units) In Field Learning Coursework (KRLS 290 is the prerequisite)

**Students admitted in 2024/2025 and 2025/2026 may be able to take KRLS 492, please consult with your Academic Advisor*

