

SPORT PERFORMANCE MAJOR

This major advances students' understanding of the theoretical underpinnings of the multifaceted aspects of sport performance. In addition, students will gain practical experience in sport performance through an interdisciplinary delivery of courses and experiential requirements.

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: Students should choose KIN 303 in Year 3 instead of HE ED 321

1. Required Major Core (9 units)

KIN	335	Advanced Conditioning Methodology (Prereq: KIN 200)
KIN	435	Applied Resistance Training (Prereq: KIN 335)
KIN	436	Applied Endurance Training (Prereq: KIN 335)

2. Major Options (9 units)

KIN	294	A Conceptual Approach to Physical Activity
KIN	334	Physical Activity, Nutrition and Energy Balance (Prereq: KIN 200)
KIN	338	Physical Activity and Sport Participation in Children and Youth
KIN	372	Neuroscience Considerations for Adapted Physical Activity (Prereqs: KRLS 207 and KIN 200)
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	440	Advanced Sports Injury Management (Prereq: KIN 240)

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

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