

**Okanagan College - Kinesiology Diploma
Course Selection and Specialty Option Planning Guide**

Graduation Requirement Checklist for Students Entering Kinesiology after January 1, 2020

Semester by Semester Plan

FIRST YEAR

Semester 1 (Fall)				Semester 2 (Winter)			
Mark	Code	Description	Prerequisites	Mark	Code	Description	Prerequisites
	HKIN 101	Health, Fitness & Lifestyle ⁶	None		HKIN 103	Exercise Prescription for Health	None
	HKIN 110	Human Anatomy 1 for Kinesiology	None		HKIN 230	Motor Learning & Control	None
	HKIN 150	Sport & Exercise Psychology ⁹	None		HKIN 111	Health & Human Nutrition	None
	BIOL 190	Human Physiology 1 for Kinesiology ⁹	None		BIOL 191	Human Anatomy & Physiology II for Kinesiology	BIOL 190
	ENGL 100	University Writing ¹⁰	None		Elective*	HKIN 105 ³ or elective	

SECOND YEAR

Semester 3 (Fall)				Semester 4 (Winter)			
Mark	Code	Description	Prerequisites	Mark	Code	Description	Prerequisites
	HKIN 200	Exercise Physiology	BIOL 190 & BIOL 191		HKIN 284	Growth & Motor Development	24 credits
	HKIN 203	Science of Strength & Conditioning ²	HKIN 103 & HKIN 110		HKIN 261	Health Policy and Canadian Society ⁶	HKIN 101 & 24 credits
	Elective	HKIN 250 ^{5,8}			Elective	HKIN 273 ^{5,8}	
	Elective	HKIN 206 ⁵			Elective	HKIN 121 ^{2,5,11}	
	Elective*	HKIN 161 ^{3,11} , HKIN 215 ^{3,4}			Elective*	HKIN 241 ^{8,9} HKIN 205 ³ , BIOL 260 ^{5,7}	

*For electives, choose those that fulfill graduation requirements for chosen Specialty Option (see next page) and UT program

Graduation requires successful completion of the prescribed and elective courses as listed in the program outline above. 30 credits must be taken at OC, of which 15 must be at the 200 level or higher. A minimum graduating grade average (GGA) of 60% is required for the courses taken at Okanagan College being used to satisfy the required 60 credits for the diploma.

The elective you choose here will be determined by your chosen concentration at UBCO. Be prepared with the right electives.

Notes:

- Students begin with a common first semester then pick a specialty option as they select their elective course in first year winter semester. In second year, course selections align with one of the 4 specialty options. For more information, see OC course calendar or contact an educational advisor or the HKIN department chair.
- Only one of HKIN 203 or HKIN 121 is required for graduation from Education Specialty Option or General Studies Option, the other may be taken as an elective credit. Students interested in transfer to a degree program should consider HKIN 121. It is a core-required course for many undergraduate degrees. Please check the calendar of the degree granting institution or www.bctransferguide.ca
- Required for graduation from Recreation and Education Specialty Options.
- Required for graduation from Recreation and Fitness Specialty Options.
- Recommended electives for Health Science Specialty Option.
- Only one of HKIN 101 or HKIN 261 is required for graduation from General Studies Option. The other may be taken for elective credit. Students interested in transferring to a degree program should check www.bctransferguide.ca
- BIOL 260 - Pathophysiology for Health Sciences, is required for students graduating from Health Science Specialty Option and transferring to the Clinical Exercise Physiology stream at UBCO.
- Required for Fitness Specialty Option.
- Required for the CSEP-CPT (Personal Trainer) certification (not offered as part of the Kinesiology diploma but the opportunity to obtain the certification upon graduation may be offered).
- ENGL 100 can be taken in the winter semester to make room for a fall elective in 1st year.
- Students may take HKIN 121 (UBCO) or HKIN 161 (UVic) in 1st year to transfer into 2nd year of a degree program.

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SUGGESTED ELECTIVES PER SPECIALTY OPTIONS

HEALTH SCIENCE				FITNESS			
Mark	Code	Description	Prerequisites	Mark	Code	Description	Prerequisites
	Required for option:				Required for option:		
	HKIN 121	Biomechanics ¹¹	None		HKIN 241	Introduction to Athletic Injuries ⁵	HKIN 110
	HKIN 250	Introduction to Health Behaviour Change	HKIN 101, HKIN 103 & HKIN 150		HKIN 215	Professionalism in Fitness & Recreation	HKIN 103/105 & 24 credits
	HKIN 206	Research Methods in Kinesiology	HKIN 101 & 24 credits		HKIN 250	Introduction to Health Behaviour Change	HKIN 101, HKIN 103 & HKIN 150
	HKIN 273	Exercise Testing & Prescription	HKIN 200 & HKIN 203		HKIN 273	Exercise Testing & Prescription	HKIN 200 & HKIN 203
	HKIN 241	Introduction to Athletic Injuries ⁵	HKIN 110		HKIN 121	Biomechanics	None
	HKIN 205	Community Programming	HKIN 103/105 & HKIN 250/161				
	BIOL 260	Pathophysiology ⁵	BIOL 190 & BIOL 191				
RECREATION				EDUCATION			
Mark	Code	Description	Prerequisites	Mark	Code	Description	Prerequisites
	Required for option:				Required for option:		
	HKIN 161	Physical Activity in Canadian Society	None		HKIN 161	Physical Activity in Canadian Society	None
	HKIN 105	Physical Literacy for Life	None		HKIN 105	Physical Literacy for Life	None
	HKIN 205	Community Program Planning	HKIN 103/105 & HKIN 250/161		HKIN 121	Biomechanics ²	None
	HKIN 215	Professionalism in Fitness & Recreation	HKIN 103/105 & 24 credits		HKIN 205	Community Program Planning	HKIN 103/105 & HKIN 250/161
					HKIN 206	Research Methods in Kinesiology	HKIN 101 & 24 credits
	Not Required but may still be taken: HKIN 206, HKIN 250, HKIN 273, HKIN 241				Not Required but may still be taken: HKIN 250, HKIN 273, HKIN 241, HKIN 215		

GENERAL STUDIES			
Mark	Code	Description	Prerequisites
One of	HKIN 101	Health, Fitness, and Lifestyle	None
	HKIN 261	Health Policy and Canadian Society	HKIN 101 & 24 credits
One of	HKIN 121	Biomechanics ²	None
	HKIN 203	Science of Strength & Conditioning	HKIN 103 & HKIN 110
	HKIN 161	Physical Activity in Canadian Society	None

COMMON NON-HKIN ELECTIVES				Specialty Option
Mark	Code	Description	Prerequisites	
	INDG 100	Introduction to Indigenous Studies	None	Health Science
	PSYC 111	Introduction to Psychology: Basic Processes	None	Health Science
	PSYC 121	Introduction to Psychology: Personal Functioning	None	Health Science
	ANTH 121	Introduction to Cultural Anthropology	None	
	PHYS 112	Introductory Physics ¹³	PHYS 11 & MATH 12	Health Science
	BUAD 123	Management Principles	None	Fit or Rec
	BUAD 111	Financial Accounting I	None	Fit or Rec
	BUAD 116	Marketing	None	Fit or Rec
	MATH 160	Mathematics for Elementary Teachers	None	Education
	HIST112/122	Canadian History or other Canadian Studies	None	Education

Elective Notes: Many degree programs require non-HKIN electives. For electives, consider lower-level prerequisites that will lead to higher non-HKIN electives. Popular ones are listed on the left but there are many more possibilities.

Check www.bctransferguide.ca for transfer credit and OC Classfinder for course availability and to create a conflict-free class schedule.

¹³ Also note that Masters degrees in Physiotherapy or Occupational Therapy have admission requirements that include specific university level courses (i.e., STAT, PHYS). Please consult with an educational advisor and/or the MPT/MOT program requirements.

Disclaimer – This is a course advising document and if there is a discrepancy between this document and the course calendar, the course calendar will be deemed correct.

Alternative Semester Plans

2 Year Plan	
Term 1 (Fall)	Term 2 (Winter)
HKIN 101 ⁶	HKIN 103
HKIN 150 ⁹	HKIN 230
HKIN 110	HKIN 111
BIOL 190	BIOL 191
ENGL 100 ¹⁰	HKIN 105 ³ /Elective
Term 3 (Fall)	Term 4 (Winter)
HKIN 200 ⁸	HKIN 284
HKIN 203 2	HKIN 261 ⁶
HKIN 250 ^{5,8} /161 ^{3,11}	HKIN 273 ^{5,8} /205 ⁸ /BIOL 260 ^{5,7}
HKIN 206 ⁵ /215 ^{3,4}	HKIN 241 ^{8,9} /121 ^{2,5,11}
Elective	Elective

2.5-year Plan		
Term 1 (Fall)	Term 2 (Winter)	Term 3 (Fall)
HKIN 101 ⁶	HKIN 103	ENGL 100 ¹⁰
HKIN 150 ⁹	HKIN 230	HKIN 200 ⁸
HKIN 110	HKIN 111	HKIN 203 ²
BIOL 190	BIOL 191	HKIN 250 ^{5,8} /161 ^{3,11}
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Term 4 (Winter)	Term 5 (Fall)	January Grad
HKIN 284	HKIN 206 ⁵ /215 ^{3,4}	--
HKIN 261 ⁶	HKIN 250 ^{5,8} /161 ^{3,11} or HKIN 105 ³	--
HKIN 273 ^{5,8} /205 ³ or BIOL 260 ^{5,7}	Elective	--
HKIN 241 ^{8,9} /121 ^{2,5,11}	Elective	--
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NOTES

1. Students begin with a common first semester then pick a specialty option as they select their elective course in first year winter semester. In second year, course selections align with one of the 4 specialty options. For more information, see OC course calendar or contact an educational advisor or the HKIN department chair.
2. Only one of HKIN 203 or HKIN 121 is required for graduation from Education Specialty Option or General Studies Option, the other may be taken as an elective credit. Students interested in transfer to a degree program should consider HKIN 121. It is a core-required course for many undergraduate degrees. Please check the calendar of the degree granting institution or www.bctransferguide.ca
3. Required for graduation from Recreation and Education Specialty Options, and General Studies Option.
4. Required for graduation from Recreation and Fitness Specialty Options.
5. Recommended electives for Health Science Specialty Option.
6. Only one of HKIN 101 or HKIN 261 is required for graduation from General Studies Option. The other may be taken for elective credit. Students interested in transferring to a degree program should check www.bctransferguide.ca
7. BIOL 260 (Pathophysiology) is required for students graduating from Health Science Specialty Option and transferring to the Clinical Exercise Physiology stream at UBCO.
8. Required for Fitness Specialty Option.
9. Required for the CSEP-CPT (Personal Trainer) certification (not offered as part of the Kinesiology diploma but the opportunity to obtain the certification upon graduation may be offered).
10. ENGL 100 can be taken in the winter semester to make room for a fall elective in 1st year.
11. Students may take HKIN 121 (UBCO) or HKIN 161 (UVic) in 1st year to transfer into 2nd year of a degree program.

3-year Plan		
Term 1 (Fall)	Term 2 (Winter)	Term 3 (Fall)
HKIN 101 ⁶	HKIN 103	HKIN 250 ^{5,8} /161 ^{3,11}
HKIN 150 ⁹	HKIN 230	HKIN 110
ENGL 100 ¹⁰	HKIN 105 ³	BIOL 190
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Term 4 (Winter)	Term 5 (Fall)	Term 6 (Winter)
HKIN 241 ^{8,9} /121 ^{2,5,11}	HKIN 200 ⁸	HKIN 284
HKIN 261 ⁶	HKIN 203 ²	HKIN 273 ^{5,8} /205 ³ / or BIOL260 ^{5,7}
BIOL 191	HKIN 206 ⁵ /215 ^{3,4}	HKIN 111/Elective
--	Elective	Elective

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