



This worksheet is for **PLANNING PURPOSES ONLY** and does not replace your Degree Evaluation. In the event of any discrepancy, your Degree Evaluation and the Academic Calendar will be considered the authority. Kinesiology students are not required to declare their program. A student's Kinesiology major is automatically declared for them when they are admitted to their program.

Kinesiology Major (BSc)

Faculty of Health

School of Exercise Science, Physical and Health Education

YEAR 1

SEP-DEC	JAN-APR	MAY-AUG
ATWP 135	EPHE 155	WORK TERM OPPORTUNITY - 1
EPHE 141	EPHE 160	
PHYS 102A (or PHYS 110 in Jan-Apr)	EPHE 143 (or in Sep-Dec)	
MATH 102 or MATH 109 or MATH 100	PSYC 100B	
100 or above elective	100 or above science elective	
EPHE 100 (Co-op only - Option 1)		

YEAR 2

SEP-DEC	JAN-APR	MAY-AUG
EPHE 201	EPHE 247	WORK TERM OPPORTUNITY - 2
EPHE 242	STAT 255	
EPHE 245	100 or above elective	
EPHE 260	100 or above science elective	
100 or above science elective	100 or above science elective	
EPHE 100 (Co-op only - Option 2)		

YEAR 3

SEP-DEC	JAN-APR	MAY-AUG
EPHE 340	EPHE 341	WORK TERM OPPORTUNITY - 3
EPHE 344	EPHE 348	
EPHE 380	EPHE 355	
300- or 400-level EPHE elective	300- or 400-level EPHE elective	
300- or 400-level science elective	300- or 400-level science elective	

YEAR 4

SEP-DEC	JAN-APR	MAY-AUG
EPHE 441	EPHE 444	WORK TERM OPPORTUNITY - 4
EPHE 447 (or in Jan-Apr term)	300- or 400-level discipline elective	
300- or 400-level EPHE elective	300- or 400-level discipline elective	
300- or 400-level discipline elective	300- or 400-level science elective	
300- or 400-level science elective	300- or 400-level science elective	

Note 1: Co-operative education or work experience is an optional addition to the Kinesiology major (see below for details). The suggested sequence overview highlights four potential work term times, but only three are required. If you only want to complete one or two work terms you can have work experience added to your program instead of co-op. Students participating in co-operative education or work experience must complete EPHE 100 prior to undertaking a work term.

Note 2: The orange arrow shows how you can change your course sequence depending on whether you prefer to take PHYS 102A or PHYS 110. PHYS 102A is recommended. You should only take PHYS 110 if you have a strong background and interest in physics.

Note 3: The blue arrow shows how you can change your course sequence depending on when you schedule EPHE 447.

Note 4: Math 102 (Calculus for the Biological Sciences) is the calculus course most directly related to Kinesiology and is recommended. MATH 109 (Introduction to Calculus) has associated tutorials which provide additional student support. You should only take MATH 100 if you have a strong background and interest in calculus.

IMPORTANT!

This program planning worksheet is a guide for prospective and newly admitted students. The worksheet suggests a course sequence, but you may need to adjust it based on your individual circumstances, elective choices, schedule, or course availability. Once you begin your program, you should use your Degree Evaluation to plan your registrations and track your progress.

If you can't register for a listed course, join the waitlist. Most courses see movement from the waitlist, especially in the first week or two. Consider registering for a backup course as well, such as a course recommended for the same term in a later year, or an elective. Sometimes, you can take the same course in a different term. Keep in mind prerequisites and restrictions which may limit your options.

If you plan to apply to the Kinesiology program as a transfer applicant, ensure you complete all required prerequisites by April 30th of your application year.

A Kinesiology student's major is automatically declared for them when they are admitted to their program.

PATHWAYS TO KINESIOLOGY

To join the Kinesiology program, you can:

- [Apply directly from high school](#) after completing required coursework (Year 1 entry).
- If you aren't eligible for admission directly from high school, begin study at UVic as an [undeclared student](#), complete the necessary Kinesiology prerequisite courses, and apply for internal transfer into Year 2.
- Begin as a student at UVic, complete Kinesiology prerequisites, and [apply for internal transfer](#) (Year 2 entry).
- [Transfer from another college or university](#) after completing Kinesiology prerequisites (Year 2 entry). Use the [BC Transfer Guide](#) to check course equivalencies.

ELECTIVE COURSES

The Kinesiology major requires completion of several categories of electives: These include:

- 100 or above electives: 3.0 units
- 100 or above science electives: 6.0 units
- 300- or 400-level EPHE electives: 4.5 units
- 300- or 400-level science electives: 7.5 units
- 300- or 400-level discipline electives: 4.5 units

Details on elective course options are available on the [School of Exercise Science, Physical and Health Education website](#). Remember, some electives have prerequisites. Plan your 100-level and above electives strategically to ensure you qualify for your desired 300- and 400-level electives.

CONCENTRATIONS & MINORS

Enhance your Kinesiology degree by specializing! Use your electives to concentrate on a specific area within the field. Explore recommended concentrations on the [School of Exercise Science, Physical and Health Education website](#).

Looking for a more structured focus? Consider adding a minor. Minors provide a formal way to deepen or broaden your studies, although they may require additional coursework. Find minor requirements in the Academic Calendar and popular minor options for Kinesiology students on the [School of Exercise Science, Physical and Health Education website](#). You can add only one minor.

CO-OPERATIVE EDUCATION & WORK EXPERIENCE

You have the option to add valuable work experience to your Kinesiology major through co-operative education or work experience placements. These additions allow you to alternate academic study with paid, relevant work terms. Co-operative education typically involves three work terms, providing a substantial period of practical experience. If you prefer one or two work terms, you can opt for

work experience instead of the full co-op program. These work terms are recorded on your transcript, but you won't receive the co-op designation on your degree. You can add or remove co-operative education or work experience from your degree program at any time.

Work term scheduling can influence your course selection. EPHE 100 must be completed before starting any work terms. To maximize your scheduling options, it's strongly recommended you register for EPHE 100 early in your program (usually Year 2 if you entered directly from high school, or Year 1 if you transferred). Consult the [EPHE Co-operative Education Coordinator](#) if you are unsure. Most students can manage EPHE 100 alongside their regular course load.

EPHE 100 will cover all the requirements for completing work terms and will help you create a personalized plan for your academic studies and work terms.

PROGRAM & COURSE NOTES

This worksheet serves as a suggested timeline for your courses. Flexibility is important, and you might need to adjust this schedule. Remember, some courses have prerequisites (certain courses must be taken before others) and some courses may only be offered in specific semesters. If you deviate from the suggested plan, carefully consider these restrictions when changing your registration plan.

If you receive financial aid (scholarship, bursary, student loan) or are a Vikes athlete, you might have minimum course load requirements. Confirm these requirements with your funding provider before dropping courses.

FACULTY & UNIVERSITY REQUIREMENTS

In addition to the courses listed for the Kinesiology major, you must complete at least 30 of the minimum 60 required units required for your degree at UVic. Within these 60 units, 21 units must be 300- or 400-level courses, and 18 of those 21 units must be taken at UVic. Most students automatically fulfill these requirements when completing their Kinesiology major.

All UVic undergraduate students must maintain a sessional grade point average of at least 2.00. Students completing a Kinesiology major must maintain a sessional grade point average of at least 3.00. You can find more information about minimum grade point average requirements in the [Academic Calendar](#).

STUDENT RESPONSIBILITIES

This worksheet is a planning tool, not a substitute for your official Degree Evaluation. In case of discrepancies, your Degree Evaluation and the Academic Calendar take precedence.

You are accountable for the accuracy and completeness of your course registrations and for understanding your program's requirements.

Always consult the Academic Calendar and course timetable descriptions to verify prerequisites and any restrictions before registering. Pay close attention to notes on mutually exclusive and cross-listed courses (course pairs where credit is awarded for only one).