



HUMAN KINETICS DIPLOMA

Name: _____

Student # _____

Date: _____

REQUIRED COURSES				
	Course Code	Course Name	Credit	Mark
Required Courses	ENGL 100	University Writing	3	
	HKIN 103	Active Health	3	
	HKIN 161	Physical Activity & Canadian Society	3	
	BIOL 131	Human Anatomy & Physiology I	3	
	BIOL 133	Human Anatomy & Physiology II	3	
	HKIN 230	Motor Learning & Control	3	
	HKIN 231	Sport & Exercise Psychology	3	
	HKIN 275	Exercise Physiology	3	
	HKIN 284	Growth & Motor Development	3	
Choose one of	HKIN 121	Biomechanics	3	
	HKIN 173	Biodynamics of Strength & Conditioning		
Choose one of	HKIN 152	Personal Wellness & Community Health	3	
	HKIN 261	Health, Policy & Canadian Society		

HKIN Electives options for Fall: HKIN 273, 291, 293, 295

HKIN Electives options for Winter: HKIN 111, 241

ELECTIVE COURSES				
Electives - 27 credits of Human Kinetics, Business Administration, Arts or Science courses*			3	
			3	
			3	
			3	
			3	
			3	
			3	
			3	
60 Credits: 1 course = 3 credits			TOTAL CREDITS	60
				AVG

***Electives - 27 credits** of Human Kinetics, Business Administration, Arts or Science courses. Students looking to transfer to another post-secondary institution in BC should consult bctransferguide.ca and the calendar of their destination institution to ensure transferability. See an academic advisor for help with selecting electives.

Graduation Requirements: The Human Kinetics Diploma will be granted upon completion of 60 prescribed credits with a minimum grade average of 60% for all courses counting towards the diploma.

**HUMAN KINETICS DIPLOMA****INTERESTED IN BECOMING A PERSONAL TRAINER AND
OBTAINING PERSONAL TRAINER CREDENTIALS?**

Students interested in **CSEP – Certified Personal Trainer** credentials are recommended to follow the program outlined for the Health & Fitness Stream and complete all listed courses. Those who successfully complete the **starred (*)** courses will be considered eligible for the CSEP-CPT examination (written and practical). In addition, you must have a diploma or have completed two years of post-secondary credit in order to be eligible to become CSEP CPT certified. www.csep.ca

BCRPA Personal Trainer Registration can be achieved with completion of HKIN 103, 173 and HKIN 273 and successful completion of appropriate Theory Examinations and Instructor Competency Evaluations. www.bcrpa.bc.ca

Name:

Student #

Date:

YEAR 1				
	Course Number	Course Name	Credit	Mark
	ENGL 100	University Writing	3	
	HKIN 103	Active Health	3	
	HKIN 161	Physical Activity and Canadian Society	3	
	BIOL 131	Human Anatomy and Physiology I*	3	
		Elective (See below.)	3	
	BIOL 133	Human Anatomy and Physiology II*	3	
	HKIN 230	Motor Learning and Control	3	
	HKIN 152	Personal Wellness and Community Health	3	
	HKIN 173	Biodynamics of Strength and Conditioning	3	
		Elective (See below.)	3	
YEAR 2				
	HKIN 231	Sport and Exercise Psychology	3	
	HKIN 273	Fitness Testing and Exercise Prescription*	3	
	HKIN 275	Exercise Physiology*	3	
		Elective (See below.)	3	
		Elective (See below.)	3	
	HKIN 111	Health and Human Nutrition	3	
	HKIN 241	Introduction to Athletic Injuries*	3	
	HKIN 284	Growth and Motor Development	3	
		Elective (See below.)	3	
		Elective (See below.)	3	
60 Credits: 1 course = 3 credits			TOTAL CREDITS	60
				AVG

Electives - 18 credits of Human Kinetics, Business Administration, Arts or Science courses. Students looking to transfer to another post-secondary institution in BC should consult bctransferguide.ca and the calendar of their desination institution to ensure transferability. See an academic advisor for help with selecting electives.

Graduation Requirements: The Human Kinetics Diploma will be granted upon completion of 60 prescribed credits with a minimum grade average of 60% for all courses counting towards the diploma.