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Date Created: _____

Date Revised: _____

PROGRAM PLANNING GUIDE 2025-2026

Kinesiology Diploma

The purpose of this program planning guide is to help students track their progress within their chosen program. The information in this planning guide is accurate at the time of printing and is subject to change without notice. It is the students' responsibility to ensure the accuracy of their program and course choice. Students should use the program planning guide dated the year in which they began the program. This guide should be used in conjunction with the official version of the Medicine Hat College Calendar, and calendars of appropriate transfer institutions, which are the final authorities regarding program requirements.

Year One

TERM 1			TERM 2		
COURSE	DATE	GRADE	COURSE	DATE	GRADE
KNES 261 (4) (lec/lab) <i>Human Anatomy</i>			KNES 220 (4) (lec/lab) <i>Prevention and Care of Athletic Injuries</i> Prerequisite: min C grade KNES 261 or BIOL 275 & BIOL 277 <i>(or approval from Program Coordinator)</i>		
KNES 204 (3) (lec) <i>Sociocultural Aspects of Leisure and Sport</i>			PHSL 371 (4) (lec/lab) <i>Introduction to Human Physiology II</i> Prerequisite: min C grade PHSL 370 <i>(or approval from Program Coordinator)</i>		
PHSL 370 (4) (lec/lab) <i>Introduction to Human Physiology I</i>			KNES 247 (4) (lec/lab) <i>Introduction to Fitness, Wellness, and Nutrition</i>		
KNES 250 (3) (lec/lab) <i>Introduction to the Administration of Sport and Physical Education Programs</i>			NUTR 200 (3) (lec) <i>Introduction to Nutrition</i>		
Choose One: STAT 251/333 (4) (lec/lab) <i>Introduction to Applied Statistics/Statistics for Healthcare</i> KNES 2XX (3 or 4) (lec/lab) (KNES 203, 210, 211, 281)			ENGL 2XX (3) (lec)		

For more information or assistance with your program, please contact the
Academic Advising office at (403) 529-3819

Last Updated [April 2025]

Year Two

TERM 1			TERM 2		
COURSE	DATE	GRADE	COURSE	DATE	GRADE
KNES 290 (4) (lec/lab) <i>Growth and Development</i>			KNES 255 (4) (lec/lab) <i>Biomechanics</i> Prerequisite: min grade C in KNES 261 or BIOL 275 & BIOL 277 Corequisite: KNES 265 or permission from the Dean <i>(or approval from Program Coordinator)</i>		
KNES 260 (3) (lec) <i>Introduction to Coaching</i>			KNES 206 (3) (lec) <i>Psychology of Sport and Physical Activity</i> Prerequisite: min C- grade in PSYC 2XX <i>(or approval from Program Coordinator)</i>		
KNES 240 (3) (lec/lab) <i>Adapted Physical Education</i>			KNES 270 (4) (lec/lab) <i>Fitness Assessment and Exercise Prescription</i> Prerequisite: min C grade in KNES 247 & KNES 373 <i>(or approval from Program Coordinator)</i>		
KNES 373 (4) (lec/lab) <i>Exercise Physiology</i> Prerequisite: min C grade PHSL 370 Corequisite: PHSL 371 <i>(or approval from Program Coordinator)</i>			KNES 295 (4) (pr) <i>Practicum</i> Prerequisite: min C grade in KNES 247 and KNES 373 Corequisite: KNES 270 <i>(or approval from Program Coordinator)</i>		
PSYC 2XX (3) (lec)			Choose One: KNES 212 (4) (lec/lab) <i>Research Methods in Kinesiology</i> Prerequisite: min C- grade in STAT 251 or STAT 333 KNES 2XX (3) (lec) (KNES 264, KNES 281) KNES 265 (4) (lec/lab) <i>Functional Anatomy</i> Prerequisite: min C grade in KNES 261 <i>(or approval from Program Coordinator)</i>		

Program Notes

Continuation Requirements:

- attain a minimum cumulative GPA of at least 2.0 at the end of each year

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- attain a minimum final grade of 'C' in all KNES, PHSL, and NUTR courses and a 'C-' in all other courses

Graduation Requirements:

To successfully complete the Kinesiology Diploma. You must:

- attain a minimum final grade of 'C' in all KNES, PHSL, and NUTR courses and a 'C-' in all other courses
- attain a grade of CR in KNES 295
- attain a minimum cumulative GPA of 2.0

Industry Credentials

Students within this program will have the opportunity to achieve the following industry certifications:

- Canadian Society for Exercise Physiology (CSEP)- Certified Personal Trainer (CPT)
- Fitness Alberta (formerly the Alberta Fitness Leadership Certification Association)
- National Coaching Certification Program (NCCP) Modules
- Sports Medicine Council of Alberta (SMCA)- Sport Trainer
- CPR-C and Emergency First Aid

* Students are eligible to complete the CSEP-CPT national certification upon successful completion of all coursework. This is not required for successful completion of the program but rather an opportunity to gain a valuable industry certification. Students are responsible for any fees associated with obtaining this certification. *