Kinesiology (BKin)

Kinesiology is the study of human movement and its role in our lives.

By choosing to study kinesiology at Acadia you will learn about human movement from physiological, psychomotor, sociocultural, biomechanical, and pathological perspectives. You will also take related science and arts courses, and can complete a number of certifications during your studies.

Kinesiology is ideal if you plan to work in the rehabilitation fields, medicine, the fitness industry, or in teaching and coaching. This degree serves as a gateway to physical therapy, occupational therapy, and medicine, and also to many other health-related professions like speech-language pathology, audiology, nursing, athletic therapy, midwifery, and chiropractics. It also prepares you well for post-baccalaureate study in other areas like exercise physiology, adapted physical activity, biomechanics, and sport psychology.

The Acadia Kinesiology program is accredited by the Canadian Council of University Physical Education and Kinesiology Administrators (CCUPEKA) and provides opportunities for students to achieve the Canadian Society for Exercise Physiology (CSEP) certifications - Certified Personal Trainer (CSEP-CPT) and Certified Exercise Physiologist (CSEP-CEP) - as well as the Certified Strength and Conditioning Specialist (CSCS) certification.

Be Inspired

Acadia’s Bachelor of Kinesiology (BKin) program balances theory (scientific knowledge about human movement) and application (hands-on experiences), which bring the theory to life and gives it relevance. This connection between theory and real-life experience using state-of-the-art equipment is invaluable. You will work closely with your professors and benefit from being a big part of Acadia’s small classes. You can explore electives in areas such as sport injury assessment and management, personal training, adapted physical activity, health promotion and wellness, teaching, exercise science, coach education, and sport and exercise psychology.

Future Careers

- Audiology
- Cardiac rehab
- Chiropractic
- Coaching
- College/university positions
First Year at a Glance

Semester One

**KINE 1013**  
Foundations
**KINE 1213 and 1210L**  
Growth & Motor Development, with lab
**KINE 1413 and 1410L**  
Applied Human Anatomy, with lab
**BIOL 1853 and 1850L**  
Applied Human Biology 1, with lab
**COMM 1013**  
Communication for Kinesiology

Semester Two

**KINE 1113**  
Research Methods in Kinesiology
**KINE 1243**  
Historical Aspects of Physical Activity & Sport in Canada
**KINE 1333 and 1330L**  
Care and Prevention of Athletic Injuries, with lab
**BIOL 1863 and 1860L**  
Applied Human Biology 2, with lab
MATH 1213 and 1210L
Statistics, with lab
KINE 1100
First Aid & CPR

Apply
Visit Department
Academic Calendar

Honours: Thesis-based, with research
Get Involved:
Sports Injury Assessment and Management Program
S.M.I.L.E.
Kinderskills
Cardiac Rehab
Acadia Active Aging
CSEP certifications
Acadia Kinesiology Student Society

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