British Columbia Association of Kinesiologists

Academic Requirements: 14 core subjects

Note the required subject (core) courses – must contain a minimum of 50% content in the named course. Within any given required course (on the grid further below to be completed by applicants) a maximum of 1 course (3 credits, minimum of 36 hours of course time) can be used (unless exception is noted on the Assessment Grid by Post Secondary Institution – BC programs only). The BC Assessment Grids may have multiple courses listed for one topic – this is to give applicants a choice (if they have more than one course completed) but only one course should be used in the Required category, other courses (that are considered 'extra') may be used in the Electives category. Electives Category (for 16 courses): in addition to kinesiology courses; foundational and program 'breadth' courses may be used IF they are a requirement for the kinesiology degree program (note that some BC Assessment Grids define the maximum number of foundational and breadth courses that can be allocated based on the program parameters of that institution).

Required	Description
1. Biomechanics of Human Movement and Tissues	Fundamentals of mechanics as applied to the execution and control of human movement, including consideration of anthropometry, kinematics, and kinetics. May include application to occupational biomechanics and ergonomics.
2. Clinical Kinesiology Assessment	Techniques to assess the components of physical fitness; orthopedic techniques and tests for injury/dysfunction, such as selective tissue tension testing (STT); common neurological screening tests for muscle strength, sensation, basic reflexes and gait; functional movement testing.
3. Clinical (Advanced) Exercise Prescription	Basic and advanced principles of exercise prescription, including client screening, program design, implementation, and progression for enhancing and/or improving human health and performance in both non-clinical and selected clinical populations.
4. Human Systems Anatomy (Applied Human Anatomy)	Systematic study of human anatomy with emphasis on functional application. A comparative study of organs, tissues and body systems using laboratory dissections/models to provide an understanding of the three-dimensional organization of the human body.
5. Human Exercise Physiology	Assessment of the human physiological responses and adaptations to acute and chronic exercise, including the cardiorespiratory, cellular, and metabolic adaptations in health, disease, and performance.
6. Human Motor Control and Learning (Neuroscience)	Study of the concepts in the sensorimotor planning and control of movement, including factors and disorders affecting movement, sensory and motor physiology, sensorimotor integration, current theories of motor control and motor learning.

7. Human Systems Physiology	Study of human physiology and pathophysiology of the cardiovascular, respiratory, skeletal, musculotendinous, renal, reproductive, and nervous systems, as well as the mechanisms of regulation and integration by the endocrine, gastrointestinal, immune, and neurological systems. Anatomy of structures is detailed when it is critical to understanding function.
8. Research Methods and Evidence-Based Practice	Knowledge of the strengths and weaknesses of qualitative and quantitative research methods, including critical analysis and evaluation of research studies and methods, with emphasis on understanding evidence-informed practice and best-practices in kinesiology.
9. Human Growth and Development	Study of physiological growth and development from conception to maturity, including the factors affecting growth, physical activity behaviour, and human motor performance.
10. Human Nutrition and Metabolism	Fundamentals of nutrition (macro and micro nutrient) as it relates to human health and performance, in healthy and unhealthy populations.
11. Kinesiology Professional Practice & Jurisprudence	Essential aspects of medical, legal and ethical issues related to professional healthcare practice, includes charting & record keeping, interdisciplinary practice, and human rights.
12. Prevention and Rehabilitation of Sports Injuries	Fundamentals of the structural and functional characteristics of the musculoskeletal and sense organs with regards to the prevention of injury in sport. Knowledge applied within a practice setting to facilitate learning of common rehabilitation treatments and modalities.
13. Psychology and/or Sociology of Health & Human Movement (Behaviour Change/ Modification)	Fundamentals of the psychological and/or sociological factors that influence health behaviours in participation of physical activity for enhancement of physical wellness, sport and recreation performance, chronic disease management and injury/illness recovery.
14. Special Populations Health	Knowledge and considerations essential to working with special populations, including the study of population health. Practical knowledge and understanding of the pathology/pathophysiology of common diseases or disorders including chronic disease and diseases of aging, neurological, orthopedic and/or mental health disorders, persons with disabilities, and epidemiology/population health.
Sixteen Other Kinesiology subjects	Use this category to list **other** subjects and courses that you have completed directly related to your kinesiology degree (a minimum of 16 courses). You cannot use a course more than once in total (unless identified as allowed on the Assessment Grid by Post Secondary Institution.

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