

30 – 60 – 90 STUDENT SUCCESS ROADMAP for Exercise Science



YEAR 1

30 credits

Courses to take

KIN 103 or
KIN 160 (3)
KIN 161 (3)
KIN 163 (4)
KIN 170 (4)
BIO 111 (5)
STAT 104 or 106 or
PSYC 110 (3-4)
ENGL 105 or
CMNS 125 (3)

Electives *

2 KIN or non-KIN
electives (6-8 cr)

- Develop friendships
- Become involved on campus
- Check out KINSA and KINPALS
- Connect with a faculty or staff member who cares about your success
- Dedicate plenty time to your studies

YEAR 2

60 credits

Courses to take

KIN 215 (3)
KIN 260 (3)
KIN 261 (3)
KIN 266 (3)
KIN 268 (3)
KIN 270 (4)
KIN 272 (4)

Electives *

1-2 KIN or non-KIN
electives (6-8 cr)

- Meet with an advisor to declare your specialization
- Understand the requirements and career options related to that specialization
- Get involved with learning experiences that are challenging and relevant to your goals

YEAR 3

90 credits

Courses to take

KIN 301 (3)
KIN 362 (3)
KIN 363 (3)
KIN 365 (3)
One of:
KIN 350, 371, 435, 460,
461, 470 (3-4)
2-3 UL KIN courses
(6-9 cr)

Electives *

3-4 KIN or non-KIN
electives (9-12 cr)

- Meet with an advisor
- Expand your learning experiences
- Become involved on campus
- Become a leader
- Volunteer
- Start thinking about your plans after graduation (e.g. a career of graduate school strategy)

YEAR 4

120+ credits

Courses to take

KIN 401 or 455 (3)
KIN 462 (4)
KIN 463 (3)
KIN 481 (3)
1-2 UL KIN courses
(4-6 cr)

Electives *

4-5 KIN or non-KIN
electives (min 13 cr)

- Meet with an advisor
- Implement your job or graduate school strategy
- Complete your Grad Application
- Attend and celebrate Convocation

**BACHELOR'S DEGREE
COMPLETED**

DURING YOUR

UFV EXPERIENCE:

- ✓ Be an active and engaged learner
- ✓ Maintain good academic standing
- ✓ Complete an average of 15 credits per semester
- ✓ Monitor your learning goals and document your achievements
- ✓ Become involved in at least one co-curricular activity
- ✓ Use some of the many campus resources available to you
- ✓ Ask for help when you need it
- ✓ Develop a financial plan and maintain financial aid eligibility
- ✓ Meet annually with an advisor
- ✓ Email your questions to kininfo@ufv.ca
- ✓ Check program requirements

***Electives:** 42-44 credits; minimum 12 non-KIN credits; remaining 30-32 credits may be KIN or non-KIN courses; 48 UL credits required including at least 38 UL KIN credits.