FAQ’s – Honours Kinesiology 1

Q: What are the Ontario high school course requirements for Honours Kinesiology I?

A: 6 Grade 12 U/M courses including,
   • ENG4U
   • 1 of MHF4U (Functions), MCV4U (Calculus & Vectors)
   • SBI4U (Biology)
   Note: Completion of MCV4U and PSE4U is strongly recommended.

Q: Do I need Grade 12 U MCV4U (Calculus & Vectors)?

A: NO, however, students without it will take MATH 1F03 (Introduction to Calculus and Analytical Geometry) followed by MATH 1LS3. Students with MCV4U go directly to MATH 1LS3 (Calculus for Life Sciences).

Q: What is the admission average/cut-off?

A: We anticipate the cut-off will be in the mid-high 80s%.

Q: What is the Level I class size (or enrolment target)?

A: 200

Q: How many (and what type of) Kinesiology courses are taken in first year?

A: Normally, full-load students complete ten courses in Level I, **five of them are required** Kinesiology courses:
   • KINESIOL 1A03 - Human Anatomy and Physiology I
   • KINESIOL 1AA3 – Human Anatomy and Physiology II
   • KINESIOL 1C03 – Exploring Physical Activity & Health
   • KINESIOL 1E03 - Motor Control and Learning
   • KINESIOL 1F03 - Human Nutrition & Health
UPPER LEVEL PROGRAM STRUCTURE

LEVEL II – 6 prescribed, required Kinesiology courses – 4 electives
- KINESIOL 2A03 - Biomechanics
- KINESIOL 2C03 - Neuromuscular Exercise Physiology
- KINESIOL 2CC3 - Cardiorespiratory and Metabolic Exercise Physiology
- KINESIOL 2E03 - Musculoskeletal Anatomy
- KINESIOL 2F03 - Human Growth, Motor Development, and Physical Activity
- KINESIOL 2G03 - Health Psychology

LEVELS III-IV – 6 KIN/4 ELECTIVES
In third and fourth year, students will be able to choose from a list of over 45 Kinesiology courses! While some students tailor their course selection toward their intended career path, others choose courses from across many sub-disciplines. Popular areas of study include: Biomechanics and ergonomics, exercise rehabilitation in special populations, exercise physiology, health & exercise psychology, sport injuries and rehabilitation techniques.

Q: What degree will I graduate with?

A: The Honours Bachelor of Science (B.Sc.) Kinesiology Degree.

Q: Do you have a non-science Kinesiology degree program?

A: No, McMaster does not offer a Bachelor of Kinesiology degree. Our science-based curriculum is offered through the Faculty of Science and is a testament to the strength & recognition of our faculty and their research in the world of science. Kinesiology is now a regulated health profession in Ontario and McMaster is pleased to announce that the Kinesiology curriculum is well positioned to meet certification requirements.

Q: What professional schools does the Honours B.Sc. Kinesiology degree lead to?

A:
- Medicine
- Dentistry
- Physiotherapy
- Occupational Therapy
- Chiropractic College
- Education

* Important to note: Professional schools do not require a degree in a certain program, instead, they require high marks, success at an interview, certain courses (but not a particular program), and sometimes success on a test such as the MCAT, GMAT, LSAT, etc. The best advice to give students is to register in a program best suited to them.
Q: Why should I come to McMaster for Kinesiology?

A: Highlights of the program include:

- Direct-entry into Level I Honours Kinesiology.
- Core required courses completed in first and second year (Level I and II).
- Hands-on experience through placement courses working in a variety of settings
- Option to complete a minor in a second chosen area of study.
- Option to graduate at the end of Level III
- Enrolment limit of 200 allows for small lectures and labs
- A supportive, engaged, enthusiastic Kin Student Society fosters a health, fun and academically successful environment.

WHAT IS NEW?

- Kinesiology is now a regulated health profession (R. Kin.) - College of Kinesiologists of Ontario. The college controls entry to the profession, sets standards of practice, provides a code of ethics, protects the title of Kinesiologist and also handles complaints and malpractice concerns. The regulation will improve the profession and bring greater awareness to its significant role in health-care organizations. McMaster’s curriculum is positioned to meet the certification requirements. [http://www.collegeofkinesiologists.on.ca/](http://www.collegeofkinesiologists.on.ca/)

NEW FACILITIES

- Undergraduate Labs and PACE Physical Activity Centre for Excellence in Health Research
- New dedicated undergraduate laboratory spaces
- Total space ~5000 sq ft
- Labs equipped with state of the art data collection systems to provide "hands on" learning experiences in a total of 17 courses impacting 2000 students per academic year
- 6 custom designed exercise physiology testing pods and 6 custom biomechanics and motor control testing pods
- Motion capture system with digital reconstruction of motion
- Infrared detection vertical jump assessment unit
- Dedicate body composition analysis room equipped with "BOD POD"
- Dedicate procedures room
Q: Why should I select McMaster?

A:
- Research-intensive university (awards for our research productivity) AND we make a point of including students in our research.
- Medium-sized institution → big enough to have strong programs and good support, small enough that you are not just a number
- Flexible and innovative undergraduate programs
- Strong student support services from application to post-graduation
- Beautiful and safe campus in a great part of the city

Q: Can you tell me about scholarships? Residence?

A: For Scholarship and Residence information please go and see the Scholarships & Residence staff at their respective information booth. **Note:** Entrance Scholarship information is continuously under review, as such, it is best to reinforce speaking with a Scholarship representative & checking the website for the most current information.

Reminders of upcoming events… visit future.mcmaster.ca

**IMPORTANT! make sure you invite students (and their parents) to…**
- Come and see us on campus at Fall Preview on Saturday, October 25th and/or Saturday, Nov. 15th – details on pg. 2 of the VIEWBOOK.

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