

Student Success Roadmap

Exercise Science



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 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 academic advisor
- ✓ Email your questions to kininfo@ufv.ca
- ✓ Check program requirements

@UFVkinesiology

Year 1

CORE COURSES

- KIN 103 or 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)

PLUS

- 2 KIN or non-KIN electives (6-8 cr)
- ✓ Become involved on campus
- ✓ Check out KINSA and KINPALS
- ✓ Dedicate time to your studies
- ✓ Connect with faculty and staff
- ✓ Develop friendships

Year 2

CORE COURSES

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

PLUS

- 1-2 KIN or non-KIN electives (6-8 cr)
- ✓ Meet with an academic advisor to declare your specialization
- ✓ Understand the requirements and career options related to that specialization
- ✓ Get involved with learning experiences that are relevant to your goals

Year 3

CORE COURSES

- KIN 301 (3)
- KIN 362 (3)
- KIN 363 (3)
- KIN 365 (3)
- 2-3 UL KIN courses (6-9 cr)

ONE OF

- KIN 350, 371, 435, 460, 461, or 470 (3-4 cr)

PLUS

- 3-4 KIN or non-KIN electives (9-12 cr)
- ✓ Start thinking about your plans after graduation (e.g. a career or graduate school strategy)
- ✓ Expand your learning experiences

Year 4

CORE COURSES

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

PLUS

- 4-5 KIN or non-KIN electives (min 13 cr)
- ✓ Implement your career or graduate school strategy
- ✓ Complete your grad application
- ✓ Attend and celebrate convocation



30 - 60 - 90 - 120+