Faculty of Kinesiology

EXERCISE AND HEALTH PHYSIOLOGY

Bachelor of Science (BSc)

Exercise and health physiology builds on the knowledge of human movement and function to focus on the impacts that lifestyle, exercise and diet have on the human body. During the course of your studies, much of your learning will occur while working on problems in class and during labs. You’ll develop an understanding of the complex functioning of the human body at the molecular, cellular and systemic levels and learn to apply your knowledge in real world situations.

Did You Know?
The Sport Medicine Centre at the University of Calgary is a leader in the field of sport-related concussions.

Awards
BUILDING ON THE VISION SCHOLARSHIP - UP TO $5,500
CHANCELLOR’S CLUB SCHOLARSHIP - UP TO $10,000 (RENEWABLE)

Job Titles
EXERCISE PHYSIOLOGY TECHNICIAN
HEALTH PROMOTION COORDINATOR
SPORT MEDICINE AND REHABILITATION SPECIALIST

Student Clubs
EXERCISE IS MEDICINE ON CAMPUS
STUDENTS INTERESTED IN MEDICAL SCIENCES (SIMS)

Martin Zacharias
BPE’95, BEd’95
As part of the University of Calgary Sports Medicine Centre, Zacharias has been a team therapist traveling for the world cup series with the Canadian National Long Track Speed Skate team and was selected as a team therapist at the 2010 Olympic Games in Vancouver. He continues to work with national team athletes in track, swimming, cycling and has also worked with the para-nordic team.

I love learning how our bodies function, as well as the things that can occur in terms of illness and disease that can inhibit proper function. No matter where I end up in life I know that I will be able to utilize the knowledge I have gained from undertaking this program.

Lance B., kinesiology student

View Program Requirements
1 Visit ucalgary.ca/future-students/undergraduate/explore-programs
2 Select your program
3 Select your type of admission (high school or transfer)
4 Choose the location of your high school

Sample First-Year Courses

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<th>FALL</th>
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<tr>
<td>Human Anatomy and Physiology I (KNES 259)</td>
<td>Human Anatomy and Physiology II (KNES 260)</td>
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<tr>
<td>Activity: Essence and Experience (KNES 201) or Activity: Health, Fitness and Performance</td>
<td>Activity: Essence and Experience (KNES 201) or Activity: Health, Fitness and Performance (KNES 203)</td>
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<tr>
<td>Introductory Calculus (MATH 249) or University Calculus I (MATH 265)</td>
<td>Introduction to Exercise and Sport Psychology (KNES 253) or Introduction to Research in Kinesiology (KNES 213)</td>
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<td>General Chemistry: Structure and Bonding (CHEM 201)</td>
<td>General Chemistry: Change and Equilibrium (CHEM 203)</td>
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<tr>
<td>Introduction to Research in Kinesiology (KNES 213), Introduction to Socio-Cultural Aspects of Sport (KNES 244) or Introduction to Motor Control and Learning (KNES 251)</td>
<td>Introduction to Statistics I (STAT 213) or open option</td>
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