Welcome to the Faculty of Kinesiology and Health Studies!

Academic advisors are available in all faculties/colleges at the University of Regina. We are here to assist with your success as a university student. Academic advisors provide invaluable information regarding your academic program, and connect you to other student services available on campus that may help you become a more successful and confident student. We are your first stop when you have questions or problems in a class, if you are finding it difficult to balance your work-school-personal lives, or if you just need a friendly ear. Certainly we can assist with course selection, but more importantly we are your connection to the university system.

Group advising sessions will be held closer to your registration date, with information sent by email as that date approaches. We will also post updates online at www.uregina.ca/kinesiology/newstudent. These sessions will review key pieces of information that will help you understand university expectations, introduce you to key services on campus, and ensure that the classes you want to take are appropriate given your long-term goals.

Registering for classes and UR Self - Service – Make sure you accept your offer of admission, as this will give you access to UR Self - Service. Registering for classes, as well as buying textbooks, parking passes, and paying tuition is available online through UR Self - Service. This is your 24/7 access to all of the key aspects of being a UofR student, so it is important that you log-in and look around. How-to videos, step-by-step documents, planning documents and frequently asked questions for registration can be found at www.uregina.ca/futurestudents/admitted

We are excited to have you begin your studies with us, and look forward to meeting you over the next few months.

The Faculty of Kinesiology and Health Studies is a growing and dynamic faculty in which to explore your interests and to achieve your long-term goals. Whether you are studying in the Bachelor of Kinesiology, Bachelor of Sport and Recreation Studies or the Bachelor of Health Studies, you will be well prepared to contribute to the health and wellness of our communities, province and country.

Contact Us!
www.uregina.ca/kinesiology
kinesiology@uregina.ca
306.585.4360 (phone)
306.585.4854 (fax)
Like us on Facebook

University of Regina

Kinesiology and Health Studies
A full course load is 5 classes per semester (or 10 courses per year). Taking a full course load will ensure that you complete your degree in 4 years, however it is not mandatory. Many first year students take 4 classes in their first semester. We can help you determine the best option for you and your situation. These are recommended first year courses based on your program interest.

**Bachelor of Kinesiology – all majors**

**FALL**
- KIN 101 (Academic Writing and Discourse) or ENGL 100 (Literature and Composition I)
- KIN 170 (Lifestyle, Health and Wellness)
- KIN 115 (Social Psychology of Sport and Physical Activity)

**WINTER**
- KIN 260 (Human Anatomy)
- KIN 110 (Sociology of Sport, Recreation and Physical Activity)
- KIN 180 (Lifespan Growth and Motor Development)

**EITHER SEMESTER**
- KIN 105 (Sport and Health in Historical Perspectives)
- KIN 120 (Intro. to Recreation for Persons with Disability)
- Elective or major course (to be determined based on interest) ____________

**Bachelor of Sport and Recreation Studies – all majors**

**FALL**
- KIN 101 (Academic Writing and Discourse) or ENGL 100 (Literature and Composition I)
- KIN 170 (Lifestyle, Health and Wellness)
- KIN 115 (Social Psychology of Sport and Physical Activity)
- SRS 105 (Intro. to Sport and Recreation Management)

**WINTER**
- KIN 110 (Sociology of Sport, Recreation and Physical Activity)
- SRS 110 (Recreation and Leisure Theory)
- SRS 115 (Leadership)

**EITHER SEMESTER**
- KIN 105 (Sport and Health in Historical Perspectives)
- SRS 120 (Intro. to Recreation for Persons with Disabilities)
- Elective or major course (to be determined based on interest) ____________

**Bachelor of Health Studies**

**FALL**
- INHS 100 (Intro. To Indigenous Health Studies I)

**WINTER**
- INHS 101 (Intro. To Indigenous Health Studies II)

**EITHER SEMESTER**
- ENGL 100 (Literature and Composition I)
- PSYC 101 (Intro. Psychology A)
- PSYC 102 (Intro. Psychology B)
- SOC 100 (Intro. to Sociology)
- KIN 170 (Lifestyle, Health and Wellness) or KIN 171 (Holistic Health)
- STAT 100 (Elementary Statistics for Applications)
- Two of: KIN 260 (Human Anatomy), BIOL 140 (Human Biology), BIOL 100 (Intro. Biology I), BIOL 101 (Intro. Biology II)

**Medicine - common first year sequence**

**FALL**
- BIOL 100 (Intro. Biology I)
- CHEM 104 (General Chemistry I)
- ENGL 100 (Literature and Composition I)

**WINTER**
- BIOL 101 (Intro. Biology II)
- CHEM 105 (General Chemistry II)
- ENGL 110 (Literature and Composition II)

**EITHER SEMESTER**
- Elective depending on degree program of interest (determine with consultation)
- Elective depending on degree program of interest (determine with consultation)
- Elective depending on degree program of interest (determine with consultation)
- Elective depending on degree program of interest (determine with consultation)