

**BACHELOR OF KINESIOLOGY AND SPORT STUDIES – UNIVERSITY TRANSFER PROGRAM
UNIVERSITY OF ALBERTA
SCHOOL OF COMMUNITY, WELLNESS AND HEALTH**

UPDATED: MAY 2023

You are responsible for ensuring that your registration is complete and appropriate and that your course choices comply with the program to which you have been admitted at Red Deer Polytechnic and/or to the university to which you wish to transfer (if applicable). You are cautioned that any changes to your courses, your major or your transfer destination may adversely affect your transferable credit (if applicable), admission requirements for future programs, or eligibility to graduate from Red Deer Polytechnic. Please consult with an Advisor if you have any questions.

Students in university transfer programs are strongly advised to refer to the calendar of the university to which they wish to transfer and should contact appropriate university departments as required.

ADMISSION REQUIREMENTS AND PROGRAM DESCRIPTION

- See the [Academic Calendar](#)

WHAT IS THIS GUIDE?

- This is an Academic Planning Guide, prepared by the Student Connect Centre to help you register for courses towards your desired program.
- We strongly advise that you read the Academic Calendar of your destination institution for full information.

WHAT IS A TERM? TERMS ARE THE PERIOD IN WHICH YOUR STUDIES TAKE PLACE. AT RDP, WE OFFER FOUR TERMS.

- Fall term (September through December)
- Winter Term (January through April)
- Spring term (May through June): Spring term is an optional, condensed term. Course offerings are limited.
- Summer Term (July through August): Spring term is an optional, condensed term. Course offerings are limited.

HOW MANY COURSES SHOULD I TAKE PER TERM?

- The maximum number of courses you can take in the Fall or Winter terms is 5 courses and 2 courses in the Spring (optional).
- To complete your program in four years, you would need to take 10 courses per year (typically 5 courses in the Fall and 5 courses in the Winter).

Some students will complete 10 courses in a year by taking 4 courses in the Fall, 4 courses in the Winter, and 2 courses in the Spring (or a combination thereof).

- We encourage you to find the best course load for you to be successful in your courses and your program!
- When determining your course load keep you funding in mind, if applicable. For course load requirements for funding purposes, please visit www.rdpolytech.ca/psfunding

WHAT HAPPENS IF I TAKE LESS THAN 10 COURSES A YEAR?

- You may need an extra term or year to complete your program or to qualify to transfer.

REGISTRATION AND PROGRAM AUDIT

- Refer to the **Registration** tab on your Loop account to view **Registration Tips and Tricks** for information on:
 - Registering in classes
 - Waitlisting
 - Checking Prerequisites and Corequisites
 - Viewing Your Schedule
 - And much more!

SUGGESTED COURSE SEQUENCE

REQUIREMENT		PREREQUISITE(S)	COMMENTS	COMPLETED
YEAR ONE				
ENGL 219	Essay Composition & Critical Reading	English Language Arts 30-1		
KNSS 200	Structural Anatomy		Fall or Spring only	
KNSS 209	Measurement and Evaluation			
KNSS 214	Introduction to Personal Physical Activity			
KDNC 200	Spectrum of Dance in Society			
KNSS 204	Introduction to Sociocultural Foundations of Physical Ed, Leisure and Sport		Winter only	
KNSS 250	Introduction to the Admin of Sport, Physical Activity and Recreation Programs			
KNSS 1102	Foundations of Human Movement			
Approved option*				
Approved option*				
YEAR TWO				
KNSS 201	Biomechanics			
KNSS 203	Skill Acquisition & Motor Performance			
KNSS 205	History of Sport	KNSS 204	Fall only	
KNSS 202	Physiology of Exercise	PSIO 258/259 (Pre or Co-requisite)	Winter only	
KNSS 220	Intro to Athletic Therapy	KNSS 200		
KNSS 240	Adapted Physical Education			
KNSS 307	Growth and Development			

KNSS 312	Research Methods in Kinesiology	KNSS 209		
PSIO 258	Elementary Physiology I	KNSS 200 (Pre or Co-requisite)	Fall only	
PSIO 259	Elementary Physiology II	PSIO 258	Winter only	

YEAR 1 RECOMMENDED SCHEDULE

FIRST TERM	SECOND TERM
KNSS 200	KNSS 204
KNSS 214 or KNSS 250 (take in either term)	KNSS 214 or KNSS 250 (take in either term)
KNSS 209 or Approved option (take in either term)	KNSS 209 or Approved option (take in either term)
ENGL 219 (take in either term)	Approved option*
KNSS 1102 OR KDNC 200 (take in either term)	KNSS 1102 OR KDNC 200 (take in either term)

YEAR 2 RECOMMENDED SCHEDULE

FIRST TERM	SECOND TERM
KNSS 205	KNSS 202
KNSS 307 or KNSS 220 (take in either term)	KNSS 307 or KNSS 220 (take in either term)
KNSS 240 or KNSS 203 (take in either term)	KNSS 240 or KNSS 203 (take in either term)
KNSS 201 or KNSS 312 (take in either term)	KNSS 201 or KNSS 312 (take in either term)
PSIO 258	PSIO 259

APPROVED OPTIONS

The University of Alberta recommends that students take courses that will count towards their goal major or activity core requirements to maximize schedule flexibility after transferring.

Adapted Physical Activity	Physical Activity and Health	Sport Performance
INTD 325	INTD 325	INTD 325
KPED 294	KPED 294	KPED 294
KNSS 260	KNSS 260	KNSS 260
PSYC 260 (open option, but is a pre-req for senior level PSYC courses)	KNSS 244	Open option (PSYC 260, INTD 325 or KPAC 296 recommended)
KPED 292*	KPED 292*	KPED 292*

*KPED 292 is reserved for Education students until mid-July. Please note that this course includes a practicum placement in a school, as it is designed for prospective Phys Ed teachers – please reach out to the instructor if you have any questions or concerns about whether this course is right for you.

If there are still spaces available after the reserves are released, you may register at that point.

Note that approved options *can* be replaced with Open Options (any course transferrable to the University of Alberta), but it is recommended to take as many approved options as possible to avoid delays in program completion.

For students who began in Fall 2021 – the University of Alberta will still accept PSYC 260, ENGL 220 and a KPAC option for transfer credit, but these will fulfil Open Options. If you have yet to complete one or more of these classes, we recommend choosing an Approved Option instead.

IMPORTANT NOTES

We strongly recommend registering for the full upcoming year (both Fall and Winter terms) as early as possible. Both Fall and Winter registration opens in May, and Kinesiology courses are only reserved for Kinesiology students until mid-June.

Delaying registration can negatively impact your ability to get into all required classes and completed your program within the desired timeline.

TRANSFER INFORMATION

- University of Alberta Bachelor of Kinesiology program:
Apply between Oct 1 and Mar 1 of 2nd year of studies.
 - Students must complete at least 15 of the 20 listed courses with a minimum GPA of 3.0.
 - Completing less than 20 courses at RDP will likely cause delays in program completion, as these courses will need to be made up at the U of A. Program sequencing and pre-requisite issues may add to the time to complete, so it is recommended to complete all 20 courses at RDP if possible.
 - 30 seats in the program are reserved each year for qualified RDP students. The seats will be awarded to the 30 qualified applicants with the highest GPA.
 - You can still apply if you GPA is lower than 3.0, but you will be competing with all transfer applicants, and not for the 30 reserved seats.
 - A minimum grade of C- is required in each course in order to transfer to the U of A.
- Transferring to other programs/institutions:
 - It is possible to transfer elsewhere, but more difficult. You will need to confirm with your goal institution/program:
 - What are the admission requirements?
 - Which courses at RDP will transfer to meet their program requirements? (Check Transfer Alberta for institutions within Alberta)
 - If there is a competitive admission process to get into the 2nd or 3rd year.

CONTACT INFORMATION AND HELPFUL RESOURCES

Red Deer Polytechnic Student Connect Centre	studentconnect@rdpolytech.ca www.rdpolytech.ca/SCC 403.342.3254
Red Deer Polytechnic website	rdpolytech.ca
Transfer Alberta Guide	transferalberta.alberta.ca