

# Department of Health, Kinesiology, and Applied Physiology Honours Programs

The Department of Health, Kinesiology, and Applied Physiology (HKAP) offers three honours programs including Honours in Exercise Science (HEXCI), Honours in Athletic Therapy (HAT), and Honours in Kinesiology and Clinical Exercise Physiology (HKCEP). The Honours programs provide research opportunities for undergraduate students. The Honours students will carry out research activities under the guidance of an experienced faculty member in the sub disciplines of Health, Kinesiology, and Applied Physiology. These programs will provide students with a hands-on research experience, the chance to present their research, and to potentially publish data in a scientific journal. They will also obtain the knowledge, skills, and abilities to carry out research. These experiences are excellent for students that would potentially apply to graduate school. Having more research experience will also help prepare students for careers in athletic therapy, clinical therapy, kinesiology, biotechnology, or medicine.

To obtain a BSc Honours degree, students must complete the number credits corresponding to their Honours program (Table 1) and credits from elective courses. Each program contains 12 credits of Honours-specific courses which include EXCI 322, EXCI 421, and EXCI 426. The first course, EXCI 322, is taken by Honours students in the second stage of the HEXCI and HKCEP programs, and the third stage of the HAT program. EXCI 421 and 426 are taken during the third stage of the HEXCI and HKCEP programs, and the fourth stage of the HAT program. The student normally must be transferred into the honours program to enrol in honours courses.

Table 1 also provides a summary of the core courses that students must take in each stage of these programs. Most students should complete the HEXCI and HKCEP programs in 3 years, and the HAT program in 4 years. However, Extended Credit Program (ECP) students will require an extra year to complete an Honours program. The prerequisites for courses that were specifically designed for the Honours programs are on the last page of this document. Please refer to Section 31.120 of Concordia University's current undergraduate calendar for further details regarding prerequisites for other core courses in each Honours program.

**Table 1. Course maps of the 6 programs offered by the Department of HKAP.**

STAGE	PROGRAM					
	MAJOR (45 credits)	HEXCI (60 credits)	KCEP (69 credits)	HKCEP (78 credits)	AT (96 credits)	HAT (102 credits)
1	EXCI 252 EXCI 253 EXCI 254 EXCI 258 EXCI 259 CATA 262 CATA 263 KCEP 210	EXCI 252 EXCI 253 EXCI 254 EXCI 258 EXCI 259 CATA 262 CATA 263 KCEP 210	EXCI 252 EXCI 253 EXCI 254 EXCI 258 EXCI 259 CATA 262 CATA 263 KCEP 210	EXCI 252 EXCI 253 EXCI 254 EXCI 258 EXCI 259 CATA 262 CATA 263 KCEP 210	EXCI 252 EXCI 253 EXCI 254 EXCI 258 EXCI 259 CATA 262 CATA 263 KCEP 210	EXCI 252 EXCI 253 EXCI 254 EXCI 258 EXCI 259 CATA 262 CATA 263 KCEP 210
2	EXCI 310 EXCI 351 EXCI 352 EXCI 360	EXCI 310 <b><u>EXCI 322</u></b> EXCI 351 EXCI 352 EXCI 360	EXCI 310 EXCI 351 EXCI 352 EXCI 360 KCEP 311 KCEP 349 KCEP 383	EXCI 310 <b><u>EXCI 322</u></b> EXCI 351 EXCI 352 EXCI 360 KCEP 311 KCEP 349 KCEP 383	EXCI 310 EXCI 351 EXCI 352 EXCI 360 CATA 337 CATA 339 CATA 348 CATA 365*	EXCI 310 EXCI 351 EXCI 352 EXCI 360 CATA 337 CATA 339 CATA 348 CATA 365*
3	EXCI 445 EXCI 460  <b>Choose 1:</b> EXCI 415 EXCI 420 EXCI 440 EXCI 451 EXCI 453 EXCI 455 EXCI 458 EXCI 461 EXCI 471 EXCI 492	EXCI 420 <b><u>EXCI 421</u></b> <b><u>EXCI 426</u></b> EXCI 445 EXCI 460  <b>Choose 1:</b> EXCI 415 EXCI 440 EXCI 451 EXCI 453 EXCI 455 EXCI 458 EXCI 461 EXCI 471	EXCI 445 EXCI 460 KCEP 411 KCEP 448 KCEP 450 KCEP 483  <b>Choose 2:</b> EXCI 415 EXCI 420 EXCI 440 EXCI 451 EXCI 453 EXCI 455 EXCI 458 EXCI 461 EXCI 471 EXCI 492	<b><u>EXCI 421</u></b> <b><u>EXCI 426</u></b> EXCI 445 EXCI 460 KCEP 411 KCEP 448 KCEP 450 KCEP 483  <b>Choose 1:</b> EXCI 415 EXCI 420 EXCI 440 EXCI 451 EXCI 453 EXCI 455 EXCI 458 EXCI 461 EXCI 471	EXCI 460 CATA 437 CATA 439 CATA 462 CATA 475*  <b>Choose 2:</b> EXCI 415 EXCI 420 EXCI 440 EXCI 451 EXCI 453 EXCI 461 KCEP 311 KCEP 411	<b><u>EXCI 322</u></b> EXCI 460 CATA 437 CATA 439 CATA 462 CATA 475*  <b>Choose 1:</b> EXCI 415 EXCI 420 EXCI 440 EXCI 451 EXCI 453 EXCI 461 KCEP 311 KCEP 411
4					EXCI 445 EXCI 471 CATA 441 CATA 485 CATA 495  <b>Choose 2:</b> EXCI 455 EXCI 458 EXCI 461 EXCI 492 CATA 447 MANA 300	<b><u>EXCI 421</u></b> <b><u>EXCI 426</u></b> EXCI 445 EXCI 471 CATA 441 CATA 485 CATA 495  <b>Choose 1:</b> EXCI 455 EXCI 458 EXCI 461 CATA 447 MANA 300

# Descriptions of Courses Designed Specifically for the Honours Programs

## **EXCI 322 - Statistics for Exercise Science (3 credits)**

Prerequisite/Corequisite: The following course must be completed previously or concurrently: EXCI 310. Enrolment in a Health, Kinesiology, and Applied Physiology honours program is required. If prerequisites are not satisfied, permission of the Department is required.

Description: This course builds on students' experience derived from EXCI 310 to advance their knowledge of the research process by providing details of statistical techniques and methods that are common in exercise science.

Component(s): Lecture

## **EXCI 421 - Honours Seminar: Current Topics in Health and Exercise Science (3 credits)**

Prerequisite/Corequisite: The following course must be completed previously: EXCI 322. Enrolment in a Health, Kinesiology, and Applied Physiology honours program; and successful completion of Stage II in an honours program is required. If prerequisites are not satisfied, permission of the Department is required.

Description: Using a combination of guest speakers and student presentations, this seminar is geared to critically examining current issues and methods in health and exercise science. Its emphasis is on theoretical and/or methodological issues as they relate to selected topics from these areas. Examples of topics include ethical issues and new emerging theories in health and exercise science, and utility of a particular research technique or methodology.

Component(s): Lecture

Notes: Students who have received credit for EXCI 424 or EXCI 425 may not take this course for credit.

## **EXCI 426 - Honours Thesis (6 credits)**

Prerequisite/Corequisite: The following course must be completed previously or concurrently: EXCI 421. Enrolment in a Health, Kinesiology, and Applied Physiology honours program; and successful completion of Stage II in an honours program is required.

Description: This course requires the student to propose and conduct a study and submit a thesis according to a recognized and approved scientific journal format. The work is supervised by a thesis chair selected by the student from within the Department.

Component(s): Seminar