

# DEPARTMENT OF HEALTH, KINESIOLOGY & APPLIED PHYSIOLOGY

The Department of Health, Kinesiology, and Applied Physiology, offers a diverse range of undergraduate programs tailored for students interested in health sciences. Our Athletic Therapy program is unique to Montreal. Our Kinesiology and Clinical Exercise Physiology program focuses on specialized populations, distinguishing it from others in the field. Our Major program serves as a gateway to various health professions, providing a solid foundation for further studies.

Students in all three programs have the opportunity to pursue a research option supervised by our professors. This option allows an excellent preparation for our Master's and Doctoral programs, ideal for those interested in research opportunities.

What sets us apart is our emphasis on practical experience. Through extensive lab work and internships, our students gain remarkable hands-on training. As a result, our BSc graduates benefit from an exceptionally high success rate in certification exams. They are well-equipped with the skills, confidence, and experience to thrive in their chosen fields, whether as an athletic therapist, a kinesiologist, a clinical exercise physiologist, or pursuing further education in health professions.



# DÉPARTEMENT DE SANTÉ, DE KINÉSIOLOGIE ET DE PHYSIOLOGIE APPLIQUÉE

Le Département de santé, de kinésiologie et de physiologie appliquée offre une gamme diversifiée de programmes de premier cycle adaptés aux étudiants intéressés aux sciences de la santé. Notre programme de thérapie du sport est unique à Montréal. Notre programme de kinésiologie et physiologie clinique de l'exercice s'intéresse aux populations symptomatiques, ce qui le distingue des autres programmes du domaine. Notre programme de majeur sert de passerelle et procure une base solide pour d'éventuelles études menant à diverses professions de la santé.

Les étudiants des trois programmes ont la possibilité de poursuivre une option recherche supervisée par nos professeurs. Cette option constitue une excellente préparation à nos programmes de maîtrise et de doctorat, idéale pour ceux qui sont intéressés à une carrière en recherche.

Ce qui nous distingue, c'est l'accent mis sur l'expérience pratique. Grâce à des travaux approfondis en laboratoire et à des stages, nos étudiants acquièrent une formation remarquable. De ce fait, nos diplômés de premier cycle bénéficient d'un taux de réussite exceptionnellement élevé aux examens de certification. Ils disposent des compétences, de la confiance et de l'expérience nécessaires pour réussir dans les domaines de leur choix, que ce soit en tant que thérapeute du sport, kinésologue, physiologiste de l'exercice ou pour suivre une formation associée au domaine de la santé.



# DEPARTMENT OF HEALTH, KINESIOLOGY AND APPLIED PHYSIOLOGY



CONTACT THE HKAP UNDERGRADUATE  
ACADEMIC ADVISOR

[HKAPADVISING@CONCORDIA.CA](mailto:HKAPADVISING@CONCORDIA.CA)

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# Exercise Science (BSc) Admission criteria

## Minimum cut-off averages and course requirements

- **Quebec CEGEP:** 27 overall, 24 math / 24 science
  - Calculus 1 (MATH 203) and Calculus 2 (MATH 205) – Mechanics (PHYS 204-224), Electricity and Magnetism (PHYS 205-225) and Wave, Optics and Modern Physics (PHYS 206-226) – General Chemistry (CHEM 205) and Chemistry of Solutions (CHEM 206) – General Biology (BIOL 201) OR Natural Science DEC OR DEC intégré en sciences, lettres et arts.
- **High School:** B- overall, B- in math / B- sciences
  - Completed courses in the disciplines of Calculus, Biology, Chemistry and Physics.
    - One math from Pre-Calculus, Calculus, or equivalent
    - Two sciences (from Biology, Chemistry or Physics)
  - ACT or SAT is NOT required
  - [Canadian curricula course requirements](#)
  - [Accepted international qualifications](#)
- **International Baccalaureate (IB) diploma:** 27 overall, 4 HL or 5 SL math, 5 HL sciences
  - one math (Applications and Interpretations HL, Analysis and Approaches HL or Analysis and Approaches SL)
  - one science (Physics, Chemistry or Biology, either SL or HL)
  - one of the science or math courses must be completed at the HL level
- **Baccalauréat français:** 12 overall, 12 in math / 12 in science
  - *Première: Spécialité mathématiques AND Spécialité physique-chimie*  
*Terminale: Spécialité mathématiques (also accepted, Spécialité Physique-Chimie AND Mathématiques Complémentaires)*
- **British system of education (GCE):**
  - **A-levels:** At least two A-level exams CC, C in math, C in science **or**
  - **AS-levels:** At least 4 AS-level exams with equivalent results **or**
  - **BTEC:** Level 3 Diploma or Extended Diploma in a related subject area with equivalent results
  - Students without math or science A-levels may be admissible based on AS-level or iGCSE/GCSE/O-Level exam results. Students should include all their exam results from iGCSE (or equivalent) onwards to support their application.
- **University Transfers (internal/external):** B- overall, B- in math / B- in sciences
  - Completed courses in the disciplines of Calculus, Biology, Chemistry and Physics.

You must meet Concordia's [minimum admission requirements](#).

*Minimum cut-off averages should be used as indicators. The cut-off data may change depending on the applicant pool. Applicants who meet the stated minimum requirements are not guaranteed admission to these programs.*

# Department of Health, Kinesiology and Applied Physiology

- All **newly admitted students start** in the Department of HKAP's **Major program**.
- Admission to the Athletic Therapy, Kinesiology and Clinical Exercise Physiology, Honours, Honours in Athletic Therapy, or Honours in Kinesiology and Clinical Exercise Physiology is by **internal transfer only**.
- Upon the attainment of specific eligibility requirements, any student may submit a request for an **internal transfer** from the **Major program** to any of the **5 other aforementioned programs**. The appropriate name for the internal transfer is a **change of concentration**.
- The **degree** offered by the Department of Health, Kinesiology, and Applied Physiology is a **Bachelor of Science (BSc)** degree. The **BSc degree** is composed of **credits** from **core courses** in a **program** and **elective courses**. The **total number** of **credits** for the **BSc degree** ranges from **90 to 150 credits** depending on a student's educational background.
- The Major, Honours, Kinesiology and Clinical Exercise Physiology (KCEP), and Honours in KCEP (HKCEP) programs are composed of **three stages**, whereas the Athletic Therapy (AT) and Honours in AT (HAT) programs have **four stages**.
- The Health, Kinesiology, and Applied Physiology **Courses** can be found [here](#).
- The **Curriculum Program Maps** is found below.

## Health, Kinesiology, & Applied Physiology Curriculum

STAGE	PROGRAM					
	MAJOR (45 credits)	HONOURS (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 EXCI 322 EXCI 351 EXCI 352 EXCI 360	EXCI 310 EXCI 351 EXCI 352 EXCI 360 KCEP 311 KCEP 349 <b>KCEP 383</b>	EXCI 310 EXCI 322 EXCI 351 EXCI 352 EXCI 360 KCEP 311 KCEP 349 <b>KCEP 383</b>	EXCI 310 EXCI 351 EXCI 352 EXCI 360 CATA 337 CATA 339 CATA 348 <b>CATA 365*</b>	EXCI 310 EXCI 351 EXCI 352 EXCI 360 CATA 337 CATA 339 CATA 348 <b>CATA 365*</b>
3	EXCI 445 EXCI 460  <b>Choose 1 from:</b> EXCI 415 EXCI 420 EXCI 440 EXCI 451 EXCI 453 EXCI 455 EXCI 458 EXCI 461 EXCI 471 EXCI 492	EXCI 420 EXCI 421 <b>EXCI 426*</b> EXCI 445 EXCI 460  <b>Choose 1 from:</b> EXCI 415 EXCI 440 EXCI 451 EXCI 453 EXCI 455 EXCI 461 EXCI 471	EXCI 445 EXCI 460 KCEP 411 KCEP 448 KCEP 450 <b>KCEP 483</b>  <b>Choose 2 from:</b> EXCI 415 EXCI 420 EXCI 440 EXCI 451 EXCI 453 EXCI 455 EXCI 458 EXCI 461 EXCI 471 EXCI 492	EXCI 421 <b>EXCI 426*</b> EXCI 445 EXCI 460 KCEP 411 KCEP 448 KCEP 450 <b>KCEP 483</b>  <b>Choose 1 from:</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 <b>CATA 475*</b>  <b>Choose 2 from:</b> EXCI 415 EXCI 420 EXCI 440 EXCI 451 EXCI 453 EXCI 461 KCEP 311 KCEP 411	EXCI 322 EXCI 460 CATA 437 CATA 439 CATA 462 <b>CATA 475*</b>  <b>Choose 1 from:</b> EXCI 415 EXCI 420 EXCI 440 EXCI 451 EXCI 453 EXCI 461 KCEP 311 KCEP 411
4					EXCI 445 EXCI 471 CATA 441 <b>CATA 485</b> <b>CATA 495</b>  <b>Choose 2 from:</b> EXCI 455 EXCI 458 EXCI 461 EXCI 492 CATA 447 MANA 300	EXCI 421 <b>EXCI 426*</b> EXCI 445 EXCI 471 CATA 441 <b>CATA 485</b> <b>CATA 495</b>  <b>Choose 1 from:</b> EXCI 455 EXCI 458 EXCI 461 CATA 447 MANA 300

\*CATA 365, CATA 475, and EXCI 426 are 6-credit courses.

# Department of Health, Kinesiology and Applied Physiology

Currently, the Department of Health, Kinesiology, and Applied Physiology (HKAP) offers 6 programs.

HKAP Program	Program core courses (credits)	Elective courses (credits)	BSc. TOTAL number of credits (CEGEP profile student)
1. Major	45	45	90
2. Honours	60	30	90
3. Athletic Therapy (AT)	96	24	120
4. Honours in Athletic Therapy (HAT)	102	18	120
5. Kinesiology and Clinical Exercise Physiology (KCEP)	69	21	90
6. Honours in Kinesiology and Clinical Exercise Physiology (HKCEP)	78	18	96

HKAP Program	Program core courses (credits)	Electives courses (credits)	BSc. TOTAL number of credits (ECP profile student)***
1. Major	45	75	120
2. Honours	60	60	120
3. Athletic Therapy (AT)	96	54	150
4. Honours in Athletic Therapy (HAT)	102	48	150
5. Kinesiology and Clinical Exercise Physiology (KCEP)	69	51	120
6. Honours in Kinesiology and Clinical Exercise Physiology (HKCEP)	78	42	120

HKAP Program	Program core courses (credits)	Electives courses (credits)	BSc. TOTAL number of credits (Mature profile student)***
1. Major	45	63	108
2. Honours	60	48	108
3. Athletic Therapy (AT)	96	42	138
4. Honours in Athletic Therapy (HAT)	102	36	138
5. Kinesiology and Clinical Exercise Physiology (KCEP)	69	39	108
6. Honours in Kinesiology and Clinical Exercise Physiology (HKCEP)	78	33	111

\*\*\* Some newly admitted Health, Kinesiology, and Applied Physiology students are obliged to take **some** or **all** of the **science prerequisite courses** listed below (see **Table 1**) because they did not attend a CEGEP in the province of Quebec that offers equivalent courses. For instance, **Extended Credit Program (ECP) students**, who are students that have graduated from a High School outside of the province of Quebec, must take an **additional 30 credits** to satisfy the requirements of their BSc degrees. Also, students classified as **Mature Entry Program (MEP)** students must complete some or all of the science prerequisite courses.

**Table 1. Concordia University's science prerequisites, their prerequisites and their CEGEP equivalents.**

<b>SCIENCE PREREQUISITES offered by Concordia University</b>	<b>COURSE TITLES</b>	<b>PREREQUISITES of science prerequisites</b>	<b>CEGEP EQUIVALENTS</b>
<b>BIOL 201</b> (3 credits)	Introductory Biology	None.	101-301 or 101-NYA
<b>CHEM 205</b> (3 credits)	General Chemistry I	None.	202-101 or 202-NYA
<b>CHEM 206</b> (3 credits)	General Chemistry II	CHEM 205.	202-201 or 202-NYB
<b>MATH 203</b> (3 credits)	Differential & Integral Calculus I	MATH 201, if not taken before.	201-103 or 201-NYA
<b>MATH 205</b> (3 credits)	Differential & Integral Calculus II	MATH 203.	201-203 or 201 NYB
<b>PHYS 204</b> (3 credits)	Mechanics	MATH 203 or equivalent, previously or concurrently.	203-101 or 203-102 or 203-NYA
<b>PHYS 224</b> (1 credit)	Introductory Experimental Mechanics	PHYS 204 previously or concurrently, or permission of the department.	
<b>PHYS 205</b> (3 credits)	Electricity & Magnetism	MATH 203; PHYS 204 or equivalent.	203-201 or 203-202 or 203-NYB
<b>PHYS 225</b> (1 credit)	Introductory Experimental Electricity	PHYS 205 previously or concurrently, or permission of the department.	
<b>PHYS 206</b> (3 credits)	Waves and Modern Physics	PHYS 204 or equivalent.	203-301 or 203-302 or 203-NYC
<b>PHYS 226</b> (1 credit)	Introductory Experimental Waves & Modern Physics	PHYS 206 previously or concurrently, or permission of the department.	

**NOTE:** In some cases, students will be required to register for **MATH 201 (Elementary Functions)** prior to registering for **MATH 203**.



# Internal transfer

## HEALTH, KINESIOLOGY, AND APPLIED PHYSIOLOGY INTERNAL TRANSFER PROCEDURE FOR STUDENTS FROM OTHER CONCORDIA UNIVERSITY BSc PROGRAMS

The Department of Health, Kinesiology, and Applied Physiology (HKAP) has a procedure for students who wish to apply for an Internal Transfer from other Science programs to HKAP.

The procedure is as follows:

1. An application letter must be submitted to the Chair of the Department of Health, Kinesiology, and Applied Physiology to [hkapchair@concordia.ca](mailto:hkapchair@concordia.ca).

The letter should include the following Items:

- a. Your full name, student ID number, email address, current program at Concordia University, and the program that you wish to apply for in the Department of Health, Kinesiology, and Applied Physiology [Major, Honours, Athletic Therapy, Kinesiology and Clinical Exercise Physiology (KCEP), Honours in KCEP, or Honours in AT] even though you will have to start in the Major program (please refer to the last paragraph of this document),
  - b. The reason or reasons for your program transfer,
  - c. An unofficial copy of your Concordia University transcript.
2. The deadline dates for accepting applications for Internal Transfer are:
    - a. **August 15th** for students applying to enter Exercise Science in the Fall semester, and
    - b. **December 15th** for students applying to enter Exercise Science in the Winter semester.

The Department will not review any Internal Transfer application before the deadline date.

The applicants will be Informed of the Department's decision regarding acceptance or rejection approximately 10 days after the deadline date.

3. The Department Admissions Committee will review the applications and accept students based upon:
  - a. the admission quota for new students,
  - b. the student's academic performance at Concordia University, and
  - c. **the completion of at least 24 credits at Concordia University with a minimum cumulative GPA of 2.7 to be eligible for the admission competition.**

Satisfying the aforementioned criteria does not guarantee your acceptance into HKAP because the number of students we accept per semester is based strongly on the lab capacities of our department's first-year, 200-level, courses. Furthermore, the Department of HKAP offers six competitive programs that are in high demand.

All students applying to Health, Kinesiology, and Applied Physiology must begin their first year in the Major program. While in the Major program, they must apply for an Internal Transfer to the AT, KCEP, Honours, Honours in AT, or Honours in KCEP program after completing a specific number of 200-level, HKAP core courses. For instance, to transfer successfully into the AT or KCEP program, students must achieve a cumulative GPA equal to at least 3.00 in their core courses. As for the three Honours programs, students must achieve assessment and cumulative GPAs equal to at least 3.30 with no grades lower than a C.

# **Degree Transfer from BA and Other non-Science Programs to BSc Major in Exercise Science**

Students who are completing a **non-BSc degree**, must apply for a Degree Transfer to our **BSc Major in Exercise Science** program/degree in the future. You **must satisfy** the following requirements for a **successful** Degree Transfer:

- Complete at least 24 credits of courses at Concordia University
- Have a cumulative GPA equal to at least **2.7 (B-)** on your Concordia University transcript
- Complete 50% (**4 out of 8**) of profile courses by the semester prior. Profile can be completed at prior studies (CEGEP) or at Concordia.
  - The profile courses are as follows: BIOL 201, MATH 203, MATH 205, CHEM 205, CHEM 206, PHYS 204, PHYS 205, PHYS 206
  - At least one course from each of the four disciplines of the science profile completed (1 course for MATH, CHEM, BIOL, PHYS)
  - Please note that while the PHYS lab courses (PHYS 224, 225, 226) are profile, Admissions do not include them in the minimum 50% requirement.
- Achieve at least a **B-** average (GPA equal to or greater than 2.7) for MATH 203 and MATH 205
- Achieve at least a **B-** average for the remaining science prerequisites

The **science prerequisites (profile courses)** are BIOL 201, CHEM 205, CHEM 206, MATH 203, MATH 205, PHYS 204, PHYS 224, PHYS 205, PHYS 225, PHYS 206, and PHYS 226 (**see Table 1**). If you do not have the minimum B- averages indicated above, you may need to repeat some courses. For the grades of repeat courses to be used to recalculate the **transcript cumulative GPA**, students must repeat the course before taking the next course in a sequence of courses. For example, if a student wants the repeat grade for MATH 203 to be used to recalculate the transcript cumulative GPA, the student must repeat MATH 203 before taking MATH 205.

→ **[Degree Transfer applications go directly through Concordia University Admissions](#)** ←  
by the deadline of **March 1<sup>st</sup>** for the **Fall semester** and **November 1<sup>st</sup>** for the **Winter semester**.

If students experience any problems registering for the **science prerequisite courses**, they must contact the **undergraduate academic advisor** or **undergraduate program director** of the **department offering the course**. The **contact information** for the Biology, Chemistry and Biochemistry, Mathematics and Statistics, and Physics departments can be accessed at the following websites:

- **DEPARTMENT OF BIOLOGY**  
<https://www.concordia.ca/artsci/biology/contact.html>
- **DEPARTMENT OF CHEMISTRY & BIOCHEMISTRY**  
<http://www.concordia.ca/artsci/chemistry/contact.html>
- **DEPARTMENT OF MATHEMATICS & STATISTICS**  
<https://www.concordia.ca/artsci/math-stats/contact.html>
- **DEPARTMENT OF PHYSICS**  
<https://www.concordia.ca/artsci/physics/about/staff.html>

# Independent student & Certificate student

Independent student & Certificate student must apply through [Admissions](#) to our **BSc Major in Exercise Science** program. You **must satisfy** the following requirements:

- Complete between 18-24 credits of courses at Concordia University
- Have a cumulative GPA equal to at least **2.7 (B-)** on your Concordia University transcript
- Complete 50% (**4 out of 8**) of profile courses by the semester prior. Profile can be completed at prior studies (CEGEP) or at Concordia.
  - The profile courses are as follows: BIOL 201, MATH 203, MATH 205, CHEM 205, CHEM 206, PHYS 204, PHYS 205, PHYS 206
  - At least one course from each of the four disciplines of the science profile completed (1 course for MATH, CHEM, BIOL, PHYS)
  - Please note that while the PHYS lab courses (PHYS 224, 225, 226) are profile, Admissions do not include them in the minimum 50% requirement.
- Achieve at least a **B-** average (GPA equal to or greater than 2.7) for MATH 203 and MATH 205
- Achieve at least a **B-** average for the remaining science prerequisites

The **science prerequisites (profile courses)** are BIOL 201, CHEM 205, CHEM 206, MATH 203, MATH 205, PHYS 204, PHYS 224, PHYS 205, PHYS 225, PHYS 206, and PHYS 226 (**see Table 1**). If you do not have the minimum B- averages indicated above, you may need to repeat some courses. For the grades of repeat courses to be used to recalculate the **transcript cumulative GPA**, students must repeat the course before taking the next course in a sequence of courses. For example, if a student wants the repeat grade for MATH 203 to be used to recalculate the transcript cumulative GPA, the student must repeat MATH 203 before taking MATH 205.

→ [Applications go directly through Concordia University Admissions](#) ←  
by the deadline of **March 1<sup>st</sup>** for the **Fall semester** and **November 1<sup>st</sup>** for the **Winter semester**.

If students experience any problems registering for the **science prerequisite courses**, they must contact the **undergraduate academic advisor** or **undergraduate program director** of the **department offering the course**. The **contact information** for the Biology, Chemistry and Biochemistry, Mathematics and Statistics, and Physics departments can be accessed at the following websites:

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<https://www.concordia.ca/artsci/biology/contact.html>
- **DEPARTMENT OF CHEMISTRY & BIOCHEMISTRY**  
<http://www.concordia.ca/artsci/chemistry/contact.html>
- **DEPARTMENT OF MATHEMATICS & STATISTICS**  
<https://www.concordia.ca/artsci/math-stats/contact.html>
- **DEPARTMENT OF PHYSICS**  
<https://www.concordia.ca/artsci/physics/about/staff.html>



## **WELCOME TO [HKAPSA!](#)**

The Health, Kinesiology & Applied Physiology Student's Association (HKAPSA) is an official member of ASFA Concordia and represents all students in Health, Kinesiology & Applied Physiology (Major, Honours, Athletic Therapy and Kinesiology & Clinical Exercise Physiology). With rigorous course loads and demanding internship schedules, HKAPSA hopes to diminish the stress and enrich the student experience. Academic success is important to us, and this is why we provide a healthy balance of both academic and social initiatives. We also promote and expose students to other faculties and even other universities, when possible, to enrich the networking opportunities for everyone.

### **The HKAPSA Learning Lab**

Exercise Science and its specializations require students to develop and perfect certain practical and manual skills. The skills are taught during the assigned lab periods, but students may need additional practice to become fully comfortable with them. The HKAPSA Learning Lab provides the resources for students to practice these skills.

You may find that the most important benefit of the Learning Lab is the opportunity to interact with students from years ahead and make valuable contacts for after graduation. The Learning Lab has proven itself the ideal setting for both academic assistance and constructive social interaction. It will without a doubt serve as an integral part of your education here at Concordia University.