

# GENERAL ARTS AND SCIENCE - KINESIOLOGY CERTIFICATE

## (First Intake Fall 2025)

Program Office: 403.394.7338 • [generalstudies@lethbridgecollege.ca](mailto:generalstudies@lethbridgecollege.ca)

*Start Here and Go Anywhere*

The one-year Kinesiology certificate opens doors to further education in kinesiology and health sciences. The Kinesiology certificate program offers a strong foundation in both theory and practice, preparing you for advancement into diploma or degree programs like Exercise Science, Kinesiology, General Arts and Science, and more! The courses you take to earn your one-year Kinesiology certificate are transferable to programs at Lethbridge College and beyond offering versatile academic and career pathways.

Meld the theoretical and physical aspects of exercise in courses that can be applied to a kinesiology-related diploma or degree program.

## Your Investment

Program fees will vary. To view fee information, click here (<https://lethbridgecollege.ca/programs/>) and select your program.

## Graduation

Upon successful completion of all program requirements, students are awarded a General Arts and Science - Kinesiology certificate.

Successful completion of this program may qualify students for admission into other Lethbridge College programs. Please consult specific program admission requirements.

## ADMISSIONS

New applicants are accepted into the General Arts and Science program for the Fall (September) term.

## General Admissions Requirements

All applicants must meet the general admission requirements for Lethbridge College programs, as indicated in the Admission section of this calendar.

## CURRICULUM

Course	Title	Credits
<b>Year 1</b>		
<b>Term I</b>		
BIO-1150	Cellular Basis of Life	3
BIO-1155	Human Nutrition	3
BIO-1169	Structural Human Anatomy	3
EXS-1159	Exercise and Healthful Living	3
STS-2250	Statistics	3
<b>Credits</b>		<b>15</b>
<b>Term II</b>		
BUS-1124	Service-Based Small Business Management	3
ENG-1150	Composition	3

EXS-2252	Research Methods in Kinesiology	3
Select 1 of the following:		3
SOC-1160	Introduction to Sociology	
CHM-1150	General Chemistry	
Select 1 of the following:		3
PED-1180	Introduction to Coaching	
EXS-2260	Biomechanics and Applied Kinesiology	
EXS-2261	Adapted Physical Activity	
BIO-1180	Human Physiology	
<b>Credits</b>		<b>15</b>
<b>Total Credits</b>		<b>30</b>

## TRANSFERS

### Other Colleges and Universities

Many of the courses offered in General Arts and Science - Kinesiology are transferable to a wide variety of institutions and programs across Alberta, Canada and internationally. Although advance credit is ultimately determined by the receiving institution, it may be possible for you to start your post-secondary educational program in General Arts and Science - Kinesiology at Lethbridge College. Please make an appointment to speak with an Academic Advisor at Lethbridge College if you wish to pursue this option.

## CAREERS

Successful completion of this Certificate will equip you with the skills and knowledge to for entry-level positions and provide a stepping stone towards further education and more specialized careers in:

- Exercise Science
- General Arts and Science
- Health Educator or Community Health Worker
- Kinesiology
- Nursing Education in Southwestern Alberta (NESA)
- Practical Nursing
- Recreational Therapy Assistant
- University Transfer for Degree Programs in Kinesiology, Health Sciences and more.