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General Information

The **Department of Kinesiology First Year Registration Guide** contains important information that will assist you in registering for the 2025-2026 academic year. Be sure to review the information in this guide carefully. This Guide is designed to provide you with program specific information to supplement the information in the **Brock 2025/2026 Year One Registration Guide and Timetable** on the Registrar's website, which you should review thoroughly.

[Course Registration Tutorial](#)

You can also reference the upper year registration [Timetables](#) to see course times for the first year classes with a second year code (KINE 2P08 and 2P41 for Bachelor of Kinesiology Majors).

You will find information on the first-year requirements for your program in the Department of Kinesiology First Year Registration Guide below, including which courses you are required to take and minimum grades/averages you are required to obtain in order to continue in your program after your first year. You should review the full requirements for your degree program in the 2025-2026 Undergraduate Calendar. You will also find additional information in the Undergraduate Calendar about your courses (e.g. course descriptions, prerequisites and restrictions, etc.)

You will be following the program requirements outlined in the 2025-2026 Undergraduate Calendar. You need to satisfy the program requirements outlined in this Calendar in order to graduate from your program.

[Kinesiology Programs \(BKin, BSc\)](#)
[Physical Education \(BPhEd\)](#)

Credit System

What is a credit vs. a course? How many courses do I have to take each year? How much is each course worth? How long will a course last?

Each course at Brock is worth either a full credit (1.0) or a half credit (0.5). Students typically take 5.0 credits each year. A combination of full credit courses and half credit courses can be combined to total 5.0 credits. All degrees offered from the Kinesiology Department - BPhEd, BKin, and BSc(Kin) - are 20.0 credit degrees.

- **FULL CREDIT = 1.0 credit**
 - Denoted by an 'F' (i.e. 'full credit') in the course code. E.g. FREN 1**F**90
 - Usually run for the entire Fall/Winter, beginning in September and ending in April
- **HALF CREDIT = 0.5 credit**
 - Denoted by a 'P' (i.e. 'partial credit') in the course code. E.g. KINE 1**P**90
 - Usually run for one term - a Fall term courses begins in September and ends in December; a Winter term course begins in January and ends in April

Durations

How long are the courses? When do they begin/end?

The Fall/Winter academic session at Brock begins in September and ends in April and is divided into 3 possible terms, or 'durations'.

- **D1 = September - April** (aka 'Fall/Winter term')
 - Usually only full credit courses are scheduled for D1 (e.g. FREN 1F90)
- **D2 = September - December** (aka 'Fall term')
 - Usually only half credit courses are scheduled for D2 (e.g. KINE 1P90, KINE 1P93)
- **D3 = January - April** (aka 'Winter term')
 - Usually only half credit courses are scheduled for D3 (e.g. KINE 1P90, KINE 1P93)

Students should plan their Fall/Winter schedule to ensure that they are only taking 5 courses each term. See examples below:

- **Recommended** (5 courses in the Fall and 5 courses in the Winter)

Fall term	Winter term
KINE 1P88	KINE 1P90
BIOL 1P91	BIOL 1P92
PSYC 1F90	
HIST 1P98	CLAS 1P91
GEOG 1F90	

- **Not Recommended** (4 courses in the Fall and 6 courses in the Winter)

Fall term	Winter term
	KINE 1P90
	KINE 1P93
BIOL 1P91	BIOL 1P92
PSYC 1F90	
HIST 1P98	CLAS 1P91
GEOG 1F90	

How can I plan my courses?

Under your *Student Self Serve* in your portal (my.brocku.ca) there is a **Course Planning** feature. You can use this before registration opens to help plan your schedule. It will list the Course Code, Duration, Type of Course, Days and Times running as well as the Remaining Space available. If a class fills it will show you so you can plan an alternative ahead of time.

BrockDB

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Course Planning

This is a planning page only. For registration, click on Register in the Navigation Menu.

Course Type: * Session: *

Delivery Method: (Click for Definitions) Location:

Subject *

Course Number

OR

Context Courses

Faculty

Scheduled On

Sun (U)
 Mon (M)
 Tues (T)
 Wed (W)
 Thurs (R)
 Fri (F)
 Sat (S)

Day (Before 1700)
 Late Afternoon (1700 - 1900)
 Evening (1900 and Later)

"REMAINING SPACE" is subject to CHANGE. Please check this page frequently, spaces may not still be available when you register.

Context Credits

What are context credits? What counts as a context credit?

To graduate you must successfully complete (pass) 1.0 credit (either 1 full credit course or 2 half credit courses) from each of the context areas: Humanities, Social Sciences and Science. A list of courses which will satisfy the context credit requirements can be found on the Registrar's website:

[Context Credits](#)

NOTE: You will be required to take either **BIOL 1P91 and 1P92** for BPHEd or BScKin or **BIOL 1P91 and PHYS 1P90** for BKIN, in your first year as part of your program requirements. Successful completion of these courses will satisfy the Science context credit requirement.

To search for Humanities or Social Science Context Credits go to **Course Planning** in your Student Portal (my.brocku.ca). There, select *Undergraduate* from the **Course Type** drop down box. Then in the box on the right-hand side of the screen click on **Context Courses** and then choose either *Humanities* or *Social Sciences* from the drop-down box. Then click **Go**. This will provide you with a list of available courses that satisfy your Context Credits. When you hover over the course code the title of the course will be displayed.

BrockDB

Page Search

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- AcadTimetable
- ClassList

Course Planning

This is a planning page only. For registration, click on Register in the Navigation Menu.

Course Type **Undergraduate** Session **Fall/Winter**

Delivery Method: Location: All

Subject Course Number

OR

Context Courses Faculty **Humanities**

Scheduled On

Sun (U) Mon (M) Tues (T) Wed (W) Thurs (R) Fri (F) Sat (S)

Day (Before 1700) Late Afternoon (1700 - 1900) Evening (1900 and Later)

Go

Electives

What are electives?

Electives are courses which you can take in any subject area at Brock.

In first year, you should take an elective at the year 1 level (XXXX 1P00 - XXXX 1P99).

NOTE: In your upper years some electives must be taken at the 2P00+ level. Check the requirements for your degree program in the 2025-2026 Undergraduate Calendar.

Program Requirements

The courses you are required to take to complete your degree and graduate are outlined in the Undergraduate Calendar.

Students should follow the program requirements in the Undergraduate Calendar corresponding to the year they entered their program. For you, this means you must follow the requirements for your program outlined in the **2025-2026 Undergraduate Calendar**. Even if the requirements change in later years, you **must** follow the requirements outlined in the 2025-2026 Undergraduate Calendar.

[Kinesiology \(BKin\)](#)

[Kinesiology \(BSc\)](#)

[Physical Education \(BPhEd\)](#)



BACHELOR OF PHYSICAL EDUCATION (BPHEd)

BPhEd YEAR 1	
CREDIT VALUE	COURSES
0.5	KINE 1P90 (SEE ADDITIONAL INFO) <i>Human Systems Anatomy</i>
0.5	KINE 1P93 (SEE ADDITIONAL INFO) <i>Foundations of Movement Studies</i>
0.5	KINE 1P88 (SEE ADDITIONAL INFO) <i>Foundations of Human Anatomy</i>
0.5	BIOL 1P91 (SEE ADDITIONAL INFO) <i>Introduction to Biology I</i>
0.5	BIOL 1P92 (SEE ADDITIONAL INFO) <i>Introduction to Biology II</i>
1.0	Humanities Context Credit (see the <i>Content Credits</i> section of this Guide)
1.0	Social Science Context Credit (see the <i>Content Credits</i> section of this Guide)
0.5	Elective (see the <i>Electives</i> section of this Guide)

Students wishing to proceed to year 2 as a BPhEd major must have achieved:

- a minimum 65% major average;
- a minimum 65% in KINE 1P88;
- a minimum 65% in KINE 1P93;
- a minimum 60% non-major average; and
- a minimum 60% overall average

ADDITIONAL INFORMATION:

- **KINE 1P90, KINE 1P93 & KINE 1P88:** These courses are only offered in one term. You will have KINE 1P88 and KINE 1P93 in D2 (first term) and KINE 1P90 in D3 (second term).
- **BIOL 1P91 & 1P92:** Registration for these courses will open to BPhEd students on July 22nd at 12:00am (July 21st at 11:59pm). You should attempt to register in this course on this date/time. This date is subject to change. Please check Timetable listing (<https://brocku.ca/guides-and-timetables/dates/>) for BIOL 1P91 (under the 'Notes' column) to determine when you can register in this course.

Remember: Make sure you schedule yourself in 5 classes per term (see the *Durations* section of this Guide for more information).

You can find the full listing of the courses you are required to complete to earn a BPhEd degree in the *Physical Education* section of the 2025-2026 Undergraduate Calendar:

[Physical Education \(BPhEd\)](#)

BKIN YEAR 1	
CREDIT VALUE	COURSES
0.5	KINE 1P90 (SEE ADDITIONAL INFO) <i>Human Systems Anatomy</i>
0.5	KINE 1P88 (SEE ADDITIONAL INFO) <i>Foundations of Human Anatomy</i>
0.5	KINE 2P41 <i>Health & Physical Activity Promotion</i>
0.5	KINE 2P08 <i>Research Design in Kinesiology</i>
0.5	BIOL 1P91 (SEE ADDITIONAL INFO) <i>Introduction to Biology I</i>
0.5	PHYS 1P90 <i>Foundations of Physics with Laboratory</i>
1.0	Humanities OR Social Sciences Context Credit (see the <i>Content Credits</i> section of this Guide)
1.0	Elective (see the <i>Electives</i> section of this Guide)

Students wishing to proceed to year 2 as a BKin major must have achieved:

- a minimum 65% major average;
- a minimum 65% in KINE 1P90;
- a minimum 65% in KINE 1P88;
- a minimum 60% non-major average; and
- a minimum 60% overall average

*Students registered in the Bachelor of Kinesiology /Accelerate into Masters program follow the requirements for the BKIN degree.

ADDITIONAL INFORMATION:

- **KINE 1P90, KINE 1P88, KINE 2P08 and KINE 2P41:** These courses are offered once this year. You will have KINE 1P88 and KINE 2P41 in D2(first term) and KINE 1P90 and KINE 2P08 in D3(second term). You do not need to complete KINE 1P90 and KINE 1P88 before you take KINE 2P08 and 2P41, these are all introductory courses.
- **BIOL 1P91:** Registration for this course will open to BKin students on July 22nd at 12:00am (July 21st at 11:59pm). You should attempt to register in this course on this date/time. This date is subject to change. Please check Timetable listing ([Timetables](#)) for BIOL 1P91 (under the 'Notes' column) to determine when you can register in this course.

Remember: Make sure that you schedule yourself in 5 classes per term (see the *Durations* section of this Guide for more information).

You can find the complete outline of the courses you are required to complete to earn a BKin degree in the *Kinesiology* section of the 2025-2026 Undergraduate Calendar:

[Kinesiology \(BKin\)](#)

BSc (Kin) YEAR 1	
CREDIT VALUE	COURSES
0.5	KINE 1P90 (SEE ADDITIONAL INFO) <i>Human Systems Anatomy</i>
0.5	KINE 1P88 (SEE ADDITIONAL INFO) <i>Foundations of Human Anatomy</i>
0.5	BIOL 1P91 (SEE ADDITIONAL INFO) <i>Introduction to Biology I</i>
0.5	BIOL 1P92 (SEE ADDITIONAL INFO) <i>Introduction to Biology II</i>
0.5	MATH 1P97 <i>Calculus with Applications</i>
0.5	PHYS 1P91 <i>Introductory Physics I with Laboratory</i>
1.0	Humanities Context Credit (see the <i>Content Credits</i> section of this Guide)
1.0	Social Science Context Credit (see the <i>Content Credits</i> section of this Guide)

Students wishing to proceed to year 2 as a BKin major must have achieved:

- a minimum 65% major average;
- a minimum 65% in KINE 1P90;
- a minimum 65% in KINE 1P88;
- a minimum 60% non-major average; and
- a minimum 60% overall average

ADDITIONAL INFORMATION:

- **KINE 1P90 & KINE 1P88:** These courses are offered once this year. You will have KINE 1P88 in D2 (first term) and KINE 1P90 in D3 (second term).
- **BIOL 1P91 & 1P92:** Registration for this course will open to BScKin students on July 22nd at 12:00am (July 21st at 11:59pm). You should attempt to register in this course on this date/time. This date is subject to change. Please check Timetable listing ([Timetables](#)) for BIOL 1P91 & 1P92 (under the 'Notes' column) to determine when you can register in this course.

Remember: Make sure that you schedule yourself in 5 classes per term (see the *Durations* section of this Guide for more information).

You can find the complete outline of the courses you are required to complete to earn a BSc (Kin) degree in the *Kinesiology* section of the 2025-2026 Undergraduate Calendar:

[Kinesiology \(BSc\)](#)

Registering for Courses

Where can I get information on what I need to do/how to register for the Fall/Winter?

The **Brock 2025-2026 Year One Registration Guide and Timetable** is on the Registrar's website under the *Registration Guides and Timetables* section (see link below). All the information on the registration process that you will need can be found on this website including:

- The Fall/Winter Timetable
- Important dates and deadlines
- Info on how to read the Timetable, course codes, etc.
- Information on how to select courses (course availability, eligibility)
- Instructions on how to register through your Brock Portal
- Links on how to pay your tuition and fees
- Worksheets to help you plan your timetable and check for scheduling conflicts

[Course Registration Tutorial](#)

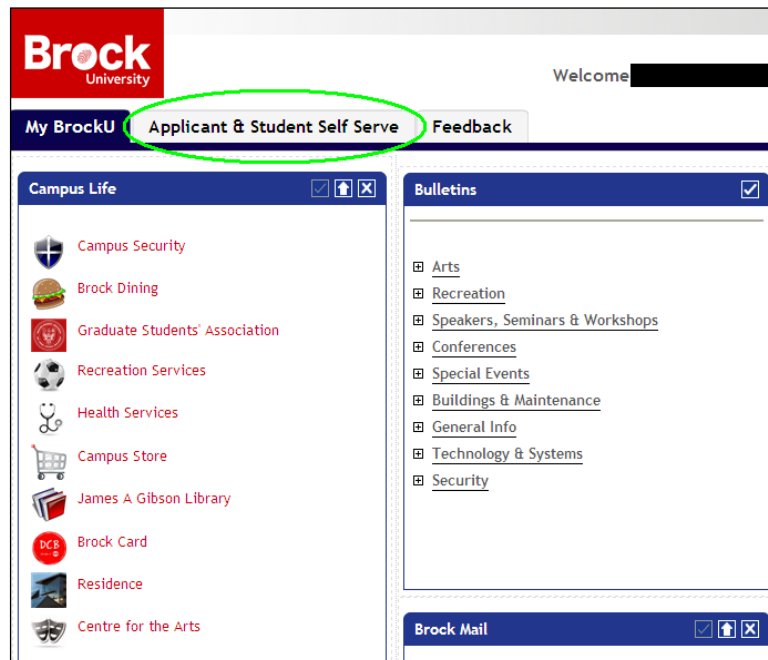
Where do I go to register in my courses?

Registering for your courses is done online through your **Brock Portal (my.brocku.ca)**. Your Brock Portal is the hub where all information about your student record is kept.

You can find instruction on how to register for your courses through your Brock Portal on the Registrar's website:

[Course Registration FAQs - Discover Brock University](#)

To log into your Brock Portal visit: <https://my.brocku.ca>



When can I register?

You can find the registration dates on the Registrar's website under the *Registration Guides and Timetables* section:

[Registration & Important Dates](#)

Registration for new first year students and Transfer Students with 4.5 credits is **Tuesday, June 24th, 2025 at 6am**. Registration is a **first-come-first-serve process**. Courses can and have been known to fill before the end of the registration period. **It's strongly recommended that you register for your courses on the first day that the registration system opens to you**. The registration system opens at **6am**.

First year KINE courses are 'reserved' for students in our degree programs (and a couple of others) for most of the registration period.

What courses should I register for?

Check the *Program Requirements* section of this Guide for information on which courses you should select based on which program you are in.

What if a lecture/seminar/tutorial/lab is full?

If a lecture/seminar/tutorial/lab is full choose another section if there is one available. Once you have registered for the course you can then keep checking your Brock Portal for scheduling updates to see if any spaces open in the section you prefer.

If the course is a **MAJOR REQUIREMENT** (i.e. KINE 1P90, KINE 1P93, KINE 1P88) add yourself to the **WAITLIST** and contact the Kinesiology Academic Advisor **by email only** (kinadvisor@brocku.ca) for information on your next steps.

Please be aware, if a required course is full there are likely many students in the same situation. We will take care of this situation as best we can, however this sometimes takes time. Please be patient. **Response times can be delayed during the registration period so expect to wait up to 7 business days for a response.**

If the course is a context credit or an elective, start by selecting another context credit or elective that has space available. Once you have registered for the alternate course you can then keep checking your Brock Portal for scheduling updates to see if any space opens in the course you prefer option. If space opens in your preferred course, register immediately, then drop the alternate course.

What if I have a timetable conflict (e.g. 2 courses scheduled at the same time each week)?

Before registering for courses use the 2025-2026 Fall/Winter Timetable on the Registrar's website to create a 'mock' schedule that is free of conflicts. Remember that full credit courses (e.g. FREN 1F90) run for the whole academic year (September-April), whereas half credit courses (e.g. KINE 1P88, KINE 1P93) only run from either September-December (D2) or January-April (D3).

[Timetables - Registration Guides & Timetables](#)
[FALL-Timetable-Worksheet.pdf \(brocku.ca\)](#)
[WINTER-Timetable-Worksheet.pdf \(brocku.ca\)](#)

Create your 'mock' schedule well in advance to you to ensure you are ready to select your courses as soon as the system opens.

Try your best to register for the course sections (lectures, labs, tutorials, etc.) you plotted on your 'mock' schedule. If your preferred section is full, register in another section that doesn't conflict with your other courses and still has space available. (See the *What if a lecture/seminar/lab is full?* section of this Guide for additional information).

If an elective course conflicts with a required course (e.g. KINE 1P93, KINE 1P88 etc.) you will need to choose a different elective or choose a less desirable class time(s) to avoid the conflict. **DO NOT REGISTER FOR 2 LECTURES/SEMINARS/TUTORIALS/LABS, ETC. THAT ARE SCHEDULED AT THE SAME TIME, REGARDLESS OF WHAT THE COURSES MIGHT BE.**

What if I have technical difficulties or questions about how to register through my Brock Portal?

If you have technical difficulties (e.g. forgot your campus ID or password, problems accessing your Brock Portal) please contact:

Registration Help:

central@brocku.ca

or

futurestudent@brocku.ca

TECHNICAL HELP WITH REGISTRATION IS **NOT** AVAILABLE THROUGH THE KINESIOLOGY DEPARTMENT OR THE KINESIOLOGY ACADEMIC ADVISOR.

Academic Advisor

How do I contact the Academic Advisor?

The Department of Kinesiology has two Academic Advisors; **Nicole Therrien** is the Advisor for 1st year students and **Katrina Bennie** is the Advisor for 2nd, 3rd & 4th year students. Their contact information is:

Nicole Therrien

fahsadvisor@brocku.ca

Katrina Bennie

kinadvisor@brocku.ca

905-688-5550 ext. 3855

For issues with first year required KINE classes showing as full/waitlisted, email kinadvisor@brocku.ca, all other questions should be directed to fahsadvisor@brocku.ca.

NOTE: During the months of June-October the Academic Advisors are supporting over 1000 students. This is an extremely busy time of year! If you have an issue and require assistance, **EMAIL FROM YOUR BROCK ACCOUNT. INCLUDE YOUR FULL NAME, STUDENT NUMBER, AND BRIEF DETAILS REGARDING YOUR INQUIRY.** Emails not containing this information, or sent from non-Brock accounts will not receive a reply. During peak times it may take the Academic Advisor 7 business days to respond to your email. If you receive an automatic reply email from the Academic Advisor this is confirmation your email has been received and it is in the response queue. Read automatic responses email thoroughly (and this Registration Guide) to find answers to your questions or concerns.

What should I NOT contact the Academic Advisor about?

- **Issues with courses in other departments (i.e. non-KINE courses)**

The Academic Advisor only administers KINE courses. If you have questions or concerns about a course in another department you should contact the Academic Advisor in the other department. A listing of the Departmental Academic Advisors is available online: [Find Your Advisor](#)

- **Technical difficulties with your Brock Portal**

All questions related to technical difficulties (e.g. forgot your campus ID or password, problems accessing your Brock Portal) should be directed to the Registration Help Service: central@brocku.ca

- **Questions about your financial account (paying tuition and fees)**

Information about your tuition and fees, including dates and instructions on how to pay your tuition and fees can be found on the Financial and Administrative Services website: [Tuition and fees overview](#)

- **Questions about student financial assistance (e.g. OSAP, bursaries, scholarships)**

Information about government student assistance (e.g. OSAP), Brock bursaries and scholarships is available on the Student Awards & Financial Aid website: [Student Accounts & Financial Aid](#)

- **Questions about what you will learn in your courses**

You can find descriptions for all courses in the Undergraduate Calendar: [Kinesiology \(BKin\)](#)
[Kinesiology \(BSc\)](#)
[Physical Education \(BPhEd\)](#)

- **Where to find contact information for Kinesiology Faculty and Staff**

The Kinesiology Department website has an up-to-date listing of the contact information for all Faculty and Staff:

[Contact us - Kinesiology](#)

For all other departments consult the online Undergraduate Calendar.

Start your Brock Experience Early

Brock offers a Transition Program during the summer, called [Smart Start](#). You'll meet fellow students, maximize your Brock experience, and learn essential information easing the transition to university. This program takes place before Orientation week. Information can be found here: smartstart@brocku.ca or [Smart Start online booking](#)

Additional Resources

Brock Central (Registrar)

Student Self-Serve forms, Admissions information, Course Calendar, Live Chat
[Office of the Registrar](#)

Student Accounts and Financial Aid

Tuition Information, Due Dates, OSAP, Scholarships & Bursaries
[Student Accounts & Financial Aid](#)

Student Life and Success Centre

Learning Services, Tutoring, Faith and Life, Honour Societies, Drop in Support
[Student Life and Success](#)

Student Wellness & Accessibility Centre

Health Services, Counselling Services, Accessibility Services
[Student Wellness and Accessibility Centre](#)

Hadiya²dagénhahs First Nations, Métis and Inuit Student Centre

Academic Support, Gathering Place, Cultural Support
[Hadiya²dagénhahs First Nations, Métis and Inuit Student Centre](#)

Black Student Success Centre

Cultural support, mentorship & community support for African, Black, and Caribbean students
[Black Student Success Centre \(brocku.ca\)](#)

BUSU (Brock University Student Union)

Clubs, Bus Pass, Health & Dental Plan
[Home - BrockBUSU.ca](#)

Bookstore

Textbooks, Course Material, Technology, Brock Swag
[Home - Brock University Campus Store](#)

Health Services

[Student Health Services - 905 688 5550 x3243 - Student Wellness and Accessibility Centre](#)

Residence

On Campus living
[Residences at Brock](#)

Off Campus Housing

[Off-Campus Living - Student Life and Success](#)

Athletics & Recreation

Varsity Sports, Intramurals, Gyms, Certifications
[Brock University Athletics - Official Athletics Website \(gobadgers.ca\) Recreation](#)