

FALL 2026 KINESIOLOGY

COURSE ROOM/DELIVERY
Humber Lab/Room
Guelph Lab

Semester	Course Code	Course Name	Course Synonym	Section	Lecture Day	Lecture Start Time	Lecture End Time
KIN Sem 1	KIN 1010	Health & Wellness		01	Tuesday	8:00 AM	10:40 AM
				02	Tuesday	12:35 PM	3:15 PM
KIN Sem 1	KIN 1030	Human Anatomy I		0101	Thursday	9:50 AM	11:35 AM
					Tuesday	10:45 AM	11:35 AM
					Friday	10:00 AM	12:00 PM
				0202	Thursday	8:00 AM	9:45 AM
					Tuesday	11:40 AM	12:30 PM
					Friday	12:30 PM	2:30 PM
KIN Sem 1	SCMA1120	Cell Biology		0101	Wednesday	2:25 PM	4:10 PM
					Monday	9:50 AM	11:35 AM
					Wednesday	4:15 PM	6:00 PM
				0102	Wednesday	2:25 PM	4:10 PM
					Monday	9:50 AM	11:35 AM
					Wednesday	6:05 PM	7:50 PM
				0203	Wednesday	11:40 AM	1:25 PM
					Monday	8:00 AM	9:45 AM
					Thursday	8:00 AM	9:45 AM
				0204	Wednesday	11:40 AM	1:25 PM
					Monday	8:00 AM	9:45 AM
					Thursday	9:50 AM	11:35 AM
				0205	Wednesday	11:40 AM	1:25 PM
					Monday	8:00 AM	9:45 AM
					Thursday	11:40 AM	1:25 PM
KIN Sem 1	SCMA1500	Introductory Mathematics for Kinesiology		0101	Monday	11:40 AM	1:25 PM

					Thursday	11:40 AM	1:25 PM
				0202	Thursday	2:25 PM	4:10 PM
					Monday	2:25 PM	4:10 PM
		<b>*PRACTICUMS LISTED BELOW</b>					
Kin Sem 3	KIN 2060	Human Physiology II		01	Thursday	8:00 AM	10:40 AM
				02	Thursday	12:35 PM	3:15 PM
Kin Sem 3	KIN 2070	Biochemistry and Metabolism		0101	Wednesday	8:00 AM	9:45 AM
					Friday	8:00 AM	9:45 AM
					Wednesday	9:50 AM	11:35 AM
				0102	Wednesday	8:00 AM	9:45 AM
					Friday	8:00 AM	9:45 AM
					Friday	9:50 AM	11:35 AM
				0203	Wednesday	9:50 AM	11:35 AM
					Friday	9:50 AM	11:35 AM
					Wednesday	11:40 AM	1:25 PM
				0204	Wednesday	9:50 AM	11:35 AM
					Friday	9:50 AM	11:35 AM
					Friday	11:40 AM	1:25 PM
Kin Sem 3	KIN 2100	Fundamentals of Fitness Testing		0101	Tuesday	8:00 AM	8:50 AM
					Thursday	10:45 AM	12:30 PM
					Tuesday	9:50 AM	11:35 AM
				0102	Tuesday	8:00 AM	8:50 AM
					Thursday	10:45 AM	12:30 PM
					Tuesday	11:40 AM	1:25 PM
				0103	Tuesday	8:00 AM	8:50 AM
					Thursday	10:45 AM	12:30 PM
					Tuesday	1:30 PM	3:15 PM
				0204	Tuesday	8:55 AM	9:45 AM
					Thursday	1:30 PM	3:15 PM
					Tuesday	3:20 PM	5:05 PM
				0205	Tuesday	8:55 AM	9:45 AM
					Thursday	1:30 PM	3:15 PM

					Tuesday	5:10 PM	6:55 PM
Kin Sem 3	KIN 2200	Exercise Technique & Prescription		0101	Wednesday	1:30 PM	4:10 PM
					Monday	8:00 AM	9:45 AM
				0102	Wednesday	1:30 PM	4:10 PM
					Monday	9:50 AM	11:35 AM
				0103	Wednesday	1:30 PM	4:10 PM
					Monday	11:40 AM	1:25 PM
				0204	Friday	1:30 PM	4:10 PM
					Monday	1:30 PM	3:15 PM
				0205	Friday	1:30 PM	4:10 PM
					Monday	3:20 PM	5:05 PM
				0206	Friday	1:30 PM	4:10 PM
					Monday	5:10 PM	6:55 PM
		<b>*PRACTICUMS LISTED BELOW</b>					
KIN Sem 5	KIN 3010	Exercise Physiology		0101	Wednesday	11:40 AM	2:20 PM
					Monday	1:30 PM	3:15 PM
				0102	Wednesday	11:40 AM	2:20 PM
					Monday	1:30 PM	3:15 PM
				0103	Wednesday	11:40 AM	2:20 PM
					Monday	3:20 PM	5:05 PM
				0104	Wednesday	11:40 AM	2:20 PM
					Monday	3:20 PM	5:05 PM
				0205	Wednesday	8:00 AM	10:40 AM
					Monday	9:50 AM	11:35 AM
				0206	Wednesday	8:00 AM	10:40 AM
					Monday	11:40 AM	1:25 PM
				0207	Wednesday	8:00 AM	10:40 AM
					Monday	11:40 AM	1:25 PM
KIN Sem 5	KIN 3020	Injuries & Exercise Contraindication		01	Thursday	8:55 AM	10:40 AM
					Tuesday	8:55 AM	9:45 AM
				02	Thursday	11:40 AM	1:25 PM
					Tuesday	11:40 AM	12:30 PM



KIN Sem 7	KIN 3060	Human Development and Aging		01	Thursday	8:00 AM	10:40 AM
				02	Thursday	2:25 PM	5:05 PM
KIN Sem 7	KIN 3110	Advanced Fitness Assessment		0101	Wednesday	8:00 AM	9:45 AM
					Friday	8:00 AM	8:50 AM
					Wednesday	10:45 AM	12:30 PM
				0102	Wednesday	8:00 AM	9:45 AM
					Friday	8:00 AM	8:50 AM
					Wednesday	12:35 PM	2:20 PM
				0103	Wednesday	8:00 AM	9:45 AM
					Friday	8:00 AM	8:50 AM
					Wednesday	2:25 PM	4:10 PM
				0204	Wednesday	10:45 AM	12:30 PM
					Friday	8:55 AM	9:45 AM
					Wednesday	4:15 PM	6:00 PM
				0205	Wednesday	10:45 AM	12:30 PM
					Friday	8:55 AM	9:45 AM
					Wednesday	6:05 PM	7:50 PM
KIN Sem 7	KIN 3250	Natural Health Products and Physical Activity		01	Thursday	11:40 AM	2:20 PM
				02	Friday	9:50 AM	12:30 PM
KIN Sem 7	KIN 4030	Motor Learning and Neural Control		01	Thursday	8:00 AM	10:40 AM
				02	Thursday	2:25 PM	5:05 PM
		<b>TAKE ONE OF:</b>					
KIN Sem 7	KIN 3190	Field Placement II		01	Friday	12:35 PM	2:20 PM
KIN Sem 7	KIN 4300	Kinesiology Thesis I		01	Wednesday	12:35 PM	2:20 PM
KIN Sem 7	KIN 4310	Kinesiology Thesis II		01	Wednesday	12:35 PM	2:20 PM
		<b>*PRACTICUMS LISTED BELOW</b>					
KIN Sem 7	KIN 1210	Athletic Coaching Techniques		01	Tuesday	12:35 PM	2:20 PM
				02	Tuesday	2:25 PM	4:10 PM

KIN Sem 7	KIN 1240	Martial Arts for Group Fitness Training		01	Monday	8:00 AM	9:45 AM
				02	Monday	9:50 AM	11:35 AM
KIN Sem 7	KIN 1250	Stress Management, Meditation & Relaxation		01	Monday	11:40 AM	1:25 PM
				02	Monday	1:30 PM	3:15 PM
KIN Sem 7	KIN 1410	Therapeutic Exercise of Musculoskel		01	Thursday	12:35 PM	2:20 PM
				02	Thursday	3:20 PM	5:05 PM
KIN Sem 7	KIN 1470	Diversity in Health, Fitness and Sport		01	Wednesday	8:55 AM	10:40 AM
				02	Wednesday	11:40 AM	1:25 PM
KIN Sem 7	KIN 1490	Leadership and Entrepreneurship		01	Tuesday	2:25 PM	4:10 PM
KIN Sem 7	KIN 1510	Considerations for Healthy Aging		01	Tuesday	9:50 AM	11:35 AM