Kinesiology

You earn **2** credentials

Honours Bachelor of Applied Science in Kinesiology
from the University of Guelph

+

Diploma in Fitness & Health Promotion
from Humber Polytechnic

Please be aware that curriculum and course sequencing is subject to change. A program plan will be made available for enrolled students, and should be used for course sequencing and planning purposes.

Course descriptions are available at calendar.guelphhumber.ca.

UNIVERSITY OF
GUELPH
HUMBER

TORONTO, ON

program overview

Semester 1 / **Fall**

Course Code	Course Name
KIN*1010	Introduction to Health and Wellness
KIN*1030	Human Anatomu I
SCMA*1120	Cell Biology
SCMA*1500	Introduction Mathmatics for Kinesiology
	Optional Activity Practicum Course must complete 4 for degree requirements

Semester 2 / **Winter**

Course Code	Course Name
AHSS*1310	Health Counselling and Behaviour Change
KIN*1040	Human Anatomy II
KIN*1060	Human Physiology I
SCMA*1080	Introduction to Chemistry
	Optional Activity Practicum Course must complete 4 for degree requirements

Semester 3 / **Fall**

Course Code	Course Name
KIN*2060	Human Physiology II
KIN*2070	Biochemistry and Metabolism
KIN*2100	Fundamentals of Fitness Testing
KIN*2200	Exercise Techniques and Prescription
	Optional Activity Practicum Course must complete 4 for degree requirements

Semester 4 / **Winter**

Course Code	Course Name
KIN*2010	Health Promotion
KIN*2020	Fundamentals of Nutrition
KIN*2210	Advances Exercise Prescription
SCMA*	Research Methods for Kinesiology
	General Elective
	Optional Activity Practicum Course must complete 4 for degree requirements

Semester 5 / **Fall**

Course Code	Course Name
KIN*3010	Exercise Physiology
KIN*3020	Injuries and Exercise Contraindications
KIN*3100	Fitness and Lifestyle Assessment
SCMA*2080	Physics for Human Movement Science
SCMA*3080	Statistics for Kinesiology
	Optional Activity Practicum Course must complete 4 for degree requirements

Semester 6 / **Winter**

Course Code	Course Name
KIN*3030	Nutrition: Exercise and Metabolism
KIN*3090	Field Placement I
KIN*3200	Performance-Related Exercise
SCMA*3100	Biomechanics
	General Elective
	Optional Activity Practicum Course must complete 4 for degree requirements

Semester 7 / **Fall**

Course Code	Course Name
KIN*3060	Human Development and Aging
KIN*3110	Advanced Fitness Assessment
KIN*3250	Natural Health Products and Physical Activity
KIN*4030	Motor Learning and Neural Control
	Optional Activity Practicum Course must complete 4 for degree requirements

Choose One:	Only select ONE of the following courses
KIN*3190	Field Placement II
KIN*4300	Kinesiology Thesis I

Semester 8 / **Winter**

Course Code	Course Name
KIN*4050	Special Populations: Understanding Disease
KIN*4200	Exercise Prescription for Clinical Populations
	General Elective
	Optional Activity Practicum Course must complete 4 for degree requirements

Choose One:	Only select ONE of the following courses
KIN*4400	Independent Research Study in Kinesiology
KIN*4310	Kinesiology Thesis II

Choose One:	Only select ONE of the following courses
KIN*4040	Functional Anatomy
KIN*4070	Sports Nutrition
KIN*4150	Professional Skills for Kinesiologists

Practicum Course Options

The Practicum courses offered are subject to change each year/semester.

Course Code	Course Name
KIN*1210	Athletic Coaching Techniques
KIN*1220	Forensic Kinesiology
KIN*1230	Health and Wellness Coaching
KIN*1240	Martial Arts for Group Fitness Training
KIN*1250	Stress Management, Meditation and Relaxation
KIN*1310	Group Strength and Athletic Training
KIN*1320	Step, Stability Ball and BOSU Ball Training
KIN*1330	Traditional Group Exercise and Group Cycle Training
KIN*1340	Flexibility, Yoga and Pilates Training
KIN*1350	Athletic Bandaging and Taping Techniques
KIN*1410	Therapeutic Exercise of Musculoskeletal Disorders
KIN*1430	Functional Ability Evaluation
KIN*1440	Ergonomic Assessment and Physical Demands Analysis
KIN*1470	Diversity in Health, Fitness and Sport
KIN*1480	Orthopedic Assessment and Return to Play
KIN*1490	Leadership and Entrepreneurship
KIN*1500	Digitizing Health and Society
KIN*1510	Considerations for Healthy Aging