

WINTER 2026 KINESIOLOGY

COURSE ROOM/DELIVERY

Humber Lab/Room

Guelph Lab

Alternate

Semester	Course Code	Course Name	Course Synonym	Section	Lecture Day	Lecture Start Time	Lecture End Time
KIN Sem 2	AHSS1310	Health Counselling & Behaviour Change	0393	01	Monday	8:55 AM	11:35 AM
			0394	02	Monday	3:20 PM	6:00 PM
KIN Sem 2	KIN 1040	Human Anatomy II	0645	0101	Tuesday	10:45 AM	12:30 PM
					Thursday	9:50 AM	10:40 AM
					Friday	9:30 AM	11:20 AM
			0646	0202	Tuesday	2:25 PM	4:10 PM
					Thursday	12:35 PM	1:25 PM
					Friday	11:40 AM	1:30 PM
KIN Sem 2	KIN 1060	Human Physiology I	0647	01	Monday	12:35 PM	3:15 PM
KIN Sem 2	SCMA1080	Introduction to Chemistry	0761	0101	Tuesday	12:35 PM	2:20 PM
					Thursday	8:00 AM	9:45 AM
					Tuesday	6:05 PM	7:50 PM
			0762	0102	Tuesday	12:35 PM	2:20 PM
					Thursday	8:00 AM	9:45 AM
					Tuesday	6:05 PM	7:50 PM
			0763	0203	Tuesday	4:15 PM	6:00 PM
					Thursday	10:45 AM	12:30 PM
					Tuesday	7:55 PM	9:40 PM
			0764	0204	Tuesday	4:15 PM	6:00 PM
					Thursday	10:45 AM	12:30 PM

					Tuesday	7:55 PM	9:40 PM
		*PRACTICUMS LISTED BELOW					
KIN Sem 4	KIN 2010	Health Promotion	0660	01	Tuesday	8:55 AM	9:45 AM
					Thursday	10:45 AM	12:30 PM
KIN Sem 4	KIN 2020	Fundamentals of Nutrition: Pharmacology and Toxicology	0661	01	Monday	11:40 AM	1:25 PM
					Tuesday	9:50 AM	10:40 AM
KIN Sem 4	KIN 2210	Advanced Exercise Prescription	0664	0101	Thursday	1:30 PM	4:10 PM
					Monday	3:20 PM	5:05 PM
			0665	0102	Thursday	1:30 PM	4:10 PM
					Monday	5:10 PM	6:55 PM
			0666	0103	Thursday	1:30 PM	4:10 PM
					Monday	1:30 PM	3:15 PM
			0667	0104	Thursday	1:30 PM	4:10 PM
					Tuesday	1:30 PM	3:15 PM
			0668	0105	Thursday	1:30 PM	4:10 PM
					Tuesday	3:20 PM	5:05 PM
			0669	0106	Thursday	1:30 PM	4:10 PM
					Tuesday	5:10 PM	6:55 PM
KIN Sem 4	SCMA2110	Research Methods for Kinesiology	0769	01	Wednesday	9:50 AM	12:30 PM
		*ELECTIVE					
		*PRACTICUMS LISTED BELOW					
KIN Sem 6	KIN 2070	Biochemistry & Metabolism II	0662	0101	Tuesday	10:45 AM	12:30 PM
					Thursday	3:20 PM	5:05 PM
					Tuesday	1:30 PM	3:15 PM
			0663	0102	Tuesday	10:45 AM	12:30 PM

					Thursday	3:20 PM	5:05 PM
					Tuesday	3:20 PM	5:05 PM
KIN Sem 6	KIN 3030	Nutrition: Exercise & Metabolism	0670	01	Friday	10:45 AM	1:25 PM
KIN Sem 6	KIN 3090	Field Placement I	0671	01	Wednesday	11:40 AM	1:25 PM
					Monday	8:00 AM	5:00 PM
			0672	02	Wednesday	1:30 PM	3:15 PM
					Monday	8:00 AM	5:00 PM
KIN Sem 6	KIN 3200	Performance-Related Exercise	0673	0101	Thursday	8:00 AM	10:40 AM
					Thursday	1:30 PM	3:15 PM
			0674	0102	Thursday	8:00 AM	10:40 AM
					Thursday	3:20 PM	5:05 PM
			0675	0103	Thursday	8:00 AM	10:40 AM
					Thursday	5:10 PM	6:55 PM
			0676	0204	Thursday	12:35 PM	3:15 PM
					Wednesday	1:30 PM	3:15 PM
			0677	0205	Thursday	12:35 PM	3:15 PM
					Wednesday	3:20 PM	5:05 PM
			0678	0206	Thursday	12:35 PM	3:15 PM
					Wednesday	5:10 PM	6:55 PM
			0679	0207	Thursday	12:35 PM	3:15 PM
					Thursday	7:00 PM	8:45 PM
KIN Sem 6	SCMA3100	Biomechanics	0770	0101	Wednesday	8:00 AM	9:45 AM
					Friday	8:55 AM	10:40 AM
					Wednesday	11:40 AM	1:25 PM
			0771	0102	Wednesday	8:00 AM	9:45 AM
					Friday	8:55 AM	10:40 AM
					Wednesday	11:40 AM	1:25 PM
			0772	0103	Wednesday	8:00 AM	9:45 AM

					Friday	8:55 AM	10:40 AM
					Wednesday	3:20 PM	5:05 PM
			0773	0104	Wednesday	8:00 AM	9:45 AM
					Friday	8:55 AM	10:40 AM
					Wednesday	3:20 PM	5:05 PM
			0774	0205	Wednesday	9:50 AM	11:35 AM
					Friday	1:30 PM	3:15 PM
					Wednesday	1:30 PM	3:15 PM
			0775	0206	Wednesday	9:50 AM	11:35 AM
					Friday	1:30 PM	3:15 PM
					Wednesday	1:30 PM	3:15 PM
			0776	0207	Wednesday	9:50 AM	11:35 AM
					Friday	1:30 PM	3:15 PM
					Wednesday	5:10 PM	6:55 PM
			0777	0208	Wednesday	9:50 AM	11:35 AM
					Friday	1:30 PM	3:15 PM
					Wednesday	5:10 PM	6:55 PM
		*ELECTIVE					
		*PRACTICUMS LISTED BELOW					
KIN Sem 8	KIN 4050	Special Populations: Understanding	0681	01	Tuesday	10:45 AM	1:25 PM
KIN Sem 8	KIN 4200	Exercise Prescription for Clinical Populations	0684	0101	Wednesday	1:30 PM	4:10 PM
					Tuesday	1:30 PM	3:15 PM
			0685	0102	Wednesday	1:30 PM	4:10 PM
					Tuesday	3:20 PM	5:05 PM
			0686	0103	Wednesday	1:30 PM	4:10 PM
					Tuesday	5:10 PM	6:55 PM
			0687	0104	Wednesday	1:30 PM	4:10 PM
					Thursday	3:20 PM	5:05 PM
			0688	0105	Wednesday	1:30 PM	4:10 PM

					Thursday	5:10 PM	6:55 PM
			0689	0106	Wednesday	1:30 PM	4:10 PM
					Thursday	7:00 PM	8:45 PM
		CHOOSE ONE OF:					
KIN Sem 8	KIN 4310	Kinesiology Thesis II	0690	01	Wednesday	9:50 AM	11:35 AM
		OR					
KIN Sem 8	KIN 4400	Independent Research Study in Kinesiology	0691	01	Wednesday	11:40 AM	1:25 PM
		CHOOSE ONE OF:					
KIN Sem 2	KIN 4040	Functional Anatomy	0680	0101	Tuesday	8:00 AM	10:40 AM
					Friday	2:10 PM	4:00 PM
		OR					
KIN Sem 2	KIN 4070	Sports Nutrition	0682	01	Thursday	3:20 PM	6:00 PM
		OR					
KIN Sem 2	KIN 4150	Professional Skills for Kinesiology	0683	0101	Thursday	1:30 PM	3:15 PM
			0684		Tuesday	3:20 PM	4:10 PM
			0683		Tuesday	4:15 PM	5:05 PM
		*ELECTIVE					
		*PRACTICUMS LISTED BELOW					
Practicum	KIN 1230	Health and Wellness Coaching	0648	01	Wednesday	9:50 AM	11:35 AM
Practicum	KIN 1330	Traditional Group Exercise	0650	01	Thursday	10:45 AM	12:30 PM
			0651	02	Thursday	1:30 PM	3:15 PM
Practicum	KIN 1350	Athletic Bandaging and Taping Techniques	0652	01	Tuesday	4:15 PM	6:00 PM
			0653	02	Tuesday	6:05 PM	7:50 PM
Practicum	KIN 1430	Functional Ability Evaluation	0654	01	Wednesday	9:50 AM	11:35 AM
			0655	02	Wednesday	8:00 AM	9:45 AM
Practicum	KIN*1480	Orthopedic Assessment and Return to Play	0656	01	Wednesday	4:15 PM	6:00 PM
			0657	02	Wednesday	6:05 PM	7:50 PM
Practicum	KIN*1500	Digitizing Health and Society	0658	01	Thursday	10:45 AM	12:30 PM
			0659	02	Thursday	1:30 PM	3:15 PM