

FREQUENTLY ASKED QUESTIONS

What courses do I need to complete in order to graduate?

You must complete 20.0 credits including:

- 23 required core kinesiology courses
- 3 general electives courses

What electives should I take?

Choose your general electives in subjects that interest you, from the published “Electives” list, under “Course Schedules.” It is expected that most students in the program will use their general elective courses to develop knowledge in an area of special interest. Most likely, electives offered in the Fall will differ from electives offered in the Winter semester. A schedule will be available before course selection.

Can I take a Kinesiology course as an elective?

No. General Electives are designed to give students depth and breadth in their studies and provide an opportunity for Kinesiology students to take courses with Guelph-Humber students in other programs.

Am I required to take my electives at the University of Guelph-Humber?

Letters of Permission may be available in order for you to take electives at another university. Please see your Academic Advisor.

Is there a Field Placement in the Kinesiology Program?

Yes. In your third and fourth years you will complete two industry field placements which will provide you with valuable real-life experiences and networking opportunities to prepare you for a career in the health and fitness industry or in a clinical/rehabilitation setting.

I am a transfer student. How do I know which courses to select?

Please review the University of Guelph-Humber Academic Calendar to review your schedule of studies. www.guelphhumber.ca (under “Quick Links”)

Where can I go for more information?

Visit your Academic Advisor, **Lalita Manku** in GH 108 (Student Services office), or call 416.798.1331 ext. 6288 to book an appointment or contact advisors@guelphhumber.ca

Visit the Learning Support Peers (LSPs) in the Learning Commons area throughout the Fall and Winter semesters. You can also email the LSPs at lsp@guelphhumber.ca.

NOTE: This program plan has been designed to assist you with course selection and program planning. In the case of any discrepancies between this document and the approved Schedule of Studies, the Schedule of Studies (as found in the Academic Calendar at www.guelphhumber.ca, under “Quick Links”), will serve as the official record.

| SEMESTER | COURSE CODE | COURSE TITLE | PREREQUISITES | CREDIT |
|---------------------------------------|-------------|--|---|--------|
| Semester Summer Bridge | KIN*1070 | Biochemistry and Metabolism I | SCMA*1120 | 0.5 |
| | SCMA*1500 | Introductory Mathematics for Kinesiology | | 0.5 |
| | KIN*1040 | Human Anatomy II | KIN*1030 | 0.5 |
| | SCMA*1120 | Cell Biology | | 0.5 |
| | KIN*2060 | Human Physiology II | KIN*1060 | 0.5 |
| | | General Elective | | 0.5 |
| Semester 5 Fall | KIN*3010 | Exercise Physiology | KIN*2060 | 0.75 |
| | KIN*3020 | Injuries and Exercise Contraindication | KIN*1040, KIN*2200 | 0.5 |
| | SCMA*2070 | Statistics and Research Concepts | SCMA*1500 | 0.75 |
| | SCMA*2080 | Mathematics and Biophysics | SCMA*1500 | 0.5 |
| | | General Elective | | 0.5 |
| Semester 6 Winter | KIN*3030 | Nutrition: Exercise and Metabolism | KIN*2020, KIN*2060, KIN*3010 | 0.5 |
| | KIN*3090 | Field Placement I | KIN*3100 & minimum cumulative average of 60% | 1.00 |
| | KIN*3200 | Performance-Related Exercise | KIN*2210, KIN*3010 | 0.5 |
| | KIN*2070 | Biochemistry and Metabolism II | KIN*1070 | 0.5 |
| | SCMA 3100 | Biomechanics | KIN*1040, SCMA*2080 | 0.5 |

| | | | | |
|------------------------------|------------------------------------|---|--|------|
| Semester 7 Fall | KIN*3060 | Human Development and Aging | KIN*3010, KIN*3030 co-requisite KIN*3250 | 0.5 |
| | KIN*3110 | Advanced Fitness Assessment | AHSS*1310, KIN*3100, KIN*3200 | 0.5 |
| | KIN*3190 OR KIN*4300 | Field Placement II OR Kinesiology Thesis I | KIN*3090 & minimum cumulative average of 60% -- KIN*3090, [SCMA*2070 or (SCMA*2110, SCMA*3080)] & minimum cumulative average of 70% | 1.00 |
| | KIN*3250 | Natural Health Products and Physical Activity | KIN*2060, KIN*3030 | 0.5 |
| | KIN*4030 | Motor Learning and Neural Control | KIN*1040, KIN*2060 | 0.5 |
| Semester 8 Winter | KIN*4050 | Special Populations: Understanding Disease | KIN*3060, KIN*3250 | 0.5 |
| | KIN*4100 | Fitness Assessment for Clinical Populations | AHSS*1310, KIN*2020, KIN*3110 | 0.5 |
| | KIN*4200 | Exercise Prescription for Clinical Populations | KIN*3200 | 0.5 |
| | KIN*4400 OR KIN*4310 | Independent Research Study in Kinesiology OR Kinesiology Thesis II | 10.00 credits including SCMA*2070 or (SCMA*2110, SCMA*3080) -- KIN*4300 & minimum cumulative average of 70% | 1.00 |
| | | General Elective | | 0.5 |

Optional Activity Practicum Courses*

Group Exercise Activity Practicum Courses

KIN*1310 [0.00] Group Strength and Athletic Training KIN*1320

[0.00] Step, Stability Ball and BOSU Ball Training

KIN*1330 [0.00] Traditional Group Exercise and Group Cycle Training KIN*1340 [0.00]

Flexibility, Yoga and Pilates Training

Clinical Activity Practicum Courses

KIN*1350 [0.00] Athletic Bandaging and Taping Techniques KIN*1410 [0.00]

Therapeutic Exercise for Musculoskeletal Disorders

KIN*1420 [0.00] Therapeutic Exercise for Special Populations (prerequisite 7.50 credits) KIN*1430 [0.00]

Functional Ability Evaluation (prerequisite 7.50 credits)

KIN*1440 [0.00] Ergonomic Assessment and Physical Demands Analysis (prerequisite 7.50 credits) KIN*1450

[0.00] Occupational Health and Safety

KIN*1460 [0.00] Exercise Prescription for Older Adults

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