

**Program**

**Information &**

**Planning Sheet**

**Kinesiology**

**2012-2013**

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

You must complete 20.0 credits including:

* 33 required core kinesiology courses
* 3 general electives courses
* You must also complete a total of two non-credit activity practicum courses.

**What electives should I take?**

Choose your general electives in subjects that interest you. It is expected that most students in the program will use their general elective courses to develop knowledge in an area of special interest. 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 Program Advisor.

**Is there 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?**

Transfer Students should use this document along with their official credit assessment to determine which courses they have been granted and which courses they need to take. Transfer Students should meet with their Program Advisor to confirm the schedule they have developed in advance of the course selection dates.

**Where can I go for more information?**

Visit your Program Advisor, Cheryl Nicholas in GH 108. Call 416.798.1331 ext. 6288 to make an appointment or e-mail cheryl.nicholas@guelphhumber.ca. Visit the Learning Support Peers (LSPs) in the Learning Commons. You can also e-mail them 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 Undergraduate Calendar at www.guelphhumber.ca/calendar), will serve as the official record.**

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| **SEMESTER** | **COURSE CODE** | **COURSE TITLE** | **PREREQUISITES** | **CREDIT** |
| **Semester 1**  **Fall** | [KIN\*1010](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1010) | Introduction to Health and Wellness |  | 0.5 |
| [KIN\*1030](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1030) | Human Anatomy I |  | 0.5 |
| [SCMA\*1120](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11scma.shtml#SCMA1120) | Cell Biology |  | 0.5 |
| SCMA 1500 | Introductory Mathematics for Kinesiology |  | 0.5 |
| **Semester 2**  **Winter** | [AHSS\*1310](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11ahss.shtml#AHSS1310) | Health Counselling and Behaviour Change | [KIN\*1010](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1010) | 0.5 |
| [KIN\*1060](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1060) | Human Physiology I | [SCMA\*1120](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11scma.shtml#SCMA1120) | 0.5 |
| [KIN\*1070](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1070) | Biochemistry and Metabolism I | [SCMA\*1120](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11scma.shtml#SCMA1120) | 0.5 |
| [KIN\*1040](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1040) | Human Anatomy II | [KIN\*1030](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1030) | 0.5 |
| [Various](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1040) | One 0.00 credit practicum course |  | 0.0 |
| **Semester 3**  **Fall** | [KIN\*2060](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2060) | Human Physiology II | [KIN\*1060](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1060) | 0.5 |
| [KIN\*2070](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2070) | Biochemistry and Metabolism II | [KIN\*1070](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1070) | 0.5 |
| [KIN\*2100](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2100) | Fitness/Lifestyle Assessment I | [KIN\*1010](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1010), [KIN\*1040](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1040), [KIN\*1060](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1060) | 0.5 |
| [KIN\*2200](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2200) | Exercise Prescription I | [KIN\*1040](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1040) | 0.5 |
| **Semester 4**  **Winter** | [KIN\*2010](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2010) | Health Promotion | [AHSS\*1310](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11ahss.shtml#AHSS1310), [KIN\*1010](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1010) | 0.5 |
| [KIN\*2020](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2020) | Fundamentals of Nutrition: Pharmacology and Toxicology | [KIN\*2060](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2060), [KIN\*2070](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2070) | 0.5 |
| [KIN\*2210](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2210) | Exercise Prescription II | [KIN\*2200](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2200) | 0.5 |
| Various | General Elective | As per course requirement | 0.5 |
| Various | One 0.00 credit practicum course |  | **0.0** |

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| **SEMESTER** | **COURSE CODE** | **COURSE TITLE** | **PREREQUISITES** | **CREDIT** |
| **Semester 5**  **Fall** | [KIN\*3010](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3010) | Exercise Physiology | [KIN\*2060](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2060) | 0.75 |
| [KIN\*3020](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3020) | Injuries and Exercise Contraindication | [KIN\*1040](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1040), [KIN\*2200](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2200) | 0.5 |
| [KIN\*3100](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3100) | Fitness/Lifestyle Assessment II | [AHSS\*1310](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11ahss.shtml#AHSS1310), [KIN\*2020](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2020), [KIN\*2060](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2060), [KIN\*2100](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2100), [KIN\*2210](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2210) | 0.5 |
| [SCMA\*2070](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11scma.shtml#SCMA2070) | Statistics and Research Concepts |  | 0.75 |
| [SCMA\*2080](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11scma.shtml#SCMA2080) | Mathematics and Biophysics |  | 0.5 |
| **Semester 6**  **Winter** | [KIN\*3030](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3030) | Nutrition: Exercise and Metabolism | [KIN\*2020](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2020), [KIN\*2060](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2060) | 0.5 |
| [KIN\*3090](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3090) | Field Placement I | [KIN\*2210](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2210), [KIN\*3100](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3100) | 1.00 |
| [KIN\*3200](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3200) | Exercise Prescription III | [KIN\*2210](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2210) | 0.5 |
| [SCMA\*3100](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11scma.shtml#SCMA3100) | Biomechanics |  | 0.5 |
| Various | General Elective | As per course requirement | 0.5 |
| Various | One 0.00 credit practicum course |  | 0.0 |
| **Semester 7**  **Fall** | [KIN\*3060](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3060) | Human Development and Aging | [KIN\*3010](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3010), [KIN\*3030](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3030) | 0.5 |
| [KIN\*3110](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3110) | Fitness/Lifestyle Assessment III | [AHSS\*1310](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11ahss.shtml#AHSS1310), [KIN\*3100](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3100), [KIN\*3200](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3200) | 0.5 |
| [KIN\*3190](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3190) | Field Placement II | [KIN\*3090](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3090) | 1.00 |
| [KIN\*3250](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3250) | Natural Health Products and Physical Activity | [KIN\*2060](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2060), [KIN\*3030](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3030) | 0.5 |
| [KIN\*4030](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN4030) | Motor Learning and Neural Control | [KIN\*1040](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN1040), [KIN\*2060](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2060) | **0.5** |
| **Semester 8**  **Winter** | [KIN\*4050](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN4050) | Special Populations: Nutrition and Exercise | [KIN\*3060](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3060), [KIN\*3250](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3250) | 0.5 |
| [KIN\*4100](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN4100) | Fitness/Lifestyle Assessment IV | [AHSS\*1310](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11ahss.shtml#AHSS1310), [KIN\*3110](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3110), [KIN\*2020](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN2020) | 0.5 |
| [KIN\*4200](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN4200) | Exercise Prescription IV: Chronic Diseases and Exercise | [KIN\*3200](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN3200) | 0.5 |
| [KIN\*4400](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11kin.shtml#KIN4400) | Independent Research Study in Kinesiology | 10.00 credits including [SCMA\*2070](http://www.uoguelph.ca/registrar/calendars/guelphhumber/current/c11/c11scma.shtml#SCMA2070) | 1.00 |
| Various | General Elective | As per course requirement | 0.5 |
| Various | One 0.00 credit practicum course |  | 0.0 |

**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\*1410 [0.00] Therapeutic Exercise of Musculoskeletal Disorders

KIN\*1420 [0.00] Therapeutic Exercise for Special Populations

KIN\*1430 [0.00] Functional Ability Evaluation  
KIN\*1440 [0.00] Ergonomic Assessment and Physical Demands

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