

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 Academic 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 Academic Advisor to confirm the schedule they have developed in advance of the course selection dates.

Where can I go for more information?

Visit your Academic Advisor, Lalita Manku in GH 108. Call 416.798.1331 ext.6288 to make an appointment or e-mail advisors@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.

SEMESTER	COURSE CODE	COURSE TITLE	PREREQUISITES	CREDIT
Semester 1 Fall	KIN*1010	Introduction to Health and Wellness		0.5
	KIN*1030	Human Anatomy I		0.5
	SCMA*1120	Cell Biology		0.5
	SCMA 1500	Introductory Mathematics for Kinesiology		0.5
Semester 2 Winter	AHSS*1310	Health Counselling and Behaviour Change	KIN*1010	0.5
	KIN*1060	Human Physiology I	SCMA*1120	0.5
	KIN*1070	Biochemistry and Metabolism I	SCMA*1120	0.5
	KIN*1040	Human Anatomy II	KIN*1030	0.5
	Various	One 0.00 credit practicum course		0.0
Semester 3 Fall	KIN*2060	Human Physiology II	KIN*1060	0.5
	KIN*2070	Biochemistry and Metabolism II	KIN*1070	0.5
	KIN*2100	Fitness/Lifestyle Assessment I	KIN*1010, KIN*1040, KIN*1060	0.5
	KIN*2200	Exercise Prescription I	KIN*1040	0.5
Semester 4 Winter	KIN*2010	Health Promotion	AHSS*1310, KIN*1010	0.5
	KIN*2020	Fundamentals of Nutrition: Pharmacology and Toxicology	KIN*2060, KIN*2070	0.5
	KIN*2210	Exercise Prescription II	KIN*2200	0.5
	Various	General Elective	As per course requirement	0.5
	Various	One 0.00 credit practicum course		0.0

SEMESTER	COURSE CODE	COURSE TITLE	PREREQUISITES	CREDIT
Semester 5 Fall	KIN*3010	Exercise Physiology	KIN*2060	0.75
	KIN*3020	Injuries and Exercise Contraindication	KIN*1040, KIN*2200	0.5
	KIN*3100	Fitness/Lifestyle Assessment II	AHSS*1310, KIN*2020, KIN*2060, KIN*2100,	0.5
	SCMA*2070	Statistics and Research Concepts	SCMA 1500	0.75
	SCMA*2080	Mathematics and Biophysics	SCMA 1500	0.5
Semester 6 Winter	KIN*3030	Nutrition: Exercise and Metabolism	KIN*2020, KIN*2060	0.5
	KIN*3090	Field Placement I	KIN*2210, KIN*3100	1.00
	KIN*3200	Exercise Prescription III	KIN*2210	0.5
	SCMA*3100	Biomechanics	KIN 1040 SCMA 2080	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	Human Development and Aging	KIN*3010, KIN*3030	0.5
	KIN*3110	Fitness/Lifestyle Assessment III	AHSS*1310, KIN*3100, KIN*3200	0.5
	KIN*3190	Field Placement II	KIN*3090	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: Nutrition and Exercise	KIN*3060, KIN*3250	0.5
	KIN*4100	Fitness/Lifestyle Assessment IV	AHSS*1310, KIN*3110, KIN*2020	0.5
	KIN*4200	Exercise Prescription IV: Chronic Diseases and Exercise	KIN*3200	0.5
	KIN*4400	Independent Research Study in Kinesiology	10.00 credits including SCMA*2070	1.00
	Various	General Elective	As per course requirement	0.5

	Various	One 0.00 credit practicum course		0.0
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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 for Musculoskeletal Disorders
- 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