

## Frequently Asked Questions

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

You must complete 20.0 credits including:

- 24 required core kinesiology courses
- 3 general electives courses
- 2 non-credit (0.00) practicum courses\*

\*these 2 practicum courses are to be taken in addition to the 2 given as transfer courses, for a total of 4 practicums

### 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. Electives are also offered in the Summer. 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 one - 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.

### Is there research in the Kinesiology Program?

Yes. In your fourth year you will have the option to complete a two-semester thesis.

### 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. Please review the University of Guelph-Humber Academic Calendar to review your schedule of studies. [www.guelphhumber.ca](http://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](mailto: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](mailto: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](http://www.guelphhumber.ca), under "Quick Links"), will serve as the official record.

SEMESTER	COURSE CODE	COURSE TITLE	PREREQUISITES	CREDIT
<b>Semester Summer Bridge</b>	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
	SCMA*2110	Research Methods for Kinesiology	5.0 credits; restrictions: SCMA*2070	0.5
		General Elective		0.5
<b>Semester 5 Fall</b>	KIN*3010	Exercise Physiology	KIN*2060	0.5
	KIN*3020	Injuries and Exercise Contraindication	KIN*1040, KIN*2200	0.5
	SCMA*3080	Statistics for Kinesiology	SCMA*1500, SCMA*2110; restrictions: SCMA*2070	0.5
	SCMA*2080	Mathematics and Biophysics	SCMA*1500	0.5
		General Elective		0.5
	Various	*Option to take 0.00 Credit Practicum Course (required to complete 2 for degree requirements – see KIN Program Schedule)		0.0

<b>Semester 6 Winter</b>	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
	Various	*Option to take 0.00 Credit Practicum Course (required to complete 2 for degree requirements – see KIN Program Schedule)		0.0
<b>Semester 7 Fall</b>	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
	One of: 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
	Various	*Option to take 0.00 Credit Practicum Course (required to complete 2 for degree requirements – see KIN Program Schedule)		0.0

Semester 8 Winter	KIN*4050	Special Populations: Understanding Disease	KIN*3060, KIN*3250	0.5
	KIN*4200	Exercise Prescription for Clinical Populations	KIN*3200	0.5
	One of: 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
	One of: KIN*4070  OR  KIN*4040  OR  KIN*4150	Sports Nutrition  OR  Functional Anatomy  OR  Professional Skills for Kinesiologists	KIN*3030, KIN*3110  --  KIN*1040, SCMA*3100  -- KIN*3020, KIN*3110, KIN*4030	0.5
		General Elective		0.5
	Various	*Option to take 0.00 Credit Practicum Course (required to complete 2 for degree requirements – see KIN Program Schedule)		0.0

## **Optional Practicum Courses**<sup>^</sup>

KIN\*1210 [0.00] Athletic Coaching Techniques  
KIN\*1220 [0.00] Forensic Kinesiology (prerequisite 5.0 credits)  
KIN\*1230 [0.00] Health Behaviour Change Techniques (prerequisite 5.0 credits)  
KIN\*1240 [0.00] Martial Arts for Group Fitness Training  
KIN\*1250 [0.00] Stress management, Meditation and Relaxation  
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  
KIN\*1350 [0.00] Athletic Bandaging and Taping Techniques  
KIN\*1410 [0.00] Therapeutic Exercise for Musculoskeletal Disorders  
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)

*<sup>^</sup>The Practicum courses offered are subject to change each year/semester.*