

## Frequently Asked Questions

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

You must complete 20.0 credits including:

- 34 required core kinesiology courses
- 3 general electives courses
- 4 non-credit (0.00) practicum 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. 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 to 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. 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, **Kelsey Orlando** 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 1</b> <b>Fall</b>	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
	Various	*Option to take 0.00 Credit Activity Practicum Course (required to complete 4 for degree requirements - see KIN Program Schedule)		0.0
<b>Semester 2</b> <b>Winter</b>	AHSS*1310	Health Counselling and Behaviour Change		0.5
	KIN*1060	Human Physiology I		0.5
	KIN*1070	Biochemistry and Metabolism I	SCMA*1120	0.5
	KIN*1040	Human Anatomy II	KIN*1030	0.5
	Various	*Option to take 0.00 Credit Activity Practicum Course (required to complete 4 for degree requirements - see KIN Program Schedule)		0.0
<b>Semester 3</b> <b>Fall</b>	KIN*2060	Human Physiology II	KIN*1060	0.5
	KIN*2070	Biochemistry and Metabolism II	KIN*1070	0.5
	KIN*2100	Fundamentals of Fitness Testing	KIN*1010, KIN*1040, KIN*1060	0.5
	KIN*2200	Exercise Techniques and Prescription	KIN*1040, KIN*1060	0.5
	Various	*Option to take 0.00 Credit Activity Practicum Course (required to complete 4 for degree requirements - see KIN Program Schedule)		0.0

SEMESTER	COURSE CODE	COURSE TITLE	PREREQUISITES	CREDIT
<b>Semester 4</b> <b>Winter</b>	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	Advanced Exercise Prescription	KIN*2060, KIN*2200	0.5
	SCMA*2110	Research Methods for Kinesiology	0.5 credits	0.5
	Various	General Elective		0.5
	Various	*Option to take 0.00 Credit Activity Practicum Course (required to complete 4 for degree requirements - see KIN Program Schedule)		0.0
<b>Semester 5</b> <b>Fall</b>	KIN*3010	Exercise Physiology	KIN*2060	0.5
	KIN*3020	Injuries and Exercise Contraindications	KIN*1040, KIN*2200	0.5
	KIN*3100	Fitness and Lifestyle Assessment	AHSS*1310, KIN*2020, KIN*2060, KIN*2100, KIN*2210; co-requisite: KIN*3010	0.5
	SCMA*2080	Mathematics and Biophysics	SCMA*1500	0.5
	SCMA*3080	Statistics for Kinesiology	SCMA*1500, SCMA*2110	0.5
	Various	*Option to take 0.00 Credit Activity Practicum Course (required to complete 4 for degree requirements - see KIN Program Schedule)		0.0

SEMESTER	COURSE CODE	COURSE TITLE	PREREQUISITES	CREDIT
<b>Semester 6</b>  <b>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 60%	1.00
	KIN*3200	Performance-Related Exercise	KIN*2210, KIN*3010	0.5
	SCMA*3100	Biomechanics	KIN*1040, SCMA*2080	0.5
	Various	General Elective		0.5
	Various	*Option to take 0.00 Credit Activity Practicum Course (required to complete 4 for degree requirements - see KIN Program Schedule)		0.0
<b>Semester 7</b>  <b>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	Field Placement II	KIN*3090; minimum cumulative average 60%	1.00
	OR KIN*4300	OR Kinesiology Thesis I	-- KIN*3090, SCMA*2110, SCMA*3080 & minimum cumulative average of 70%	
	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 Activity Practicum Course (required to complete 4 for degree requirements - see KIN Program Schedule)		0.0

SEMESTER	COURSE CODE	COURSE TITLE	PREREQUISITES	CREDIT
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*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
	Various	General Elective		0.5
	Various	*Option to take 0.00 Credit Activity Practicum Course (required to complete 4 for degree requirements - see KIN Program Schedule)		0.0

## **Practicum Course Options\***

KIN\*1210 [0.00] Athletic Coaching Techniques  
KIN\*1220 [0.00] Forensic Kinesiology (prerequisite: 5.00 credits)  
KIN\*1230 [0.00] Health and Wellness Coaching (prerequisite: AHSS\*1310)  
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 of 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)  
KIN\*1470 [0.00] Diversity in Health, Fitness and Sport (prerequisite: 4.00 credits)  
KIN\*1480 [0.00] Orthopedic Assessment and Return to Play (prerequisite: 4.00 credits)  
KIN\*1490 [0.00] Leadership and Entrepreneurship  
KIN\*1500 [0.00] Digitizing Health and Society  
KIN\*1510 [0.00] Considerations for Healthy Aging (prerequisite: KIN\*1010)

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