

## Future Students' Program Outline: Kinesiology Transfer (Bridge)

As a transfer student, complete your degree in two and a half calendar years. All Kinesiology transfer students begin in May (spring) with six courses during the bridge semester—three courses May/June and three courses July/August—then transition into the third year of the four-year program in the fall. To transfer into this program you must have a recognized diploma (see admission requirements).

Please note that curriculum and course sequencing is subject to change. A program plan will be made available for enrolled students, and should be used for course sequencing and planning purposes.

Semester	Course Title
1 (S)	Biochemistry and Metabolism I
	Human Anatomy II*
	Cell Biology
	Introductory Mathematics for Kinesiology
	Human Physiology II
	Research Methods for Kinesiology
	General Elective**
2 (F)	Exercise Physiology
	Injuries and Exercise Contraindications
	Mathematics and Biophysics
	Statistics for Kinesiology
	General Elective
	Optional Practicum Course (see below)
3 (W)	Nutrition: Exercise and Metabolism
	Field Placement I
	Performance-Related Exercise
	Biomechanics
	Biochemistry and Metabolism II
	Optional Practicum Course (see below)

4 (F)	Human Development and Aging
	Advanced Fitness Assessment
	Natural Health Products and Physical Activity
	Motor Learning and Neural Control
	Optional Practicum Course (see below)
	<b>One of:</b>
	Field Placement II
	Kinesiology Thesis I
5 (W)	Special Populations: Understanding Disease
	Exercise Prescription for Clinical Populations
	General Elective
	Optional Practicum Course (see below)
	<b>One of:</b>
	Independent Research Study in Kinesiology
	Kinesiology Thesis II
	<b>One of:</b>
	Sports Nutrition
	Functional Anatomy*
	Professional Skills for Kinesiologists

### Credit Practicum Courses

Students must complete 2 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:

- > [Athletic Coaching Techniques](#)
- > [Forensic Kinesiology](#)
- > [Health Behaviour Change Techniques](#)
- > [Martial Arts for Group Fitness Training](#)
- > [Stress Management, Mediation and Relaxation](#)
- > [Group Strength and Athletic Training](#)
- > [Step, Stability Ball and BOSU Ball Training](#)
- > [Traditional Group Exercise and Group Cycle Training](#)
- > [Flexibility, Yoga and Pilates Training](#)
- > [Athletic Bandaging and Taping Techniques](#)
- > [Therapeutic Exercise of Musculoskeletal Disorders](#)
- > [Functional Ability Evaluation](#)
- > [Ergonomic Assessment and Physical Demands Analysis](#)

\*Course completed at University of Guelph. Transportation provided.

\*\* Not required specifically in the bridge semester, but must be completed for degree requirements.