

## 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<br/>Summer<br/>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;<br>restrictions:<br>SCMA*2070             | 0.5    |
|                                       |             | General Elective  |  | 0.5    |
| <b>Semester 5<br/>Fall</b>            | KIN*3010    | Exercise Physiology   | KIN*2060   | 0.5    |
|                                       | KIN*3020    | Injuries and Exercise Contraindication  | KIN*1040,<br>KIN*2200                                  | 0.5    |
|                                       | SCMA*3080   | Statistics for Kinesiology  | SCMA*1500,<br>SCMA*2110;<br>restrictions:<br>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<br>(required to complete 2 for degree requirements – see KIN Program Schedule) |  | 0.0    |

|                              |   |   |  |      |
|------------------------------|---|---|--|------|
| <b>Semester 6<br/>Winter</b> | KIN*3030                                      | Nutrition: Exercise and Metabolism  | KIN*2020,<br>KIN*2060,<br>KIN*3010   | 0.5  |
|                              | KIN*3090                                      | Field Placement I   | KIN*3100 &<br>minimum<br>cumulative average<br>of 60%  | 1.00 |
|                              | KIN*3200                                      | Performance-Related Exercise  | KIN*2210,<br>KIN*3010  | 0.5  |
|                              | KIN*2070                                      | Biochemistry and Metabolism II  | KIN*1070   | 0.5  |
|                              | SCMA 3100                                     | Biomechanics  | KIN*1040,<br>SCMA*2080   | 0.5  |
|                              | Various                                       | *Option to take 0.00 Credit Practicum Course<br>(required to complete 2 for degree requirements – see KIN Program Schedule) |  | 0.0  |
| <b>Semester 7<br/>Fall</b>   | KIN*3060                                      | Human Development and Aging   | KIN*3010,<br>KIN*3030<br>co-requisite<br>KIN*3250  | 0.5  |
|                              | KIN*3110                                      | Advanced Fitness Assessment   | AHSS*1310,<br>KIN*3100,<br>KIN*3200  | 0.5  |
|                              | One of:<br>KIN*3190<br><br>OR<br><br>KIN*4300 | Field Placement II<br><br>OR<br><br>Kinesiology Thesis I  | KIN*3090 &<br>minimum<br>cumulative average<br>of 60%<br>--<br>KIN*3090,<br>[SCMA*2070 or<br>(SCMA*2110,<br>SCMA*3080)] &<br>minimum<br>cumulative average<br>of 70% | 1.00 |
|                              | KIN*3250                                      | Natural Health Products and Physical Activity   | KIN*2060,<br>KIN*3030  | 0.5  |
|                              | KIN*4030                                      | Motor Learning and Neural Control   | KIN*1040,<br>KIN*2060  | 0.5  |
|                              | Various                                       | *Option to take 0.00 Credit Practicum Course<br>(required to complete 2 for degree requirements – see KIN Program Schedule) |  | 0.0  |

|                      |   |  |   |      |
|----------------------|---|--|---|------|
| Semester 8<br>Winter | KIN*4050  | Special Populations: Understanding Disease   | KIN*3060,<br>KIN*3250   | 0.5  |
|                      | KIN*4200  | Exercise Prescription for Clinical Populations   | KIN*3200  | 0.5  |
|                      | One of:<br>KIN*4400<br><br>OR<br><br>KIN*4310                           | Independent Research Study in Kinesiology<br><br>OR<br><br>Kinesiology Thesis II   | 10.00 credits including SCMA*2070 or (SCMA*2110, SCMA*3080)<br>--<br>KIN*4300 & minimum cumulative average of 70% | 1.00 |
|                      | One of:<br>KIN*4070<br><br>OR<br><br>KIN*4040<br><br>OR<br><br>KIN*4150 | Sports Nutrition<br><br>OR<br><br>Functional Anatomy<br><br>OR<br><br>Professional Skills for Kinesiologists             | KIN*3030,<br>KIN*3110<br><br>--<br><br>KIN*1040,<br>SCMA*3100<br><br>--<br>KIN*3020,<br>KIN*3110,<br>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.*