

## Future Students' Program Outline: Kinesiology

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 (F)	Introduction to Health and Wellness
	Human Anatomy I*
	Cell Biology
	Introductory Mathematics for Kinesiology
	Optional Practicum Course (see below)
2 (W)	Health Counselling and Behaviour Change
	Human Physiology I
	Biochemistry and Metabolism I
	Human Anatomy II*
	Optional Practicum Course (see below)
3 (F)	Human Physiology II
	Biochemistry and Metabolism II
	Fundamentals of Fitness Testing
	Exercise Techniques and Prescription
	Optional Practicum Course (see below)
4 (W)	Health Promotion
	Fundamentals of Nutrition: Pharmacology and Toxicology
	Advanced Exercise Prescription
	Research Methods for Kinesiology
	General Elective
	Optional Practicum Course (see below)
5 (F)	Exercise Physiology
	Injuries and Exercise Contraindications
	Fitness and Lifestyle Assessment

	Mathematics and Biophysics
	Statistics for Kinesiology
	Optional Practicum Course (see below)
6 (W)	Nutrition: Exercise and Metabolism
	Field Placement I
	Performance-Related Exercise
	Biomechanics
	General Elective
	Optional Practicum Course (see below)
7 (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	
8 (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 4 practicum courses:

- > 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.

Last updated September 2020.