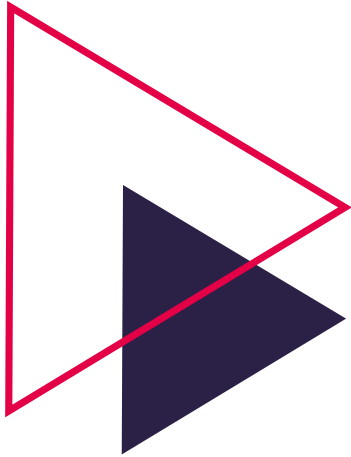


Program Overview: Kinesiology (Transfer)



You earn 2 credentials:

**HONOURS BACHELOR OF APPLIED SCIENCE
IN KINESIOLOGY**

from the University of Guelph



DIPLOMA IN FITNESS & HEALTH PROMOTION

from Humber

As a transfer student, complete your degree in two and a half calendar years. All Kinesiology transfer students begin in May (spring) with a bridge semester—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.

Course descriptions are available at calendar.guelphhumber.ca.

Semester	Course Title
1 (S)	Biochemistry & 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 & Exercise Contraindication
	Statistics for Kinesiology

2 (F)	General Elective
	Mathematics & Biophysics
	Optional Practicum Course (see below)
3 (W)	Nutrition: Exercise & Metabolism
	Field Placement I
	Performance-Related Exercise
	Biomechanics
	Biochemistry & Metabolism II
	Optional Practicum Course (see below)
4 (F)	Human Development & Aging
	Advanced Fitness Assessment
	Natural Health Products & Physical Activity
	Motor Learning & Neural Control
	Field Placement II OR Kinesiology Thesis I
	Optional Practicum Course (see below)
5 (W)	Special Populations: Understanding Disease
	Exercise Prescription for Clinical Populations
	General Elective
	Optional Practicum Course (see below)
	Kinesiology Thesis II OR Independent Research Study in Kinesiology
	Functional Anatomy; Sports Nutrition; or Professional Skills for Kinesiologists

*Course completed at University of Guelph. Transportation provided.

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 & Wellness Coaching
- Martial Arts for Group Fitness Training
- Stress Management, Mediation & Relaxation
- Group Strength & Athletic Training
- Step, Stability Ball & BOSU Ball Training
- Traditional Group Exercise & Group Cycle Training
- Flexibility, Yoga & Pilates Training
- Athletic Bandaging & Taping Techniques
- Therapeutic Exercise of Musculoskeletal Disorders
- Functional Ability Evaluation
- Ergonomic Assessment & Physical Demands Analysis
- Diversity in Health, Fitness & Sport
- Orthopedic Assessment & Physical Demands Analysis
- Leadership & Entrepreneurship
- Digitizing Health & Society
- Considerations for Healthy Aging

Updated: February 2023