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](http://calendar.guelphhumber.ca).

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Title</th>
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<tr>
<td>1 (S)</td>
<td><strong>Biochemistry &amp; Metabolism I</strong></td>
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<td></td>
<td><strong>Human Anatomy II</strong></td>
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<td><strong>Cell Biology</strong></td>
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<td></td>
<td><strong>Introductory Mathematics for Kinesiology</strong></td>
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<td></td>
<td><strong>Human Physiology II</strong></td>
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<td><strong>Research Methods for Kinesiology</strong></td>
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<td></td>
<td><strong>General Elective</strong></td>
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<td>2 (F)</td>
<td><strong>Exercise Physiology</strong></td>
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<td><strong>Injuries &amp; Exercise Contraindication</strong></td>
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<td><strong>Statistics for Kinesiology</strong></td>
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<td>Semester</td>
<td>Courses</td>
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</tbody>
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| 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*