

Program Overview: Kinesiology



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2 credentials in 4 years

**HONOURS BACHELOR OF APPLIED
SCIENCE IN KINESIOLOGY**

from the University of Guelph



DIPLOMA IN FITNESS & HEALTH PROMOTION

from Humber

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 (F)	Introduction to Health & Wellness
	Human Anatomy I*
	Cell Biology
	Introductory Mathematics for Kinesiology
	Optional Practicum Course (see below)
2 (W)	Health Counselling & Behaviour Change
	Human Physiology I
	Biochemistry & Metabolism I
	Human Anatomy II*
	Optional Practicum Course (see below)

3 (F)	Human Physiology II
	Biochemistry & Metabolism II
	Fundamentals of Fitness Testing
	Exercise Techniques & Prescription
	Optional Practicum Course (see below)
4 (W)	Health Promotion
	Fundamentals of Nutrition: Pharmacology & Toxicology
	Advanced Exercise Prescription
	Research Methods for Kinesiology
	General Elective
	Optional Practicum Course (see below)
5 (F)	Exercise Physiology
	Injuries & Exercise Contraindications
	Fitness & Lifestyle Assessment
	Mathematics & Biophysics
	Statistics for Kinesiology
	Optional Practicum Course (see below)
6 (W)	Nutrition: Exercise & Metabolism
	Field Placement I
	Performance-Related Exercise
	Biomechanics
	General Elective
	Optional Practicum Course (see below)
7 (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)
8 (W)	Special Populations: Understanding Disease
	Exercise Prescription for Clinical Populations
	Kinesiology Thesis II OR Independent Research Study in Kinesiology
	General Elective
	Functional Anatomy; Sports Nutrition; or Professional Skills for Kinesiologists
	Optional Practicum Course (see below)

*Course completed at University of Guelph. Transportation provided.

Credit Practicum Courses

Students must complete 4 practicum courses:

- 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