# Program Outline: Kinesiology

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

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>1 (F)</td>
<td>Introduction to Health &amp; Wellness</td>
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<tr>
<td></td>
<td>Human Anatomy I*</td>
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<td></td>
<td>Cell Biology</td>
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<td></td>
<td>Introductory Mathematics for Kinesiology</td>
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<td></td>
<td>Optional Practicum Course (see below)</td>
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<tr>
<td>2 (W)</td>
<td>Health Counselling &amp; Behaviour Change</td>
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<tr>
<td></td>
<td>Human Physiology I</td>
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<tr>
<td></td>
<td>Biochemistry &amp; Metabolism I</td>
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<tr>
<td></td>
<td>Human Anatomy II*</td>
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<tr>
<td></td>
<td>Optional Practicum Course (see below)</td>
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| 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  
|       | 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  
|       | Elective  
|       | Optional Practicum Course (see below)  |
| 7 (F) | Human Development & Aging  
|       | Advanced Fitness Assessment  
|       | Natural Health Products & Physical Activity  |
| 7 (F) | 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  
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