Program Outline: 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 six courses during the bridge semester—three courses May/June and three courses July/August—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.

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<thead>
<tr>
<th>Semester</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>1 (S)</td>
<td>Biochemistry &amp; Metabolism I</td>
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<td>Human Anatomy II*</td>
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<td>Cell Biology</td>
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<td></td>
<td>Introductory Mathematics for Kinesiology</td>
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<td></td>
<td>Human Physiology II</td>
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<td>Research Methods for Kinesiology</td>
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<td>Elective</td>
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<td>2 (F)</td>
<td>Exercise Physiology</td>
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<td>Injuries &amp; Exercise Contraindications</td>
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<td></td>
<td>Mathematics &amp; Biophysics</td>
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<td>Semester</td>
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| 2 (F)    | Statistics for Kinesiology  
            | Elective  
            | 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  
            | 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.
**Not required specifically in the bridge semester, but must be completed for degree requirements.
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

Updated: August 2021