

# Kinesiology

## program information & planning sheet

UNIVERSITY OF  
**GUELPH**  
HUMBER

Important Information 2025-2026

### What courses do I need **to complete** in order **to graduate**?

You must complete 20 credits, including the following:

- **18.5 credits** / 34 Core Courses
- **1.5 credits** / 3 General Electives
- **4 non-credit (0.0)** Practicum Courses

### Is there **Field Placement** in the Kinesiology Program?

Yes. In your third and fourth years you will complete **one to two industry field placements** which will provide you with valuable real-life experiences and networking opportunities to prepare you for a career in the health and fitness industry or in a clinical/rehabilitation setting.

### Is there **research** in the Kinesiology Program?

Yes. In your fourth year you will have the option to complete a **two-semester thesis**.

### I am a **Transfer Student**. How do I know which courses I can select?

Transfer Students should use this document along with their **official credit assessment** to determine which courses they have been granted and which courses they need to take. Transfer Students should meet with their Academic Advisor to confirm the schedule they have developed in advance of the course selection dates.

### Where can I go for **more information**?

Visit your Academic Advisor, **Lalita Manku (A-Z)** in GH108 during office hours. Call 416.798.1331 x6288 to speak with the front desk, or email your questions to [advisors@guelphhumber.ca](mailto:advisors@guelphhumber.ca). You can also use our online booking system at <https://www.guelphhumber.ca/advising/advisors>

For more support, visit the **Learning Support Peers (LSPs)** in the Learning Commons or email them at [lsp@guelphhumber.ca](mailto:lsp@guelphhumber.ca).

Visit our **Frequently Asked Questions** webpage for more information on Course Selection and Enrollment, Degree Requirements, Academic Consideration/Accommodations, Academic Standing, and Academic Resources.



**Lalita  
Manku**

(Last Names A-Z)

[lalita.manku@guelphhumber.ca](mailto:lalita.manku@guelphhumber.ca)

# Semester 1 / **Fall**

Course Code	Course Name	Prerequisites	Credit
KIN*1010	Introduction to Health and Wellness		0.5
KIN*1030	Human Anatomy I		0.5
SCMA*1120	Cell Biology		0.5
SCMA*1500	Introductory Mathematics for Kinesiology		0.5
	<b>*Optional* Activity Practicum Course</b> must complete 4 for degree requirements	<b>*See Course Schedule</b>	<b>0.0</b>

# Semester 2 / **Winter**

Course Code	Course Name	Prerequisites	Credit
AHSS*1310	Health Counselling and Behaviour Change		0.5
KIN*1040	Human Anatomy II	KIN*1030	0.5
KIN*1060	Human Physiology I		0.5
SCMA*1080	Introduction to Chemistry	SCMA*1120	0.5
	<b>*Optional* Activity Practicum Course</b> must complete 4 for degree requirements	<b>*See Course Schedule</b>	<b>0.0</b>

# Semester 3 / **Fall**

Course Code	Course Name	Prerequisites	Credit
KIN*2060	Human Physiology II	KIN*1060	0.5
KIN*2070	Biochemistry and Metabolism	KIN*1070 or SCMA*1080	0.5
KIN*2100	Fundamentals of Fitness Testing	KIN*1010, KIN*1040, KIN*1060	0.5
KIN*2200	Exercise Techniques and Prescription	KIN*1040, KIN*1060	0.5
	<b>*Optional* Activity Practicum Course must complete 4 for degree requirements</b>	<b>*See Course Schedule</b>	<b>0.0</b>

# Semester 4 / **Winter**

Course Code	Course Name	Prerequisites	Credit
KIN*2010	Health Promotion	AHSS*1310, KIN*1010	0.5
KIN*2020	Fundamentals of Nutrition	KIN*2060, KIN*2070	0.5
KIN*2210	Advanced Exercise Prescription	KIN*2060, KIN*2200	0.5
SCMA*2110	Research Methods for Kinesiology	0.5 credits	0.5
	<b>General Elective</b>		<b>0.5</b>
	<b>*Optional* Activity Practicum Course must complete 4 for degree requirements</b>	<b>*See Course Schedule</b>	<b>0.0</b>

# Semester 5 / Fall

Course Code	Course Name	Prerequisites	Credit
KIN*3010	Exercise Physiology	KIN*2060	0.5
KIN*3020	Injuries and Exercise Contraindications	KIN*1040, KIN*2200	0.5
KIN*3100	Fitness and Lifestyle Assessment	KIN*2060, KIN*2100, KIN*2210, AHSS*1310, co-requisite: KIN*3010	0.5
SCMA*2080	Physics for Human Movement Science	SCMA*1500	0.5
SCMA*3080	Statistics for Kinesiology	SCMA*1500, SCMA*2110	0.5
	<b>*Optional* Activity Practicum Course</b> must complete 4 for degree requirements	<b>*See Course Schedule</b>	<b>0.0</b>

# Semester 6 / Winter

Course Code	Course Name	Prerequisites	Credit
KIN*3030	Nutrition: Exercise and Metabolism	KIN*2060, KIN*3010	0.5
KIN*3090	Field Placement I	KIN*3100; minimum cumulative average 60%	1.0
KIN*3200	Performance-Related Exercise	KIN*2210, KIN*3010	0.5
SCMA*3100	Biomechanics	KIN*1040, SCMA*2080	0.5
	General Elective		0.5
	<b>*Optional* Activity Practicum Course</b> must complete 4 for degree requirements	<b>*See Course Schedule</b>	<b>0.0</b>

# Semester 7 / Fall

Course Code	Course Name	Prerequisites	Credit
KIN*3060	Human Development and Aging	KIN*3010, KIN*3030, Co-requisite: KIN*3250	0.5
KIN*3110	Advanced Fitness Assessment	AHSS*1310, KIN*3100, KIN*3200	0.5
KIN*3250	Natural Health Products and Physical Activity	KIN*2060, KIN*3030	0.5
KIN*4030	Motor Learning and Neural Control	KIN*1040, KIN*2060	0.5
	<b>*Optional* Activity Practicum Course</b> must complete 4 for degree requirements	<b>*See Course Schedule</b>	<b>0.0</b>

## Choose One:

Only select ONE ( 1.0 credits ) of the following courses

KIN*3190	Field Placement II	KIN*3090; minimum cumulative average 60%	1.0
KIN*4300	Kinesiology Thesis I	KIN*3090, SCMA*2110, SCMA*3080, minimum cumulative average 70%	1.0

# Semester 8 / Winter

Course Code	Course Name	Prerequisites	Credit
KIN*4050	Special Populations: Understanding Disease	KIN*3060, KIN*3250	0.5
KIN*4200	Exercise Prescription for Clinical Populations	KIN*3200	0.5
	<b>General Elective</b>		0.5
	<b>*Optional* Activity Practicum Course</b> must complete 4 for degree requirements	<b>*See Course Schedule</b>	<b>0.0</b>

## Choose One:

Only select ONE ( 1.0 credits ) of the following courses

KIN*4400	Independent Research Study in Kinesiology	10.0 credits including: SCMA*2110, SCMA*3080	1.0
KIN*4310	Kinesiology Thesis II	KIN*4300, minimum cumulative average 70%	1.0

## Choose One:

Only select ONE ( 0.5 credits ) of the following courses

KIN*4040	Functional Anatomy	KIN*1040, SCMA*3100	0.5
KIN*4070	Sports Nutrition	KIN*3030, KIN*3110	0.5
KIN*4150	Professional Skills for Kinesiologists	KIN*3020, KIN*3110, KIN*4030	0.5

# Practicum Course Options

The Practicum courses offered are subject to change each year/semester.

Course Code	Course Name	Prerequisites	Credit
KIN*1210	Athletic Coaching Techniques		0.0
KIN*1220	Forensic Kinesiology	5.0 credits	0.0
KIN*1230	Health and Wellness Coaching	AHSS*1310	0.0
KIN*1240	Martial Arts for Group Fitness Training		0.0
KIN*1250	Stress Management, Meditation and Relaxation		0.0
KIN*1310	Group Strength and Athletic Training		0.0
KIN*1320	Step, Stability Ball and BOSU Ball Training		0.0
KIN*1330	Traditional Group Exercise and Group Cycle Training		0.0
KIN*1340	Flexibility, Yoga and Pilates Training		0.0
KIN*1350	Athletic Bandaging and Taping Techniques		0.0
KIN*1410	Therapeutic Exercise of Musculoskeletal Disorders		0.0
KIN*1430	Functional Ability Evaluation	7.5 credits	0.0
KIN*1440	Ergonomic Assessment and Physical Demands Analysis	7.5 credits	0.0
KIN*1470	Diversity in Health, Fitness and Sport	4.0 credits	0.0
KIN*1480	Orthopedic Assessment and Return to Play	4.0 credits	0.0
KIN*1490	Leadership and Entrepreneurship		0.0
KIN*1500	Digitizing Health and Society		0.0
KIN*1510	Considerations for Healthy Aging	KIN*1010	0.0