

WINTER 2025 KINESIOLOGY

COURSE ROOM/DELIVERY
Humber Lab/Room
Guelph Lab
Alternate

Semester	Course Code	Course Name	Course Synonym	Section	Lecture Day	Lecture Start Time	Lecture End Time
KIN Sem 2	AHSS1310	Health Counselling & Behaviour Change		01	Thursday	8:00 AM	10:40 AM
				02	Thursday	12:35 PM	3:15 PM
KIN Sem 2	KIN 1040	Human Anatomy II		0101	Tuesday	10:45 AM	12:30 PM
					Thursday	10:45 AM	11:35 AM
					Friday	9:30 AM	11:20 AM
				0202	Tuesday	8:55 AM	10:40 AM
					Thursday	11:40 AM	12:30 PM
					Friday	11:40 AM	1:30 PM
KIN Sem 2	KIN 1060	Human Physiology I		01	Monday	12:35 PM	3:15 PM
KIN Sem 2	KIN 1070	Biochemistry & Metabolism I		0101	Monday	8:55 AM	10:40 AM
					Thursday	8:55 AM	10:40 AM
					Tuesday	2:25 PM	4:10 PM
				0102	Monday	8:55 AM	10:40 AM
					Thursday	8:55 AM	10:40 AM
					Tuesday	4:15 PM	6:00 PM
				0103	Monday	8:55 AM	10:40 AM
					Thursday	8:55 AM	10:40 AM
					Tuesday	6:05 PM	7:50 PM
				0204	Monday	10:45 AM	12:30 PM
					Thursday	1:30 PM	3:15 PM
					Tuesday	2:25 PM	4:10 PM
				0205	Monday	10:45 AM	12:30 PM
					Thursday	1:30 PM	3:15 PM
					Tuesday	4:15 PM	6:00 PM
				0206	Monday	10:45 AM	12:30 PM
					Thursday	1:30 PM	3:15 PM

					Tuesday	6:05 PM	7:50 PM
		*PRACTICUMS LISTED BELOW					
KIN Sem 4	KIN 2010	Health Promotion		01	Tuesday	8:55 AM	9:45 AM
					Thursday	10:45 AM	12:30 PM
KIN Sem 4	KIN 2020	Fundamentals of Nutrition: Pharmacology and Toxicology		01	Monday	11:40 AM	1:25 PM
					Tuesday	9:50 AM	10:40 AM
KIN Sem 4	KIN 2210	Advanced Exercise Prescription		0101	Thursday	1:30 PM	4:10 PM
					Monday	3:20 PM	5:05 PM
				0102	Thursday	1:30 PM	4:10 PM
					Monday	5:10 PM	6:55 PM
				0103	Thursday	1:30 PM	4:10 PM
					Monday	1:30 PM	3:15 PM
				0104	Thursday	1:30 PM	4:10 PM
					Tuesday	1:30 PM	3:15 PM
				0105	Thursday	1:30 PM	4:10 PM
					Tuesday	3:20 PM	5:05 PM
KIN Sem 4	SCMA2110	Research Methods for Kinesiology		01	Wednesday	9:50 AM	12:30 PM
		*ELECTIVE					
		*PRACTICUMS LISTED BELOW					
KIN Sem 6	KIN 2070	Biochemistry & Metabolism II		0101	Tuesday	11:40 AM	1:25 PM
		<i>(Summer 2024 Bridge students only)</i>			Thursday	3:20 PM	5:05 PM
					Tuesday	1:30 PM	3:15 PM
				0102	Tuesday	11:40 AM	1:25 PM
					Thursday	3:20 PM	5:05 PM
					Tuesday	3:20 PM	5:05 PM
KIN Sem 6	KIN 3030	Nutrition: Exercise & Metabolism		01	Friday	10:45 AM	1:25 PM
KIN Sem 6	KIN 3090	Field Placement I		0101	Wednesday	11:40 AM	1:25 PM
					Monday	8:00 AM	5:00 PM
				0202	Wednesday	1:30 PM	3:15 PM
					Monday	8:00 AM	5:00 PM

KIN Sem 6	KIN 3200	Performance-Related Exercise	0101	Thursday	8:00 AM	10:40 AM
				Thursday	1:30 PM	3:15 PM
			0102	Thursday	8:00 AM	10:40 AM
				Wednesday	3:20 PM	5:05 PM
			0103	Thursday	8:00 AM	10:40 AM
				Wednesday	5:10 PM	6:55 PM
			0204	Thursday	11:40 AM	2:20 PM
				Wednesday	1:30 PM	3:15 PM
			0205	Thursday	11:40 AM	2:20 PM
				Thursday	3:20 PM	5:05 PM
			0206	Thursday	11:40 AM	2:20 PM
				Thursday	5:10 PM	6:55 PM
			0207	Thursday	11:40 AM	2:20 PM
				Thursday	7:00 PM	8:45 PM
KIN Sem 6	SCMA3100	Biomechanics	0101	Wednesday	9:50 AM	11:35 AM
				Friday	1:30 PM	3:15 PM
				Wednesday	11:40 AM	1:25 PM
			0102	Wednesday	9:50 AM	11:35 AM
				Friday	1:30 PM	3:15 PM
				Wednesday	11:40 AM	1:25 PM
			0103	Wednesday	9:50 AM	11:35 AM
				Friday	1:30 PM	3:15 PM
				Wednesday	1:30 PM	3:15 PM
			0104	Wednesday	9:50 AM	11:35 AM
				Friday	1:30 PM	3:15 PM
				Wednesday	1:30 PM	3:15 PM
			0205	Wednesday	8:00 AM	9:45 AM
				Friday	8:55 AM	10:40 AM
				Wednesday	3:20 PM	5:05 PM
			0206	Wednesday	8:00 AM	9:45 AM
				Friday	8:55 AM	10:40 AM
				Wednesday	3:20 PM	5:05 PM
			0207	Wednesday	8:00 AM	9:45 AM
				Friday	8:55 AM	10:40 AM
				Wednesday	5:10 PM	6:55 PM
			0208	Wednesday	8:00 AM	9:45 AM
				Friday	8:55 AM	10:40 AM
				Wednesday	5:10 PM	6:55 PM

		*ELECTIVE					
		*PRACTICUMS LISTED BELOW					
KIN Sem 8	KIN 4050	Special Populations: Understanding		01	Tuesday	10:45 AM	1:25 PM
KIN Sem 8	KIN 4200	Exercise Prescription for Clinical Populations		0101	Wednesday	1:30 PM	4:10 PM
					Tuesday	1:30 PM	3:15 PM
				0102	Wednesday	1:30 PM	4:10 PM
					Tuesday	3:20 PM	5:05 PM
				0103	Wednesday	1:30 PM	4:10 PM
					Tuesday	5:10 PM	6:55 PM
				0104	Wednesday	1:30 PM	4:10 PM
					Thursday	3:20 PM	5:05 PM
				0105	Wednesday	1:30 PM	4:10 PM
					Thursday	5:10 PM	6:55 PM
				0106	Wednesday	1:30 PM	4:10 PM
					Thursday	7:00 PM	8:45 PM
		CHOOSE ONE OF:					
KIN Sem 8	KIN 4310	Kinesiology Thesis II		01	Wednesday	9:50 AM	11:35 AM
		OR					
KIN Sem 8	KIN 4400	Independent Research Study in Kinesiology		01	Wednesday	9:50 AM	11:35 AM
		CHOOSE ONE OF:					
KIN Sem 8	KIN 4040	Functional Anatomy		0101	Tuesday	8:00 AM	10:40 AM
					Friday	2:10 PM	4:00 PM
		OR					
KIN Sem 8	KIN 4070	Sports Nutrition		01	Thursday	3:20 PM	6:00 PM
		OR					
KIN Sem 8	KIN 4150	Professional Skills for Kinesiology		0101	Thursday	1:30 PM	3:15 PM
					Tuesday	3:20 PM	4:10 PM
					Tuesday	4:15 PM	5:05 PM
		*ELECTIVE					
		*PRACTICUMS LISTED BELOW					
Practicum	KIN 1250	Stress Management, Meditation and Relaxation		01	Thursday	4:15 PM	6:00 PM
Practicum	KIN 1310	Group Strength and Athletic Training		01	Tuesday	8:00 AM	9:45 AM

Practicum	KIN 1340	Flexibility, Yoga, Pilates Training		01	Thursday	8:00 AM	9:45 AM
				02	Thursday	9:50 AM	11:35 AM
Practicum	KIN 1350	Athletic Bandaging and Taping Techniques		01	Monday	1:30 PM	3:15 PM
				02	Monday	3:20 PM	5:05 PM
Practicum	KIN 1440	Ergonomic Assessment & Physical Demands Analysis		01	Wednesday	8:00 AM	9:45 AM
				02	Wednesday	9:50 AM	11:35 AM
Practicum	KIN*1480	Orthopedic Assessment and Return to Play		01	Thursday	8:55 AM	10:40 AM
				02	Thursday	10:45 AM	12:30 PM
Practicum	KIN*1500	Digitizing Health and Society		01	Wednesday	1:30 PM	3:15 PM
				02	Wednesday	3:20 PM	5:05 PM