

# 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 Polytechnic

Please be aware 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](https://calendar.guelphhumber.ca).

# Semester 1 / **Fall**

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

# Semester 2 / **Winter**

Course Code	Course Name
AHSS*1310	Health Counselling and Behaviour Change
KIN*1040	Human Anatomy II
KIN*1060	Human Physiology I
KIN*1070	Biochemistry and Metabolism I
	<b>*Optional* Activity Practicum Course</b> must complete 4 for degree requirements

# Semester 3 / **Fall**

Course Code	Course Name
KIN*2060	Human Physiology II
KIN*2070	Biochemistry and Metabolism II
KIN*2100	Fundamentals of Fitness Testing
KIN*2200	Exercise Techniques and Prescription
	<b>*Optional* Activity Practicum Course</b> must complete 4 for degree requirements

# Semester 4 / **Winter**

Course Code	Course Name
KIN*2010	Health Promotion
KIN*2020	Fundamentals of Nutrition: Pharmacology and Toxicology
KIN*2210	Advanced Exercise Prescription
SCMA*2110	Research Methods for Kinesiology
	<b>General Elective</b>
	<b>*Optional* Activity Practicum Course</b> must complete 4 for degree requirements

# Semester 5 / **Fall**

Course Code	Course Name
KIN*3010	Exercise Physiology
KIN*3020	Injuries and Exercise Contraindications
KIN*3100	Fitness and Lifestyle Assessment
SCMA*2080	Mathematics and Biophysics
SCMA*3080	Statistics for Kinesiology
	<b>*Optional* Activity Practicum Course</b> must complete 4 for degree requirements

# Semester 6 / **Winter**

Course Code	Course Name
KIN*3030	Nutrition: Exercise and Metabolism
KIN*3090	Field Placement I
KIN*3200	Performance-Related Exercise
SCMA*3100	Biomechanics
	<b>General Elective</b>
	<b>*Optional* Activity Practicum Course</b> must complete 4 for degree requirements

# Semester 7 / Fall

Course Code	Course Name
KIN*3060	Human Development and Aging
KIN*3110	Advanced Fitness Assessment
KIN*3250	Natural Health Products and Physical Activity
KIN*4030	Motor Learning and Neural Control
	<b>*Optional* Activity Practicum Course</b> must complete 4 for degree requirements

## Choose One:

Only select ONE of the following courses

KIN*3190	Field Placement II
KIN*4300	Kinesiology Thesis I

# Semester 8 / Winter

Course Code	Course Name
KIN*4050	Special Populations: Understanding Disease
KIN*4200	Exercise Prescription for Clinical Populations
	General Elective
	<b>*Optional* Activity Practicum Course</b> must complete 4 for degree requirements

## Choose One:

Only select ONE of the following courses

KIN*4400	Independent Research Study in Kinesiology
KIN*4310	Kinesiology Thesis II

## Choose One:

Only select ONE of the following courses

KIN*4040	Functional Anatomy
KIN*4070	Sports Nutrition
KIN*4150	Professional Skills for Kinesiologists

# Practicum Course Options

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

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