

# BACHELOR OF APPLIED SCIENCE (BASC.) - MAJOR KINESIOLOGY - DIPLOMA IN FITNESS AND HEALTH PROMOTION

Kinesiology is an academic discipline focused on understanding the science of human movement and health. A thorough examination of human movement entails both the study of how individuals move, as well as the factors which limit and enhance ability and performance. The sub-disciplines of kinesiology include: functional anatomy, cellular biology, physiology, biomechanics, motor learning and neural control, biochemistry, nutrition, and fitness and lifestyle assessment. The application of this knowledge base permits improvements in movement mechanics and the development and implementation of strategies aimed at encouraging individuals to be physically active and to adopt healthier lifestyles. Course offerings in exercise prescription, health promotion and health counselling address this application of knowledge. Professionally focused physical and clinical activity practicum courses are also offered in the program curriculum.

This Kinesiology program offers a combination of theory and applied learning in which students acquire foundational knowledge while obtaining experiential learning opportunities. This dual approach provides a platform for students to continue studies at a graduate or professional level, or competitively enter the workforce upon graduation. Graduates will be eligible to pursue (in accordance with any additional requirements of the certifying body) registration with the College of Kinesiologists of Ontario and various certifications in the performance, fitness or health areas.

Two workplace field placements in the third and fourth years are a highlight of the program and foster the development of transferable skills and familiarity with the structure and function of various work environments. These placements are valuable experiences and networking opportunities. Throughout their placements, students participate in weekly seminars, which focus on professional development and allow them to critically reflect on their experiences and prepare for future success.

Students are required to complete 20.00 credits in order to be eligible for graduation: 18.50 core credits, 1.50 general elective options and four 0.00 credit activity practicum courses. Students must complete all requirements in order to be eligible to graduate with both the university honours degree (awarded by the University of Guelph) and the college diploma (awarded by Humber College Institute of Technology & Advanced Learning).

## Transfer and Bridge Semester

Holders of the CAAT Fitness and Health Promotion or Lifestyle and Fitness Management diplomas who successfully complete the requirements of the BASC Kinesiology Bridge Semester; 3.00 kinesiology-specific science, math, and research credits, will be eligible to transfer into semester five of the kinesiology program. A maximum of 5.00 credits may be transferred from the CAAT Fitness and Health Promotion diploma or Lifestyle and Fitness Management diplomas to the BASC degree program. For more information on application to the Bridge Semester,

contact Admission Services. For information regarding specific courses in the Bridge Semester, please see [www.guelphhumber.ca](http://www.guelphhumber.ca) (<https://www.guelphhumber.ca/>)

## Conditions for Graduation

In addition to meeting all program specific course and credit requirements, students must have a minimum 60% cumulative average in order to be eligible for graduation. Students will not normally be eligible to graduate while on Probationary status or Required to Withdraw status. A student denied graduation while on Probationary status or Required to Withdraw status may submit a request for Academic Consideration to the Academic Review Sub-Committee.

## Schedule of Studies

**Note:** All courses are weighted 0.50 credits unless noted otherwise.

Code	Title	Credits
<b>Semester 1</b>		
KIN*1010	Introduction to Health and Wellness	0.50
KIN*1030	Human Anatomy I	0.50
SCMA*1120	Cell Biology	0.50
SCMA*1500	Introductory Mathematics for Kinesiology	0.50
<b>Note:</b> Option to enrol in 0.00 credit activity practicum courses. Students are required to complete a minimum of four activity practicum courses to meet graduation requirements.		
<b>Semester 2</b>		
AHSS*1310	Health Counselling and Behaviour Change	0.50
KIN*1040	Human Anatomy II	0.50
KIN*1060	Human Physiology I	0.50
SCMA*1080	Introduction to Chemistry	0.50
<b>Note:</b> Option to enrol in 0.00 credit activity practicum courses. Students are required to complete a minimum of four activity practicum courses to meet graduation requirements.		
<b>Semester 3</b>		
KIN*2060	Human Physiology II	0.50
KIN*2070	Biochemistry and Metabolism	0.50
KIN*2100	Fundamentals of Fitness Testing	0.50
KIN*2200	Exercise Techniques and Prescription	0.50
<b>Note:</b> Option to enrol in 0.00 credit activity practicum courses. Students are required to complete a minimum of four activity practicum courses to meet graduation requirements.		
<b>Semester 4</b>		
KIN*2010	Health Promotion	0.50
KIN*2020	Fundamentals of Nutrition	0.50
KIN*2210	Advanced Exercise Prescription	0.50
SCMA*2110	Research Methods for Kinesiology	0.50
0.50 electives		0.50
<b>Note:</b> Option to enrol in 0.00 credit activity practicum courses. Students are required to complete a minimum of four activity practicum courses to meet graduation requirements.		
<b>Semester 5</b>		
KIN*3010	Exercise Physiology	0.50
KIN*3020	Injuries and Exercise Contraindications	0.50
KIN*3100	Fitness and Lifestyle Assessment	0.50
SCMA*2080	Physics for Human Movement Science	0.50

SCMA*3080	Statistics for Kinesiology	0.50	KIN*1310	Group Strength and Athletic Training	0.00
<b>Note:</b> Option to enrol in 0.00 credit activity practicum courses. Students are required to complete a minimum of four activity practicum courses to meet graduation requirements.			KIN*1320	Step, Stability Ball and BOSU Ball Training	0.00
<b>Semester 6</b>			KIN*1330	Traditional Group Exercise and Group Cycle Training	0.00
KIN*3030	Nutrition: Exercise and Metabolism	0.50	KIN*1340	Flexibility, Yoga and Pilates Training	0.00
KIN*3090	Field Placement I	1.00	KIN*1350	Athletic Bandaging and Taping Techniques	0.00
KIN*3200	Performance-Related Exercise	0.50	KIN*1410	Therapeutic Exercise of Musculoskeletal Disorders	0.00
SCMA*3100	Biomechanics	0.50	KIN*1430	Functional Ability Evaluation	0.00
0.50 electives		0.50	KIN*1440	Ergonomic Assessment and Physical Demands Analysis	0.00
<b>Note:</b> Option to enrol in 0.00 credit activity practicum courses. Students are required to complete a minimum of four activity practicum courses to meet graduation requirements.			KIN*1470	Diversity in Health, Fitness and Sport	0.00
<b>Semester 7</b>			KIN*1480	Orthopedic Assessment and Return to Play	0.00
KIN*3060	Human Development and Aging	0.50	KIN*1490	Leadership and Entrepreneurship	0.00
KIN*3110	Advanced Fitness Assessment	0.50	KIN*1500	Digitizing Health and Society	0.00
KIN*3250	Natural Health Products and Physical Activity	0.50	KIN*1510	Considerations for Healthy Aging	0.00
KIN*4030	Motor Learning and Neural Control	0.50			
KIN*3190	Field Placement II	1.00			
or KIN*4300	Kinesiology Thesis I				
<b>Note:</b> Option to enrol in 0.00 credit activity practicum courses. Students are required to complete a minimum of four activity practicum courses to meet graduation requirements.					
<b>Semester 8</b>					
KIN*4050	Special Populations: Understanding Disease	0.50			
KIN*4200	Exercise Prescription for Clinical Populations	0.50			
KIN*4310	Kinesiology Thesis II	1.00			
or KIN*4400	Independent Research Study in Kinesiology				
0.50 electives		0.50			
Select 0.50 credits from the following:					
KIN*4040	Functional Anatomy	0.50			
KIN*4070	Sports Nutrition	0.50			
KIN*4150	Professional Skills for Kinesiologists	0.50			
<b>Note:</b> Option to enrol in 0.00 credit activity practicum courses. Students are required to complete a minimum of four activity practicum courses to meet graduation requirements.					

## Activity Practicum Courses

Activity practicum courses have 0.00 credit weight and are not included in the total of 20.00 academic credits required for the Honours Degree and Diploma. Kinesiology students are required to complete a minimum of four activity practicum courses to meet the graduation requirements of the program.

Students must choose a minimum of four courses from the following:

Code	Title	Credits
KIN*1210	Athletic Coaching Techniques	0.00
KIN*1220	Forensic Kinesiology	0.00
KIN*1230	Health and Wellness Coaching	0.00
KIN*1240	Martial Arts for Group Fitness Training	0.00
KIN*1250	Stress Management, Meditation and Relaxation	0.00