

# 2009-2010 Guelph-Humber Calendar

The information published in this University of Guelph-Humber Calendar outlines the rules, regulations, curricula, programs and fees for the 2009-2010 academic year, including Summer Semester 2009, Fall Semester 2009 and Winter Semester 2010.

For your convenience the Guelph-Humber Calendar is available in PDF format.

If you wish to link to the Guelph-Humber Calendar please refer to the Linking Guidelines.

The University of Guelph is a full member of:

- The Association of Universities and Colleges of Canada

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The logo for the University of Guelph, featuring the text "UNIVERSITY of GUELPH" in a stylized font.The tagline "CHANGING LIVES IMPROVING LIFE" in a bold, sans-serif font, set against a yellow background.

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# Disclaimer

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## University of Guelph-Humber 2009

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The information published in this Calendar outlines the rules, regulations, curricula, programs and fees for the 2009-2010 academic year, including the Summer Semester 2009, the Fall Semester 2009, and the Winter Semester 2010.

The University reserves the right to change without notice any information contained in this calendar, including fees, any rule or regulation pertaining to the standards for admission to, the requirements for the continuation of study in, and the requirements for the granting of degrees or diplomas in any or all of its programs. The publication of information in this calendar does not bind the University to the provision of courses, programs, schedules of studies, or facilities as listed herein.

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## **Introduction**

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### **Collection, Use and Disclosure of Personal Information**

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Personal information is collected under the authority of the University of Guelph Act (1964), and in accordance with Ontario's Freedom of Information and Protection of Privacy Act (FIPPA) <http://www.e-laws.gov.on.ca/index.html>. This information is used by University officials in order to carry out their authorized academic and administrative responsibilities and also to establish a relationship for alumni and development purposes. Certain personal information is disclosed to external agencies, including the Ontario Universities Application Centre, the Ministry of Training, Colleges and Universities, and Statistics Canada, for statistical and planning purposes, and is disclosed to other individuals or organizations in accordance with the Office of Registrarial Services Departmental Policy on the Release of Student Information. For details on the use and disclosure of this information call the Office of Registrarial Services at the University at (519) 824-4120 or see <http://www.uoguelph.ca/registrar/registrar/index.cfm?index>.

### **Statistics Canada - Notification of Disclosure**

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For further information, please see Statistics Canada's web site at <http://www.statcan.ca>.

### **Address for University Communication**

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Depending on the nature and timing of the communication, the University may use one of these addresses to communicate with students. Students are, therefore, responsible for checking all of the following on a regular basis:

#### **Email Address**

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The University issued email address is considered an official means of communication with the student and will be used for correspondence from the University. Students are responsible for monitoring their University-issued email account regularly. See Section I--Statement of Students' Academic Responsibilities for more information.

#### **Home Address**

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Students are responsible for maintaining a current mailing address with the University. Address changes can be made, in writing, through the Registrar's office.

#### **Name Changes**

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The University of Guelph is committed to the integrity of its student records, therefore, each student is required to provide either on application for admission or on personal data forms required for registration, his/her complete, legal name. Any requests to change a name, by means of alteration, deletion, substitution or addition, must be accompanied by appropriate supporting documentation.

### **Student Confidentiality and Release of Student Information Policy Excerpt**

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The University undertakes to protect the privacy of each student and the confidentiality of his or her record. To this end the University shall refuse to disclose personal information to any person other than the individual to whom the information relates where disclosure would constitute an unjustified invasion of the personal privacy of that person or of any other individual. All members of the University community must respect the confidential nature of the student information which they acquire in the course of their work.

Complete policy at <http://www.uoguelph.ca/policies>.



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## Bachelor of Applied Science - Major Kinesiology - Diploma in Fitness and Health Promotion

Kinesiology is an academic discipline focused on understanding the science of human movement. A thorough examination of human movement entails both the study of how individuals move, as well as the factors which limit and enhance individual movement. Thus, the sub-disciplines of kinesiology include: functional anatomy, physiology, biophysics and biomechanics, motor learning and neural control, biochemistry and nutrition, and fitness and lifestyle assessment. The application of this knowledge base permits improvements in one's ability to move, as well as 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.

The objective of this program is to provide graduates with the knowledge, skills and practical experience necessary for employment in a variety of fitness and health fields, as well as clinical settings. Additionally, upon completion of the program students will be eligible to pursue national certification as a Personal Trainer or Exercise Physiologist, from the Canadian Society of Exercise Physiology (CESP).

In the third and fourth years of the program, students will complete two workplace internships designed to foster the development of transferable skills and familiarize themselves with the structure and function of fitness and health facilities. These placements will provide them with valuable experience and networking opportunities. Throughout their internships, students will participate in weekly seminars that will serve to critically analyze their work experiences.

Students are required to complete 20.00 credits in order to be eligible for graduation: 18.00 core credits, 2.00 general elective options and two non-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 who successfully complete the requirements of the BAsC Kinesiology Bridge Semester, including 3.0 specific science, math, kinesiology and elective credits, will be eligible to transfer into semester five of the regular program. A maximum of 5.0 credits may be transferred from the CAAT Fitness and Health Promotion diploma 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)

### 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.

#### Semester 1

KIN*1010	[0.50]	Introduction to Health and Wellness
KIN*1030	[0.50]	Human Anatomy I
SCMA*1120	[0.50]	Cell Biology

0.50 electives

#### Semester 2

AHSS*1310	[0.50]	Health Counselling and Behaviour Change
KIN*1060	[0.50]	Human Physiology I
KIN*1070	[0.50]	Biochemistry and Metabolism I
KIN*1040	[0.50]	Human Anatomy II

**Note:** Option to enrol in 0.00 credit activity practicum courses. Students are required to complete a minimum of two activity practicum courses to meet graduation requirements.

#### Semester 3

KIN*2060	[0.50]	Human Physiology II
KIN*2070	[0.50]	Biochemistry and Metabolism II
KIN*2100	[0.50]	Fitness/Lifestyle Assessment I
KIN*2200	[0.50]	Exercise Prescription I

#### Semester 4

KIN*2010	[0.50]	Health Promotion
KIN*2020	[0.50]	Fundamentals of Nutrition: Pharmacology and Toxicology
KIN*2210	[0.50]	Exercise Prescription II

0.50 electives

**Note:** Option to enrol in 0.00 credit activity practicum courses. Students are required to complete a minimum of two activity practicum courses to meet graduation requirements.

#### Semester 5

KIN*3010	[0.75]	Exercise Physiology
KIN*3020	[0.50]	Injuries and Exercise Contraindications
KIN*3100	[0.50]	Fitness/Lifestyle Assessment II
SCMA*2070	[0.75]	Statistics and Research Concepts
SCMA*2080	[0.50]	Mathematics and Biophysics

#### Semester 6

KIN*3030	[0.50]	Nutrition: Exercise and Metabolism
KIN*3090	[1.00]	Field Placement I
KIN*3200	[0.50]	Exercise Prescription III
SCMA*3100	[0.50]	Biomechanics

0.50 electives

**Note:** Option to enrol in 0.00 credit activity practicum courses. Students are required to complete a minimum of two activity practicum courses to meet graduation requirements.

#### Semester 7

KIN*3060	[0.50]	Human Development and Aging
KIN*3110	[0.50]	Fitness/Lifestyle Assessment III
KIN*3190	[1.00]	Field Placement II
KIN*3250	[0.50]	Natural Health Products and Physical Activity
KIN*4030	[0.50]	Motor Learning and Neural Control

#### Semester 8

KIN*4050	[0.50]	Special Populations: Nutrition and Exercise
KIN*4100	[0.50]	Fitness/Lifestyle Assessment IV
KIN*4200	[0.50]	Exercise Prescription IV: Chronic Diseases and Exercise
KIN*4400	[1.00]	Independent Research Study in Kinesiology

0.50 electives

**Note:** Option to enrol in 0.00 credit activity practicum courses. Students are required to complete a minimum of two activity practicum courses to meet graduation requirements.

#### Activity Practicum Courses

Activity practicum courses have no credit weight and are not included in the total of 20.0 academic credits required for the Honours Degree and Diploma. Kinesiology students are required to complete a minimum of two activity practicum courses to meet the graduation requirements of the program.

Students must choose a minimum of two courses from any one of the following:

#### Group Exercise Activity Practicum Courses

KIN*1310	[0.00]	Group Strength and Athletic Training
KIN*1320	[0.00]	Step, Stability Ball and BOSU Ball Training
KIN*1330	[0.00]	Traditional Group Exercise and Group Cycle Training
KIN*1340	[0.00]	Flexibility, Yoga and Pilates Training

#### Clinical Activity Practicum Courses:

KIN*1410	[0.00]	Therapeutic Exercise of Musculoskeletal Disorders
KIN*1420	[0.00]	Therapeutic Exercise for Special Populations
KIN*1430	[0.00]	Functional Ability Evaluation
KIN*1440	[0.00]	Ergonomic Assessment and Physical Demands Analysis