

# 2015-2016 Guelph-Humber Calendar

The information published in this University of Guelph-Humber Calendar outlines the rules, regulations, curricula, programs and fees for the 2015-2016 academic year, including Summer Semester 2015, Fall Semester 2015 and Winter Semester 2016.

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

Contact Information:

University of Guelph-Humber  
207 Humber College Blvd.  
Toronto, Ontario, Canada  
M9W 5L7  
416-798-1331  
<http://www.guelphhumber.ca>

Revision Information:

Date	Description
April 20 , 2015	Initial Publication

UNIVERSITY  
of GUELPH

CHANGING LIVES  
IMPROVING LIFE

# Disclaimer

---

## University of Guelph-Humber 2014

---

The information published in this Calendar outlines the rules, regulations, curricula, programs and fees for the 2014-2015 academic year, including the Summer Semester 2014, the Fall Semester 2014, and the Winter Semester 2015.

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.

The University will not be liable for any interruption in, or cancellation of, any academic activities as set forth in this calendar and related information where such interruption is caused by fire, strike, lock-out, inability to procure materials or trades, restrictive laws or governmental regulations, actions taken by faculty, staff or students of the University or by others, civil unrest or disobedience, public health emergencies, or any other cause of any kind beyond the reasonable control of the University.

In the event of a discrepancy between a print version (downloaded) and the Web version, the Web version will apply.

Published by: Undergraduate Program Services

Editor: G. Kerr, Campus Registrar (Guelph-Humber) & J. Gustavel, Department Head, Academic Services (Guelph-Humber)

## **Introduction**

---

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

---

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**

---

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

### **Address for University Communication**

---

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**

---

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**

---

Students are responsible for maintaining a current mailing address with the University. Address changes can be made by completing a Notice of Change of Address form, from Registrarial Services.

#### **Name Changes**

---

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**

---

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>.



## Table of Contents

---

<b>Bachelor of Applied Science (BASc.) - Major Kinesiology - Diploma in Fitness and Health Promotion .....</b>	<b>35</b>
Transfer and Bridge Semester .....	35
Conditions for Graduation .....	35
Schedule of Studies .....	35



## Bachelor of Applied Science (B.A.Sc.) - 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 (in accordance with any additional requirements of the certifying body) certification as a Personal Trainer or Exercise Physiologist, from the Canadian Society of Exercise Physiology CSEP or a Registered Kinesiologist with the College of Kinesiologists of Ontario.

In the third and fourth years of the program, students will complete two workplace field placements 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: 18.50 core credits, 1.50 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 or Lifestyle and Fitness Management diplomas who successfully complete the requirements of the B.A.Sc. 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 or Lifestyle and Fitness Management diplomas to the B.A.Sc. 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
SCMA*1500	[0.50]	Introductory Mathematics for Kinesiology

#### 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]	Fundamentals of Fitness Testing
KIN*2200	[0.50]	Exercise Techniques & Prescription

#### Semester 4

KIN*2010	[0.50]	Health Promotion
KIN*2020	[0.50]	Fundamentals of Nutrition: Pharmacology and Toxicology
KIN*2210	[0.50]	Advanced Exercise Prescription
SCMA*2110	[0.50]	Research Methods for 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.

#### Semester 5

KIN*3010	[0.50]	Exercise Physiology
KIN*3020	[0.50]	Injuries and Exercise Contraindications
KIN*3100	[0.50]	Fitness and Lifestyle Assessment
SCMA*2080	[0.50]	Mathematics and Biophysics
SCMA*3080	[0.50]	Statistics for Kinesiology

#### Semester 6

KIN*3030	[0.50]	Nutrition: Exercise and Metabolism
KIN*3090	[1.00]	Field Placement I
KIN*3200	[0.50]	Performance-Related Exercise
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]	Advanced Fitness Assessment
KIN*3250	[0.50]	Natural Health Products and Physical Activity
KIN*4030	[0.50]	Motor Learning and Neural Control

One of:

KIN*3190	[1.00]	Field Placement II
KIN*4300	[1.00]	Kinesiology Thesis I

#### Semester 8

KIN*4050	[0.50]	Special Populations: Understanding Disease
KIN*4100	[0.50]	Fitness Assessment for clinical Populations
KIN*4200	[0.50]	Exercise Prescription for Clinical Populations

One of:

KIN*4310	[1.00]	Kinesiology Thesis II
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*1350	[0.00]	Athletic Bandaging and Taping Techniques
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
KIN*1450	[0.00]	Occupational Health and Safety
KIN*1460	[0.00]	Exercise Prescription for Older Adults