

# 2020-2021 Guelph-Humber Calendar

The information published in this University of Guelph-Humber Calendar outlines the rules, regulations, curricula, programs and fees for the 2020-2021 academic year, including Summer Semester 2020, Fall Semester 2020 and Winter Semester 2021.

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:

- Universities Canada

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Revision Information:

Date	Description
April 1, 2020	Initial Publication
July 28, 2020	Second Publication

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# Disclaimer

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## University of Guelph-Humber

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The information published in this Calendar outlines the rules, regulations, curricula, programs and fees for the 2020-2021 academic year, including the Summer Semester 2020, the Fall Semester 2020, and the Winter Semester 2021.

The University reserves the right to change without notice any information contained in this calendar, including but not limited to that related to tuition and other fees, standards of admission, course delivery or format, continuation of study, and the offering or requirements for the granting of, degrees or diplomas in any or all of its programs. The publication of this calendar does not bind the University to the provision of courses, programs, schedules of study, or facilities as listed herein.

The University will not be liable for any failure or delay in performance arising out of any cause or causes beyond its reasonable control. Such causes may include but are not limited to fire, strike, lock-out, inability to procure materials or trades, war, mass-casualty event, flood, local, regional or global outbreak of disease or other public health emergency, social distancing or quarantine restriction, legislative or regulatory requirements, unusually severe weather, failure of public utility or common carrier, or attacks or other malicious act, including but not limited to attacks on or through the internet, or any internet service, telecommunications provider or hosting facility.

In March 2020 the World Health Organization declared a global pandemic of the virus leading to COVID-19. The Governments of Canada, the Province of Ontario, and local Governments responded to the pandemic with legislative amendments, controls, orders, by-laws, requests and requirements (collectively, the "Governmental Response"). It is uncertain how long the pandemic, and the related Governmental Response, will continue, and it is unknown whether there may be a resurgence of the virus leading to COVID-19 or any mutation thereof (collectively, the "Virus") and resulting or supplementary renewed Government Response. Without limiting the foregoing paragraph, the University shall not be liable for costs associated with any failure or delay in performance arising out of:

- a. the continued spread of the Virus;
- b. the continuation of or renewed Governmental Response to control the spread of the Virus; and
- c. a University decision, made on an organization-wide basis and in good faith, to control the spread of the Virus, even if exceeding the then current specific Government Response.

In particular, the COVID-19 pandemic may necessitate a revision of the format of course offerings such that courses are offered in whole or in part on an alternate delivery model to in-person classes. Tuition and mandatory fees have been set regardless of the method of instruction and will not be refunded in the event instruction occurs remotely for any part of the academic year.

Dates or times of performance including the Schedule of Dates may be extended as appropriate and the University will notify students promptly of the existence and nature of such delay and shall, so far as practicable, use reasonable efforts to minimize and mitigate any such delay or non-performance.

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

Published by: Enrolment Services

Editor: G. Kerr, Campus Registrar (Guelph-Humber)

# 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) <https://www.ontario.ca/laws/statute/90f31>. 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 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>.

## Disclosure of Personal Information to the Ontario Ministry of Colleges and Universities

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The University of Guelph is required to disclose personal information such as characteristics and educational outcomes to the Minister of Training, Colleges and Universities under s. 15 of the Ministry of Colleges and Universities Act, R.S.O. 1990, Chapter M.19, as amended. The Ministry collects this data for purposes including but not limited to planning, allocating and administering public funding to colleges, universities and other post-secondary educational and training institutions.

Amendments made to the Ministry of Colleges and Universities Act, authorizing the collection and use of personal information from colleges and universities by the Minister of Training, Colleges and Universities, which were set out in Schedule 5 of the Childcare Modernization Act, 2014, came into force on March 31, 2015.

The amendments strengthen the ability of the Minister to directly or indirectly collect and use personal information about students as required to conduct research and analysis, including longitudinal studies, and statistical activities conducted by or on behalf of the Ministry for purposes that relate to post-secondary education and training, including,

- i. understanding the transition of students from secondary school to post-secondary education and training,
- ii. understanding student participation and progress, mobility and learning and employment outcomes,
- iii. understanding linkages among universities, colleges, secondary schools and other educational and training institutions prescribed by regulation,
- iv. understanding trends in post-secondary education or training program choices made by students,
- v. understanding sources and patterns of student financial resources, including financial assistance and supports provided by government and post-secondary educational and training institutions,
- vi. planning to enhance the affordability and accessibility of post-secondary education and training and the quality and effectiveness of the post-secondary sector,
- vii. identifying conditions or barriers that inhibit student participation, progress, completion and transition to employment or future post-secondary educational or training opportunities, and
- viii. developing key performance indicators.

Information that the University is required to provide includes but is not limited to: first, middle and last name, Ontario Educational Number, citizenship, date of birth, gender, first three digits of a student's postal code, mother tongue, degree program and major(s) in which the student is enrolled, year of study and whether the student has transferred from another institution.

Further information on the collection and use of student-level enrolment-related data can be obtained from the Ministry of Colleges and Universities website: <https://www.ontario.ca/page/ministry-colleges-universities> (English) or <https://www.ontario.ca/fr/page/ministere-des-colleges-et-universites> (French) or by writing to the Director, Postsecondary Finance and Information Management Branch, Postsecondary Education Division, 7th Floor, Mowat Block, 900 Bay Street, Toronto, ON M7A 1L2.

An update on Institutional and Ministry of Colleges and Universities Act Notice of Disclosure Activities is posted at <https://www.ontario.ca/page/ministry-colleges-universities>

Frequently Asked Questions related to the Ministry's enrolment and OEN data activities are also posted at: <http://www.edu.gov.on.ca/eng/document/brochure/oen/index.html>

### Authority to Disclose Personal Information to Statistics Canada

The Ministry of Colleges and Universities discloses student-level enrolment-related data it collects from the colleges and universities as required by Statistics Canada in accordance with Section 13 of the Federal Statistics Act. This gives Ministry of Colleges and Universities Act authority to disclose personal information in accordance with s. 42(1) (e) of FIPPA

## Notification of Disclosure of Personal Information to Statistics Canada

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

## 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

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, in writing, through Enrolment Services.

## 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, the student's 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 the student's 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 <https://uoguelph.civicweb.net/document/68892/ORSInfoReleasePolicy060610.pdf?handle=FF982F8A9AEA4076BE4F3D88147172B8>.



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## 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 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 placements, students will participate in weekly seminars that will serve to critically analyze their 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 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 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

**Note:** 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.

#### 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 four 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

**Note:** 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.

#### 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 four 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

**Note:** 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.

#### 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 four 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

**Note:** 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.

#### Semester 8

KIN*4050	[0.50]	Special Populations: Understanding Disease
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

One of:

KIN*4040	[0.50]	Functional Anatomy
KIN*4070	[0.50]	Sports Nutrition
KIN*4150	[0.50]	Professional Skills for Kinesiologists

0.50 electives

**Note:** 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 20.0 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:

KIN*1210	[0.00]	Athletic Coaching Techniques
KIN*1220	[0.00]	Forensic Kinesiology
KIN*1230	[0.00]	Health Behaviour Change Techniques
KIN*1240	[0.00]	Martial Arts for Group Fitness Training
KIN*1250	[0.00]	Stress Management, Meditation and Relaxation
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
KIN*1350	[0.00]	Athletic Bandaging and Taping Techniques
KIN*1410	[0.00]	Therapeutic Exercise of Musculoskeletal Disorders
KIN*1430	[0.00]	Functional Ability Evaluation
KIN*1440	[0.00]	Ergonomic Assessment and Physical Demands Analysis