Honours Bachelor of Health Sciences – Kinesiology and Health Promotion

Sheridan’s Kinesiology and Health Promotion program equips you to develop, implement and manage health programs and initiatives.

Outstanding career preparation

The program’s multidisciplinary approach borrows from the strengths of traditional kinesiology and health sciences curricula and enhances them with business management and lab experiences. Through two field placements (Year 2 and 4) and a 14-week paid cooperative work term (Year 3), you’ll have the opportunity to observe and apply theories studied in class, gaining invaluable real-world experience.

What you’ll learn

- Biomechanics
- Ergonomics and clinical exercise physiology
- Nutrition
- Strength and conditioning
- Wellness coaching and group fitness leadership
- Lifestyle assessment and counselling

Additional certification

As a graduate of this program, you can receive professional certifications through the National Strength and Conditioning Association, Canadian Society for Exercise Physiology and the Ontario Kinesiology Association. As this program is a recognized undergraduate degree, you’ll also qualify to move on to post-graduate training at universities in Canada and the United States.

* 2018 Key Performance Indicator (KPI) survey results produced by the Ontario Government, Colleges Ontario and student associations. Percentage shown reflects the average employer satisfaction across all Sheridan programs over the last five years.
Admission Requirements

Program Eligibility
Ontario Secondary School Diploma or equivalent, including the following required courses:

- English, Grade 12 (ENG4U)
- Biology, Grade 12 (U)
- Physics, Grade 12 (U)
- Chemistry, Grade 12 (U)
- Mathematics, Grade 12 (U)

plus
- Three additional Grade 12 credits at the U or M level
- Minimum of 65% in each course
- Two semesters of post-secondary education

or
- required courses with a minimum 65% in each course.

Applicant Selection
Eligible applicants will be selected on the basis of their previous academic achievement which considers their six highest senior-level credits, including required courses.

Applicants who do not meet the admission requirements for this program will be assessed and advised individually and may be considered for other, related programs.

English Language Proficiency
All applicants whose first language is not English must meet Sheridan’s English proficiency requirements.
Refer to the website for full admission requirements.

Career Opportunities
Sheridan provides the skills employers are seeking. When you graduate from the Kinesiology and Health Promotion program, you’ll be qualified to take on a leadership role in a variety of sectors.

HERE ARE SOME AREAS IN WHICH YOU MIGHT WORK:

Community parks and recreation
Corporate wellness
Exercise rehabilitation

General fitness
Public health
Strength and conditioning

Courses
SOME OF THE COURSES YOU CAN EXPECT TO TAKE IN YOUR PROGRAM

- Fitness Testing and Assessment
- Group Fitness Leadership
- Health, Disease and Aging
- Introduction to Sports Injury
- Motor Control and Learning
- Personal Wellness
- Personal Wellness

Note: See website for specific terms and course listings.

More information

Website: sheridancollege.ca
Facebook: facebook.com/sheridaninstitute
Twitter: @sheridancollege

Visit us!
There’s no better way to get a sense of Sheridan than with a personal visit. Book a tour and see for yourself!
tours.sheridancollege.ca

All information provided is current as of publication and is subject to change. Refer to the website for the most current program information. Sheridan Marketing and Brand Strategy, February 24, 2020.