

Sheridan



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Honours Bachelor of Health Sciences – Kinesiology and Health Promotion

Honours Baccalaureate Degree | 4 years
Davis Campus (Brampton)



Harness the power of human movement to improve health and performance.

A multidisciplinary approach to kinesiology

Learn how the science of human movement relates to all aspects of health and performance. You'll study exercise science, physiology, biomechanics, nutrition and more – all in small classes with professors who know your name. This is also the only kinesiology degree in Ontario with a focus on health promotion, giving you the skills to lead public health campaigns and wellness initiatives.

Applied learning supported by cutting-edge technology

Apply your learning using the latest technologies and equipment! Sheridan is the first postsecondary institution in Canada to embed HoloAnatomy mixed reality software in its kinesiology programming, supporting you in challenging courses such as anatomy and physiology. Other state-of-the-art spaces you'll work in include our Athletic Therapy Centre, Exercise Intervention Centre and VO2 Max Lab.

Pursue sought-after certifications

Within this program, you'll have opportunities to pursue your Certified Personal Trainer and Clinical Exercise Physiologist certifications. When you graduate, you'll meet the College of Kinesiologists of Ontario (COKO) core competency requirements to become a Regulated Health Professional. You'll also qualify for post-graduate training at colleges and universities across North America.

Career Opportunities

The Honours Bachelor of Health Sciences – Kinesiology and Health Promotion program provides graduates with skills that are highly valued by employers in health and performance-related careers.

YOU MIGHT FIND JOBS SUCH AS:

Registered Kinesiologist
Workplace Wellness Coordinator
Health Policy Administrator
Health and Wellness Specialist

Certified Exercise Physiologist
Certified Professional Ergonomist
Public Health Data Analyst
Strength and Conditioning Coach

Courses

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

Clinical Exercise Physiology
Nutrition
Anatomy

Advanced Strength and Conditioning
Health Communications
Fitness Testing and Assessment

How to apply:

5 easy steps

- 1 Find your program
- 2 Check the admission requirements
- 3 Apply online
- 4 Submit your documentation
- 5 Accept your offer

Ready to get started?

sheridancollege.ca/apply



Visit us!

Come say hello and get a feel for your future! We offer:

- Campus tours (in-person & virtual)
- Open Houses in the Spring and Fall
- Weekly webinars
- Career Advising Workshops



sheridancollege.ca/future-students

Admission Requirements

Program Eligibility

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

- English, Grade 12 (ENG4U)

plus

- Biology, Grade 12 (U)

plus one of:

- 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

or

- Two semesters of post-secondary education plus 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 may be advised individually regarding 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.