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Exercise Science and Lifestyle Management

Ontario Graduate Certificate

Program Code: 14131

Campus: North

Length: 3 semesters

Humber's Exercise Science and Lifestyle Management graduate certificate program is designed to build on the knowledge you have gained in your undergraduate program.

Our advisory committee provides regular review and input into our curriculum, ensuring our program is always on the cutting edge of the field.

This program prepares students to challenge entry-to-practice examinations from various governing bodies. The combination of theoretical knowledge and practical experience is essential for success in this field.

Please note that certain courses in the program require students to participate in fitness classes that will involve physical activity, and may require a medical clearance from a physician.

Experiential learning is an integral part of this program. The program features three unpaid field experiences. Two take place on campus, and one is a four-week block placement off campus with one of Humber's industry partners.

The final field experience is a four-week block placement off campus with one of Humber's industry partners.

Courses

Semester 1

ANAT 5003:

ESCI 5000:

ESCI 5002:

ESCI 5003:

ESCI 5004:

ESCI 5006:

WORK 5000:

Semester 2

ESCI 5007:

ESCI 5550:

ESCI 5551:

ESCI 5552:

ESCI 5553:

ESCI 5555:

MKTG 5552:

WORK 5500:

Semester 3

WORK 5556:

Admission Requirements

Admission selection is based on the following 3 requirements:

. Academic

To be eligible for admission, you must possess the following:

A Bachelor's degree in Kinesiology, Physical Education, or Human Kinetics including completion of the following courses:

Human Anatomy

Human Physiology

Exercise Physiology

Biomechanics

Statistics/Research Methods

It is recommended that students also possess at least one semester of the following courses:

Psychomotor Behaviour or Motor Learning

Introduction to Health and Wellness, or Epidemiology of Physical Activity

Psychology of Sport, Psychology of Exercise, Sociology of Exercise, or Sociology of Sport

Mature Applicants

Diplomas and Certificates

An applicant is considered a mature applicant if they have not completed secondary school or other postsecondary school, and wish to pursue a degree.

Degrees

An applicant is considered a mature applicant if they have not completed secondary school or attended postsecondary studies, and wish to pursue a degree.

College Transfer Applicants

Diplomas and Certificates

An applicant is considered a college transfer applicant if they have completed some or all of a college-level credential. Humber may accept credit for up to 60 credits towards the graduate certificate program.

Degrees

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University Transfer Applicants

Diplomas and Certificates