

Title: Kinesiology Program

Date: January 26, 2023

Running Time: 00:02:58

Kristine Latincic [00:00:04] As human beings, we're born to move. The way we move affects every part of our well-being from our muscles down to the cells in our body. If you're passionate about human movement and how movement translates into positive health and performance related outcomes, our Kinesiology program just might be your right move.

Kristine Latincic [00:00:22] Our courses are based on theory and coupled with hands on learning through labs and practical courses taught by experts in the field. You will learn how the body works, how to make it work more efficiently, and how to prevent and manage illness and injury.

Kristine Latincic [00:00:37] Our students love the human anatomy courses. For beginning in your first semester of your first year, you'll work in the University of Guelph's human cadaver lab to see first-hand how the human body is connected. Take your theories further in our exercise prescription and fitness assessment labs, where you will work with industry standard equipment you might use in your future career, including the BodPod, metabolic carts and ECGs. Additionally, you'll take four practicum courses focusing on current industry trends for even more hands-on experience, including athletic bandaging and taping techniques and martial arts for group fitness.

Kristine Latincic [00:01:15] Complete 87 to 241 hours of field placement experience both on and off campus. On campus, you'll train a client to help them reach their fitness and lifestyle goals. Your off-campus placements will get your foot in the door of a career that interests you, including hospitals, corporate health and wellness, athletic and varsity teams, or rehabilitation clinics.

Kristine Latincic [00:01:38] When you graduate, you'll have the know-how and skills to work with a broad range of abilities, including the general population, elite athletes and individuals with chronic disease or physical limitations. Graduates are eligible to register with the College of Kinesiologist of Ontario or become certified exercise physiologist. Other

paths you can take after graduation include medical school, occupational therapy, strength and conditioning, cardiac rehabilitation and health promotion.

Sophie [00:02:08] What I love about the Kinesiology program are the labs, because it's one thing to learn information from a textbook, but then it's another thing to actually see it in action. Be able to practice the theories that you actually learn in the textbook and see it applied, I think that's a different type of learning.

Sophie [00:02:25] In the future, I do aspire to go into medicine, being able to speak to my professors one-on-one and getting to know what other pathways are there within kinesiology has helped me a lot in being able to foster my passion for medicine.