In just four years the kinesiology students at the University of Guelph-Humber earn both a Bachelor of Applied Science in Kinesiology and a Diploma in Fitness and Health Promotion.

A unique aspect of our program is the combination of the theoretical and the practical, and this is really integrated in every one of our core courses. Students learn the theories and the research within the lecture and then they practice their skills in the lab component.

All of the labs correspond with a lot of the lectures that we have through the weeks so we usually learn the theory and the content behind it and then we get to actually apply it in the lab which is very helpful and helped me understand certain concepts.

I'm a big advocate for experiential learning so I think that my experiences helped me learn so I try to impart that same kind of wisdom on the students that I teach. Now I can't give them
the exact same experiences that I've had but I can create an atmosphere in the classroom that mimics that.

The number one thing we hear from employers is that our students are able to work day one. They have significant amount of practical experience working with healthy population performance athletes various chronic diseases as well as physical limitation, so they really are able to adapt their knowledge to whomever comes into the clinic.

When I first got that job it was a refresher and what I learned that year, so it was good to kind of maintain my knowledge and that kind of once I was done exam forget at all.

In their fourth year students either complete a research literature review project, or an undergraduate research thesis. Those completing a thesis, follow through a study from its inception to the writing of the final research paper. While working with a faculty advisor who's an expert in the field.

At larger schools you may be in a first-year class you may be one of the thousand,
whereas here you may be one of a hundred or one of fifty.

2:21 – 2:33  [Jonathan Hood Interview]
The ability to have a personal relationship with your professors, your instructors, the admin and everybody else on campus to support, is critical, is critical to your success.

GH is the place to be