A Conversation with Kanika D.
Date: August 25, 2023

Kanika D. [00:00:07] I'm currently in a Chiropody at The Michener Institute of Education, and we focus a lot on lower limb foot problems. And these are usually associated with diabetic foot care.

Kanika D. So I'm currently on my path to finish my cropodist licensing, so hopefully I'll be done that in the next year.

Kanika D. [00:00:32] The Kinesiology program at the University of Guelph-Humber, with this program we learn a lot of exercise physiology, biochemistry, and we focus a lot on wellness and health. So we work alongside patients, we can work as personal trainers, you can go into the medical field, physiotherapy, and there's a lot of things that this program can lead you to going into.

[00:00:55] My favorite class for Kinesiology was actually biomechanics. I really enjoyed it because we had a lot of hands-on labs and I loved doing a lot of hands-on things. So because of the hands-on labs, I actually got to put what I was learning into what we were doing. And because I really did enjoy biomechanics, my professor actually offered me a research position to work alongside him at the University of Guelph.

Kanika D. [00:01:24] I chose the University of Guelph Humber because they offer the two credentials within four years. And I liked how the Kinesiology program was very specific and there weren't any other additional courses that didn't seem relevant to the actual profession. And I also really like the practicums that were offered. I made a lot of real personal connections with the professors here, and I had a really great experience with the program.