

Video Transcript

Kinesiology at #UofGH (2:48mins)

Kinesiology at #UofGH2021

Time In	Time Out	Audio	Visual
00:00:00:00	00:00:03:00		Opening title, A picture of three students walking on a path. A graphic of two triangles in the top and bottom left of the screen reads, "University of Guelph-Humber, Toronto Ontario"
00:00:03:00	00:00:12:14		The screen transitions to a video of three student tracking the vitals of a man on an exercise bike attached to breathing apparatus.
00:00:03:02	00:00:04:21	As human beings we're born	
00:00:04:22	00:00:06:17	to move, the way we move	
00:00:06:19	00:00:08:17	affects every part of our well-being	
00:00:08:21	00:00:10:21	from our muscles down to the cells	
00:00:10:22	00:00:11:22	in our body.	
00:00:11:23	00:00:13:06	If you're passionate about human	
00:00:12:14	00:00:18:05		An info graphic lists the benefits of the Guelph-Humber Kinesiology program.
00:00:13:07	00:00:15:04	movement and how movement translates	
00:00:15:05	00:00:16:24	into positive health and performance	
00:00:17:05	00:00:18:20	related outcomes, our Kinesiology	
00:00:18:05	00:00:33:11		Montage of Kinesiology students learning proper exercise techniques. Students in the gym exercising learning from an instructor.
00:00:19:06	00:00:21:04	program just might be your right	
00:00:21:05	00:00:22:04	move.	
00:00:22:14	00:00:24:08	Our courses are based on theory	
00:00:24:10	00:00:26:00	and coupled with hands-On learning	

00:00:26:03	00:00:27:22	through labs and practical courses	
00:00:27:23	00:00:29:13	taught by experts in the field.	
00:00:29:24	00:00:31:12	You can learn how the body works,	

00:00:31:16	00:00:32:16	how to make it work more	
00:00:32:17	00:00:34:09	efficiently, and how to prevent and	
00:00:33:11	00:00:39:17		talks straight into the camera with the bridge between Humber ITAL and the University of Guelph-Humber in the background.
00:00:34:13	00:00:36:01	manage illness and injury.	
00:00:36:04	00:00:37:23	Our students love the human anatomy	
00:00:37:24	00:00:39:16	courses where beginning in the first	
00:00:39:17	00:00:41:10	semester of your first year,	
00:00:39:17	00:01:14:28		The screen transitions to a montage of Kinesiology students learnings about anatomy, exercising with industry level equipment and exercising.
00:00:41:16	00:00:43:02	you'll work in the University of	
00:00:43:03	00:00:44:22	Guelph-Humber's cadaver lab to see	
00:00:44:23	00:00:47:08	First-hand how the body is connected.	
00:00:47:25	00:00:49:14	Take your theories further in our	
00:00:49:17	00:00:51:07	exercise prescription and fitness	
00:00:51:08	00:00:52:23	assessment labs, where you'll work	
00:00:52:24	00:00:54:15	with industry standard equipment	
00:00:54:19	00:00:56:07	you might use in your future career,	
00:00:56:13	00:00:58:04	including the board pod, metabolic	
00:00:58:20	00:01:00:02	carts and ECGs.	
00:01:00:25	00:01:02:09	Additionally, you'll take four	
00:01:02:10	00:01:04:06	practicum courses focusing on	
00:01:04:07	00:01:06:01	current industry trends for even	
00:01:06:02	00:01:07:20	more hands-on experience, including	

00:01:07:22	00:01:09:08	athletic bandaging and taping	
00:01:09:09	00:01:10:22	techniques and martial arts for	
00:01:10:23	00:01:11:22	group fitness.	
00:01:12:09	00:01:13:15	Complete 87 to	
00:01:14:23	00:01:16:04	24 hours of field placement	
00:01:14:28	00:01:26:24		An info graphic listing the benefits of the Kinesiology program.
00:01:16:05	00:01:17:06	experience both on- and	
00:01:18:07	00:01:19:16	off-campus. Train a client to	

00:01:20:05	00:01:21:23	help them reach their fitness and or	
00:01:21:24	00:01:22:23	lifestyle goals.	
00:01:23:02	00:01:24:08	Your off campus placements.	
00:01:24:09	00:01:25:14	get your foot in the door in a	
00:01:25:15	00:01:27:10	career that interests you,	
00:01:26:24	00:01:33:02		The screen returns to the speaker.
00:01:27:20	00:01:29:07	including hospitals, corporate	
00:01:29:13	00:01:31:03	health and wellness, athletic and	
00:01:31:04	00:01:32:18	varsity teams, or rehabilitation	
00:01:33:02	00:01:50:24		Montage of Kinesiology students exercising and tracking the vitals of a man on an exercise bike.
00:01:33:07	00:01:35:17	clinics, among many other areas.	
00:01:36:02	00:01:37:11	When you graduate, you'll have the	
00:01:37:12	00:01:39:02	Know-how and skills to work with a	
00:01:39:04	00:01:41:05	broad range of abilities, including	
00:01:41:06	00:01:43:03	the general population, elite	
00:01:43:04	00:01:45:00	athletes and individuals with	
00:01:45:01	00:01:46:09	chronic disease or physical	

00:01:46:11	00:01:47:11	limitations.	
00:01:47:14	00:01:49:06	Graduates are eligible to register	
00:01:49:15	00:01:51:10	with the College of Kinesiologists	
00:01:50:24	00:02:06:09		Info graphic of possible careers and further education.
00:01:51:13	00:01:52:13	of Ontario, or become	
00:01:53:14	00:01:55:20	certified exercise physiologists.	
00:01:56:09	00:01:57:18	Other paths you can take after	
00:01:57:19	00:01:59:16	graduation include teachers college,	
00:01:59:24	00:02:01:16	occupational therapy, strength and	
00:02:01:21	00:02:04:07	conditioning, cardiac rehabilitation	
00:02:04:12	00:02:05:14	and health promotion.	
00:02:06:02	00:02:07:17	What I love about the Kinesiology	
00:02:06:09	00:02:11:10		Kinesiology students learning about bone structure.
00:02:07:18	00:02:09:15	program are the labs	
00:02:09:18	00:02:11:23	because it's one thing to learn	
00:02:11:10	00:02:40:23		Video montage of a Guelph-Humbler student speaking straight to camera sitting in an armchair intercut with videos and pictures from Kinesiology classes.
00:02:12:01	00:02:13:19	information from a textbook, but	
00:02:13:20	00:02:15:03	then it's another thing to actually	
00:02:15:04	00:02:16:04	see it in action.	
00:02:16:06	00:02:18:05	Be able to practice the theories	
00:02:18:06	00:02:19:04	that you actually learn in the	
00:02:19:05	00:02:21:09	textbook and see it applied.	
00:02:21:11	00:02:23:03	I think that's a different type of	
00:02:23:06	00:02:24:00	learning.	
00:02:24:01	00:02:25:15	In the future. I do aspire to go	

00:02:25:19	00:02:27:11	into medicine. Being able to speak	
00:02:27:16	00:02:29:13	to my professors one on one and	
00:02:29:14	00:02:31:08	getting to know what other pathways	
00:02:31:09	00:02:33:05	are there within Kinesiology has	
00:02:33:06	00:02:34:11	helped me a lot and being able to	
00:02:34:12	00:02:36:18	foster my passion for medicine.	
00:02:40:23	00:02:48:02		Outro Graphic: University of Guelph Humber, Toronto Ontario.

Please let us know if you would like additional information.

University of Guelph-Humber

207 Humber College Blvd | ON | M9W 5L7

416.798.1331 ext. 6056 | futurestudent@guelphhumber.ca