# Kinesiology

## 1 minute 50 seconds in length

>> SARAH WEST: So my name is Dr. Sarah West and I am the kinesiology prof or a kinesiology prof here. I think one of the most exciting things that we've done in the last year or so has been to collaborate with the Athletic Centre here. So we partnered, created a great, strong partnership to help build the kinesiology program and one thing that we've just done is actually open up a brand new exercise physiology lab here in the building, which is a fantastic facility. We work together, its state-of-the-art, we have brand-new equipment in it so something that I'm very excited about we have a metabolic cart. We're able to do a lot of exercise testing, we can do thing called a V02 Max so look at how someone responds to running and how strong the respiratory and cardiac respiratory system is. We can to metabolic rate testing to see how people do when they're at rest.

>> INGRID BRENNER: So one of the interesting parts of this program has been its run in collaboration with UOIT at the Ontario University Institute of Technology. Students do their first two years at Trent University and the second two years are done at UOIT. During their first two years here at Trent University students take courses in anatomy, physiology, biology, psychology, physics, and chemistry.

>> SARAH WEST: So at Trent University students in the kinesiology program will have access to any lab so we'll be doing a lot of our in-person practical experiences from a brand new lab, which means you'll be trained directly on how to use the equipment. We do have a low student to Professor ratio so that's a fantastic opportunity for the students to continue to learn and we can work with a variety of populations. So we can work with that clinical, more aging population, or at least talk about how we would work with a clinical aging population, and we can also work with a young student athlete as well to see how we can exercise test them in the brand new lab.

[For more information trentu.ca/futurestudents/kinesiology]

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