The focus of the graduate programs in the Department of Human Health and Nutritional Sciences (HHNS) is on physical activity and diet as powerful lifestyle determinants of human health. The interaction between genetics and environmental factors ultimately determines the health of an individual, and lifestyle is a major component of our environment that can be modified to affect human health.

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**Program**

We offer graduate programs of study leading to both an MSc by thesis (2-year program) and an MSc by coursework and project (1-year program), and a PhD program.

**Research Fields**

- Biomechanics
- Nutrition, Exercise, and Metabolism
- Nutrition and Nutraceutical Sciences

**Admission Requirements (MSc)**

- An honours BSc degree or equivalent
- A minimum 75% average during the last two years of undergraduate study
- Applicants must have secured a faculty advisor
- 1 course in statistics

**Admission Requirements (PhD)**

- A minimum academic standing of 80% in postgraduate studies
- A secured faculty advisor
- 1 course in statistics
- Transfer from MSc to PhD program following partial completion of MSc thesis requirements is also possible

**Funding**

Full-time, eligible MSc thesis and PhD students receive a guaranteed minimum level of funding.

**Faculty**

We have over 25 faculty members, specializing in a variety of research areas. To see a complete list of our faculty, please visit: uoguelph.ca/hhns/people/faculty

**ARE YOU INTERESTED IN:**

- Obesity
- Aging
- Diabetes
- Cardiovascular disease
- Nutrition and exercise
- Biomechanics

**CAREER OPPORTUNITIES:**

- Academia
- Industry
- Professional programs (medicine, physiotherapy, etc.)

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**CONTACT INFORMATION**

**Graduate Coordinator, MSc & PhD:**
Dr. Graham Holloway
519-824-4120 ext 53688
ghollowa@uoguelph.ca

**Graduate Program Assistant:**
Andra Williams
519-824-4120 ext 56356
amwillia@uoguelph.ca