



**CHANGING LIVES  
IMPROVING LIFE**

## Graduate Studies

# Human Health & Nutritional Sciences: MSc, PhD

*The scholarly activities of HHNS graduate students are highly recognized through publishing papers in quality research journals, presentations at National and International meetings and external awards won.*

### Program Overview

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 determines human health and lifestyle is a major component of our environment.

Our graduate programs offer advanced experiential learning experiences in the broad areas of nutritional and nutraceutical sciences, general and exercise physiology and biomechanics within the focus of lifestyle, genetics and human health. Within these broad fields, HHNS addresses the issues at the level of the individual, not community or populations. The research efforts are focused on understanding the basic underlying biological aspects of health, which are further applied to understanding aging, neurological/sensory disorders and osteoarthritis, and chronic diseases such as cancer, cardiovascular disease, obesity, and type II diabetes.

The Department of Human Health and Nutritional Sciences offers graduate programs of study leading to both an MSc by thesis (2-year program) and an MSc by course work and project (1-year program), and a PhD program. The three areas of emphasis are: biomechanics; nutrition, exercise, and metabolism; and nutrition and nutraceutical sciences.

### General Admission Requirements (MSc)

- An honours bachelor's science 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

### General Admission Requirements (PhD)

Students applying to the doctoral program in HHNS should have a recognized master's degree in a related field and the following requirements:

- 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 the MSc thesis requirements is also possible.

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

### CONTACT INFORMATION

**Graduate Coordinator:**

Coral L. Murrant  
cmurrant@uoguelph.ca  
(350 ANNU Bldg., Ext. 56173)

**Graduate Secretary:**

Andra Williams:  
amwillia@uoguelph.ca  
(352 ANNU Bldg., Ext. 56356)

[www.uoguelph.ca/hhns](http://www.uoguelph.ca/hhns)