

## **Testimonial**

### **Brandon Rasman**

Now enrolled at UBC in the School of Kinesiology

I remember sitting in a university presentation in high school just a few years ago. Like most students in grade 12, I had little idea of which post-secondary institution would be the best for me. After much consideration, I decided that I didn't want the pressure of studying at UBC in my first year. Several factors played into this decision, one of which was that I wasn't confident in what I wanted to study. After speaking with family, friends, and teachers, I made the decision to come to Langara College. When my registration date came in the summer, I signed up for several different science courses so I could get a feel for which direction I wanted to head in. Two of the five courses I selected were Human Kinetics classes. I feel confident in saying taking those classes was one of the best decisions I have ever made.

It didn't take long for me to become enthralled with Human Kinetics (HKIN). There is a wide range of material that is covered in these classes, ranging from anatomical to psychological to sociological. Unique to this faculty, HKIN places great importance on hands on learning. The mixture of theoretical and applied learning allows students to become engaged in their studies. The department provides student access to labs during class times as well as designated open study periods.

A major part of what makes HKIN at Langara so great is its teachers. I have taken nearly every Human Kinetics course that is offered at Langara, and I've had the pleasure to learn from several brilliant professors. These instructors are dedicated, approachable, and more than qualified in what they teach. The small classes allow the teachers to get to know their students and provide them with everything they need. Not limiting themselves to lectures and office hours, many of the teachers take time out of their busy schedules to make themselves available to the HKIN community. As a student in HKIN, you can truly feel comfortable knowing that your instructors are driven to help you succeed. I have had some fantastic conversations and experiences with my teachers, and after everything they have done, I consider them my friends.

This department provides an environment that is conducive to learning and social interaction. Again, the small classes make it easier to meet and interact with other students. I have met some amazing people here, made reliable friends, and improved my cooperative work skills. The program is structured so that you learn how to study with other students, while ensuring you pull your own weight.

## **Human Kinetic, Langara College**

I have now completed my HKIN Diploma at Langara College. In the fall, I will be attending the University of British Columbia to continue my studies in this field. I am incredibly grateful for everything the Human Kinetics Department at Langara has provided me with. The skills, lessons, and knowledge that this program delivers are first class. I'm extremely comfortable and confident taking everything I have learned at Langara HKIN, and bringing it to UBC to complete my studies.