



December 14, 2006

ENROLMENT SERVICES

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To: Okanagan Senate
From: Senate Curriculum & Admission and Awards Committees
Re: **New Program Proposal – Bachelor of Human Kinetics**

Attached please find the following for your consideration:

Faculty of Health and Social Development

- 1) The following new degree:
 - a. **Bachelor of Human Kinetics**



UBC Curriculum Proposal Form Change to Course or Program

Category: (1)

Faculty: Health and Social Development Department: Human Kinetics Faculty Approval Date: Effective Session 2007 Term Winter Year 2007 for Change	Date: November 28, 2006 Contact Person: Dr. Joan Bottorff Phone: 7-9901 Email: joan.bottorff@ubc.ca
Proposed Calendar Entry: INTRODUCTION Human Kinetics is a discipline focused on the comprehensive study and practice of human movement and exercise, and its impact on health and physical performance. Accordingly, Human Kinetics at UBC Okanagan will promote an interdisciplinary understanding of health and human movement, drawing on both the social and natural sciences. The aim is the development of knowledge and practical skills related to community health promotion, and chronic disease prevention and rehabilitation through the use of lifestyle management, focusing on physical activity and nutrition programming. As a program within the Faculty of Health and Social Development, Human Kinetics will be dedicated to creating and advancing knowledge that promotes healthy individuals and communities through physical activity. The Bachelor of Human Kinetics is a 120 credit degree program, with third and fourth year concentrations in Clinical Exercise Physiology and Community Health Promotion. UBC Okanagan's Human Kinetics program emphasizes interdisciplinary and interprofessional approaches to the study of	URL: N/A Present Calendar Entry: N/A Type of Action: Approval of Bachelor of Human Kinetics Program calendar description for admissions. Rationale: The current funding crisis in health care has proven to be of benefit to the kinesiology field, and has resulted in kinesiology being the fastest growing of the allied health sciences. Active human movement has been identified as critical for both the prevention of, and rehabilitation from, disease and injury. The demand for professionals who can deliver health promotion and disease prevention and rehabilitation through the use of lifestyle management and physical activity programming has increased dramatically. Physical activity with the purpose of chronic disease prevention is one of the most positive ways to overcome the challenges faced by our current health care system, and is vital for quality of life, throughout the entire lifespan, as it impacts all dimensions of health. The benefits of fitness, health, activity and sport are increasingly recognized as key to economic, social and community health in Canada. The importance of physical



physical activity and health. The curriculum includes core, concentration and elective courses, giving students common foundational knowledge as well as the opportunity to complement their choice of specialization with courses of personal interest.

Graduates will find work within local, national and international health, government organizations, pursue graduate studies or enter health professions.

Specialization Options:
Clinical Exercise Physiology
Community Health Promotion

ADMISSION REQUIREMENTS

Human Kinetics will use a competitive entry model: Achievement of the minimum requirements for admission does not guarantee acceptance. Students applying to enter the program must make formal application to Enrolment Services no later than February 28 with a documentation deadline of June 30.

Competitive entry will be based on a GPA calculated on following [provincially examinable Grade 12 courses](#) or IB/AP equivalents:

- English 12
- one of Principles of Mathematics 12, Biology 12, Geology 12, Chemistry 12 or Physics 12
- two other approved provincially examinable Grade 12 courses

These additional courses are required but are not used to calculate applicant's average:

- Principles of Mathematics 11
- Grade 11 Science

activity in preventing chronic illness (in order to reduce future demands on health care services associated with demographic trends) and to address the epidemic of overweight and obesity (and its contribution to the dramatic rise in illness such as type 2 diabetes, heart disease, stroke, hypertension and some cancers) is increasingly recognized. There have been suggestions that we are now living in “obesogenic” environments where many young people to not have the opportunity to be physically active every day and more adults work in sedentary jobs, driving long distances to work. In addition more communities lack sidewalks, park space, bike lanes and recreation facilities. The concepts of healthy communities, schools, work sites and personal well-being have received strong endorsement from both Provincial and Federal Governments, with several well-established health promotion programs sponsored by each level of government. For example, the BC government has set as one of its five goals to lead the way in North America in healthy living and physical fitness. For physical activity, the target is to increase by 20% the proportion of the BC population currently classified as active or moderately active by 2010. This goal has resulted in a number of initiatives, including **ActNow BC**, aimed at promoting healthy lifestyle choices and environments, increasing physical activity levels and developing supportive community environments. As a result of these developments, employment opportunities are expected to increase significantly. Further, kinesiologists have begun to assume roles in the continuum of care of ill, injured, diseased, impaired or disabled individuals. The Saskatchewan Exercise Science Association was successful in integrating kinesiologists into their health care programs, including the ability to bill the provincial health care



Transfer Students

Students who are accepted on transfer from other institutions must normally complete all remaining courses toward the Bachelor of Human Kinetics at UBC Okanagan. A maximum of 60 transfer credits will normally be granted. The University will not grant a degree for studies that represent less than the equivalent of two regular Winter Sessions (60 credits).

In general, transfer credit is limited to the initial two years of a degree program. Credit at a more senior level may be possible if prior written permission has been granted by the Registrar. A student wishing to take courses at another institution and transfer the credit toward a UBC Okanagan Bachelor of Human Kinetics degree must first obtain a Letter of Permission from the program. It is the student's responsibility to forward an official transcript to Enrolment Services, Undergraduate Admissions.

Promotion Requirements

Promotion to Second Year

Successful completion of 24 or more credits which must include all first-year HKIN Core courses.

Promotion to Third Year

Successful completion of 48 or more credits which must include ENGL 112 and all second-year HKIN Core courses.

Promotion to Fourth Year

Successful completion of 78 or more appropriate credits which must include all third-year requirements.

DEGREE REQUIREMENTS

To qualify for the Bachelor of Human Kinetics, students must:

system. The Ontario Kinesiology Association is presently in the process of applying to have kinesiologists recognized in the Health Provider's Act in Ontario. Should Ontario be successful, this trend is expected to continue, with the BC Association of Kinesiologists preparing to do the same. For these reasons, a Human Kinetics degree provides the foundation for careers in a wide range of occupations, and is considered a very desirable degree with excellent employment opportunities.



- satisfy all the Bachelor of Human Kinetics (BHK) program requirements by completing studies whether at UBC O or elsewhere;
- satisfy at least 50% of the credits for the BHK program while registered in the program¹; and
- complete a minimum of 30 upper-level (300/400) credits in HMKN courses.
- complete 48 upper-division UBC O credits¹; and
- complete 120 credits

Courses taken while studying at another institution on a Senate-approved exchange program satisfy this requirement.

and successfully complete the following credits:

- ENGL 112 (3)
- Human Kinetics Core Courses:
HMKN 1- - (3), HMKN 1- - (3),
HMKN 1- - (3); HMKN 2- - (3),
HMKN 2- - (3), HMKN 2- - (3), ,
HMKN 2- - (3); HKMN 4- - (3),
HKMN 4- - (3).
- Health Studies Core Courses:
HEAL 1--, HEAL 2--. HEAL 2--,
HEAL 3--, HEAL3--.
- Human Kinetics concentration area required courses.
- Electives

Students must select one of two areas of concentration: Clinical Exercise Physiology or Community Health Promotion and satisfy the course requirements of the area of concentration, as follows:

- a. Concentration Requirements
— courses that are required by the area of concentration (9 credits);
- b. Human Kinetics Electives



- 12 credits of HMKN courses students elect to take; some electives are more relevant to each concentration area, and should be chosen carefully to support career objectives.
- c. Non-Human Kinetics
Electives — courses taken in other disciplines or departments that students elect to take; some electives are more relevant to each area of concentration, and should be chosen carefully to support career objectives.

Non-Human Kinetics Electives

Many 300/400-level courses require 100/200-level prerequisites, and therefore all non-HMKN electives should be selected carefully.

Overloading

A student must apply in writing to the FHSD for permission to register in more than 33 credits of work in a Winter Session or 12 credits of work in a Summer Session.

AREAS OF CONCENTRATION

Clinical Exercise Physiology

This area of concentration focuses on incorporating exercise and activity education and skills into patient rehabilitation and recovery programs from disease and injury, as well as for prevention and management of chronic diseases. Occupational titles include kinesiologist, exercise therapist, and personal trainer among others. These individuals often work in conjunction with other health care providers, such as physiotherapists, and work in hospitals, health centres, long term care facilities and other clinical settings.



First Year	Credits	Titles
ENG 112	3	Strategies for University Writing
HMKN 1--	3	Healthy Lifestyles
HEAL 100	3	Introduction to Health Studies (pending approval of BA in Health Studies)
HMKN 1--	3	Biomechanics
HMKN 1--	3	Physical Activity in Canadian Society
BIOL 131	3	Anatomy and Physiology I
BIOL 133	3	Anatomy and Physiology II
Electives	9	
Total Credits	30	
Second Year		
HMKN 2--	3	Human Motor Behaviour I
HMKN 2--	3	Exercise Psychology
HEAL 2--	3	Canadian Health Care System (pending approval of BA in Health Studies)
HEAL 2--	3	Health Determinants (pending approval of BA in Health Studies)
HEAL 3--	3	Methods of Data Analysis (pending approval of BA in Health Studies)
HEAL 3--	3	Health Research Methods
HMKN 2- -	3	Exercise Physiology I
HMKN 2--	3	Lifespan Physical and Motor Development
Electives	6	
Total Credits	30	
Third Year		
HMKN 3--	3	Exercise Physiology II
HMKN 3--	3	Exercise Prescription
HMKN 3--	3	Pathophysiology
HMKN 3--	6	
Electives *		
Electives *	15	



Total 30
Credits

Fourth Year

HMKN 6

Electives

*

HMKN 3 Field Experience I

4--

HMKN 3 Project in Human Kinetics

4--

Electives 18

*

Total 30

Credits

* Required courses for the Community Health Promotion concentration are also eligible electives and a minimum of 12 credits of HMKN electives are required.

Community Health Promotion

The Community Health Promotion area of study concentration takes a population approach to promoting active living and lifestyle management. Students and graduates will have opportunities to work in conjunction with other health professionals, and community services and groups to provide a holistic approach to health. This area of study is aimed at improving population health and reducing the reliance on the health care system. The promotion of active living throughout the lifespan, particularly in youth and senior populations, is a focus and priority. Occupational titles here include health promotion program officer, lifestyle coach, and active living coordinator, among others.

First Credits Title Year

ENG 112 3 Strategies for University Writing

HMKN 1- 3 Healthy Lifestyles

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HEAL 100 3 Introduction to Health Studies



		(pending approval of BA in Health Studies)	
HMKN 1-	3	Biomechanics	
-			
HMKN 1-	3	Physical Activity in Canadian Society	
-			
BIOL 131	3	Anatomy and Physiology I	
BIOL 133	3	Anatomy and Physiology II	
Electives	9		
Total	30		
Credits			
Second Year			
HMKN 2-	3	Human Motor Behaviour I	
-			
HMKN 2-	3	Exercise Psychology	
-			
HEAL 2--	3	Canadian Health Care System (pending approval of BA in Health Studies)	
HEAL 2--	3	Health Determinants (pending approval of BA in Health Studies)	
HEAL 3--	3	Methods of Data Analysis (pending approval of BA in Health Studies)	
HEAL 3--	3	Health Research Methods (pending approval of BA in Health Studies)	
HMKN 2-	3	Exercise Physiology I	
-			
HMKN 2-	3	Lifespan Physical and Motor Development	
-			
Electives	6		
Total	30		
Credits			
Third Year			
HMKN 3-	3	Health Education: Theory & Practice	
-			
HMKN 3-	3	Introduction to Human Nutrition	
-			
HMKN 4-	3	Health Promotion and Physical Activity	
-			
HMKN	6		
Electives*			
Electives*	15		
Total	30		
Credits			
Fourth Year			



HMKN	6	
Electives*		
HMKN 4--	3	Field Experience I
-		
HMKN 4--	3	Project in Human Kinetics
-		
Electives*	18	
Total	30	
Credits		
<p>* Required courses for the Clinical Exercise Physiology concentration are also eligible electives and a minimum of 12 credits of HMKN electives is required.</p> <p>Students may fill their HMKN Elective credits through a combination of courses from the alternative area of concentration, or the following courses:</p> <p>HMKN 3-- (3) Human Motor Behaviour II</p> <p>HMKN 3-- (3) Adapted and Aging Physical Activity</p> <p>HMKN 3-- (3) Biomechanics and Human Factors</p> <p>HMKN 4-- (3) Exercise Prescription for Metabolic Disorders</p> <p>HMKN 4-- (3) Exercise Prescription for Cardio-respiratory Disorders</p> <p>HMKN 4-- (3) Exercise Prescription for Musculo-skeletal Disorders</p> <p>HMKN 4-- (3) Exercise Prescription for Immunological and Neural Disorders</p> <p>HMKN 4-- (3) Applied Human Nutrition</p> <p>HMKN 4-- (3) Leadership in Physical Activity Programs</p> <p>HMKN 4-- (3) Topics in Human Kinetics</p> <p>HNKN 4-- (3) Field Experience II</p> <p>MINORS</p> <p>Minor Programs</p> <p>Students who wish to focus their non-Human Kinetics electives may, with the approval in writing of the Head of the Human Kinetics program, undertake an</p>		



Optional Minor program in conjunction with the Bachelor of Human Kinetics degree. All courses in the Minor must be taken outside of the School of Human Kinetics. Although other minors may be available in the future, currently there are two types of Minors available.

Minor in Arts

An acceptable program must comprise courses in the Barber School of Arts and Science or the Faculty of Creative and Critical Studies that are for credit towards a Bachelor of Arts and consists of 18 upper-level credits in a single subject field or specialization. Students should design a coherent, academically sound course of studies for their program Minor, which must be approved in writing by the Head of the Human Kinetics program at the beginning of third year. All courses must be acceptable for a Bachelor of Arts Major in the proposed subject area or field, but a student is not bound by the other requirements that the Barber School or Faculty of Creative and Critical Studies sets for a Major or Minor in the field.

Note: Students who pursue a Minor in Arts should be aware of the prerequisites for many of the upper-level courses in Arts.

Upon successful completion of the Minor program, the notation, "Minor in Arts" will be denoted on the student's transcript.

Minor in Science

An acceptable program must comprise courses recognized in the Barber School of Arts and Sciences that are for credit towards a Bachelor of Science degree and consist of at least 18 credits numbered 300 or higher in a single subject field or specialization, together with all necessary prerequisites. Students should design a coherent and academically sound course of



studies for their proposed minor, which must be approved by the Head of the Human Kinetics program in writing at the beginning of third year. All courses must be acceptable for a Science Major in the proposed subject area or field.

Note: Students who wish to pursue a Minor in Science should be aware of the prerequisites of many of the upper-level courses in Science.