School of Health and Exercise Sciences

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A School within the Faculty of Health and Social Development

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The School of Health and Exercise Sciences at the UBC Okanagan campus offers a Bachelor of Human Kinetics (B.H.K.).

The School's mission is to optimize human health from the individual to the population through excellence in interdisciplinary teaching, research, and community engagement. Faculty in the School have expertise in Neuromuscular Physiology and Control, Exercise and Health Behaviour, Cardiovascular and Respiratory Physiology, Population Health and Health Services Research, and Nutrition and Health Education.

Bachelor of Human Kinetics

Bachelor of Human Kinetics > 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 the UBC Okanagan campus 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 (B.H.K.) is a 120-credit degree program, with third- and fourth-year concentrations in Clinical Exercise Physiology and Health Promotion.

The Human Kinetics program emphasizes interdisciplinary and interprofessional approaches to the study of 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 and government organizations, pursue graduate studies, or enter health professions.
Bachelor of Human Kinetics > Admission Requirements

Admission to the Bachelor of Human Kinetics (B.H.K.) program is based on 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 January 15.

Competitive entry will be based on an admission average calculated on the following UBC Okanagan campus-approved Grade 12 Courses (http://you.ubc.ca/applying-ubc/canadian-highschools/ok/#basic) (or equivalents):

- English 12 or English 12 First Peoples;
- Biology 12;
- Principles of Mathematics 12 or Pre-Calculus 12;
- One other approved Grade 12 course.

The following additional courses are required but are not used to calculate the applicant's admission average:

- Chemistry 11 or Physics 11

Transfer Students

Students who are accepted on transfer from other institutions must normally complete all remaining courses toward the B.H.K. at the UBC Okanagan campus. 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 the UBC Okanagan campus B.H.K. 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.

Bachelor of Human Kinetics > General Requirements

Prior to registration in HMKN 401/HMKN 402, all students must complete a criminal record check in the province where they will be placed for their practicum no more than twelve months prior to the course start date.

This record check must clear the student to work with children and vulnerable adults. In addition, students must have a current CPR-C certification and they must purchase UBC's Student Accident Insurance. Detailed information is available on the School of Health and Exercise Sciences website (http://hes.ok.ubc.ca/practicum-and-coop/).

Applicants and students who have a criminal record may be required to withdraw from the program.

Bachelor of Human Kinetics > Academic Regulations

In addition to the general policies and regulations set out in Policies and Regulations (http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,0,0,0), the following academic regulations listed apply to undergraduate students in this Faculty.
Academic Standing

Supplementary to the University's policy on Academic Standing (http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,91,0), the regulations below are applicable to B.H.K. students in this Faculty who began their B.H.K. studies the same year as this Calendar. Students in Year 2 and beyond should refer to the archived Academic Calendars (http://www.calendar.ubc.ca/archive/okanagan) for the applicable Academic Standing regulations based on their B.H.K. Year 1 academic year.

Academic performance is evaluated based on coursework over a session. Sessional evaluations occur in April and will evaluate academic performance for the entire Winter Session (September to April).

Four standings can result from the sessional evaluation: Good Standing, Dean’s Honour Roll, On Academic Probation, and Failed. Sessional evaluation standings are recorded on the academic record and are the student's official standing with the university. A student’s sessional evaluation outcome is the standing under which the student will return to or continue studies under.

On Academic Probation

On Academic Probation standing will be assigned at the end of the Winter Session (April) based on performance in that Winter Session (September – April). The evaluation will consider all courses taken in the session.

On Academic Probation will be assigned to a student who has:

- earned a sessional average of less than 65% in Human Kinetic coursework (http://www.calendar.ubc.ca/okanagan/index.cfm?tree=18,346,1061,1287) only; or
- earned an overall sessional average of less than 60%

A student placed On Academic Probation standing in the sessional evaluation will normally be allowed to register in a maximum of 9 credits in their first term of the following Winter Session. This restriction may be waived at the discretion of the Faculty.

A student with any previous sessional standing in the program of On Academic Probation and who earns another On Academic Probation will be automatically changed to Failed standing and required to withdraw or discontinue.

Failed Standing

Failed standing will be assigned at the end of the Winter Session (April) based on performance in that Winter Session (September – April). The evaluation will consider all courses taken in the session.

Failed standing will be assigned to a student who has:

- a sessional average of less than 65% in Human Kinetic coursework (http://www.calendar.ubc.ca/okanagan/index.cfm?tree=18,346,1061,1287); and
- an overall sessional average less than 60%; or
- a previous sessional standing of Academic Probation or Failed standing and receives another sessional evaluation of Academic Probation

A student placed on Failed standing for the first time will normally be required to discontinue his or her studies for a period of one academic year (12 months) prior to resuming his or her program of study. A student who already has a Failed standing on his or her academic record (from any UBC program) will be required to withdraw from the University and may only be readmitted under the Advancement Regulations (http://www.calendar.ubc.ca/okanagan/?tree=3,41,93,0).
Failed standing will be assigned at the end of the Winter Session (April) based on performance in that session. The evaluation will consider all courses taken in the session.

Courses taken in the Summer Session are not taken into consideration for assigning Failed standing.

**Dean's Honour Roll**

Students in any Winter Session with a sessional average of at least 80% while taking 27 or more credits will receive the notation "Dean's Honour Roll" on their official transcript of academic record.

**Examples: Sessional Evaluation standings impact on progression**

The below table is provided to assist in applying the sessional evaluation rules and standings in a visual format. These are examples only and not inclusive of every scenario.

<table>
<thead>
<tr>
<th>Standing Entering Session</th>
<th>Sessional Evaluation Outcome</th>
<th>Standing Entering Next Eligible Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>N/A (new student)</td>
<td>Academic Probation (reduced credit load requirement)</td>
<td>Failed standing (previous Academic Probation standing with another sessional evaluation of Academic Probation)</td>
</tr>
<tr>
<td>Academic Probation</td>
<td>Failed standing (previous Academic Probation standing with another sessional evaluation of Academic Probation)</td>
<td>Failed standing (reduced credit load requirement 12 months later)</td>
</tr>
<tr>
<td>Good Standing (no previous session of Academic Probation or Failed standing)</td>
<td>Academic Probation</td>
<td>Failed standing (Required to Withdraw)</td>
</tr>
<tr>
<td>Good Standing (with previous session of Academic Probation or Failed standing)</td>
<td>Failed standing - Required to withdraw</td>
<td>Failed standing (reviewed for future eligibility to continue)</td>
</tr>
</tbody>
</table>

**Bachelor of Human Kinetics > Degree Requirements**

To qualify for the Bachelor of Human Kinetics (B.H.K.) degree, students must:

- satisfy all the B.H.K. program requirements by completing studies whether at the UBC Okanagan campus or elsewhere;
- satisfy at least 50% of the credits for the B.H.K. program while registered in the program¹;
- complete a minimum of 30 upper-level (300/400) credits in HMKN courses;
- complete 48 credits at the 300/400 level, of which 12 credits must be 300/400 level outside of HEAL or HMKN;
- 30 of these 48 credits¹ must be completed at UBC; and
- complete 120 credits.

**Note:** Students may complete HMKN 401 (Community Placement Experience), HMKN 402 (Advanced Placement Experience), or HMKN 499 (Project in Human Kinetics) while studying at another institution on a Senate-approved exchange program.
Students must pursue one of two areas of concentration - Clinical Exercise Physiology or Health Promotion - and satisfy the course requirements of the area of concentration.

**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 Faculty of Health and Social Development for permission to register in more than 36 credits in a Winter Session or 12 credits in a Summer Session.

1Courses taken while studying at another institution on a Senate-approved exchange program may satisfy this requirement.

**Areas of Concentration**

**Clinical Exercise Physiology**
This concentration focuses on the role of exercise in health and physical activity in the prevention, rehabilitation, and management of chronic disease. Students will study a variety of aspects of healthy aging as well as cardiovascular, respiratory, neurophysiology and muscular physiology, and pathology. Potential occupations include: kinesiologist, clinical exercise physiologist, rehabilitation specialist, exercise therapist, and personal trainer, among others. Graduates of the clinical exercise physiology concentration often work in conjunction with other health care providers such as physicians, cardiac rehabilitation specialists, and nutritionists, and also progress into professions such as medicine, physiotherapy, respiratory therapy, and occupational therapy. Many of the courses offered in the other concentration, Health Promotion, also provide knowledge and skills beneficial to this area.

Students in the Clinical Exercise Physiology concentration are required to complete a total of 66 credits of electives of which:

- 33 must be at the 300- or 400-level;
- 15 must be within Human Kinetics and
- 12 credits must be outside Health Studies and Human Kinetics.
- 6 credits can be coursework from any discipline.

Required courses for the Health Promotion concentration are also eligible electives.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HMKN 105</td>
<td>Canadian Health Care System</td>
<td>3</td>
</tr>
<tr>
<td>HMKN 100</td>
<td>Health, Fitness, and Lifestyle</td>
<td>3</td>
</tr>
<tr>
<td>HMKN 101</td>
<td>Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>HMKN 190</td>
<td>Functional Anatomy and Applied Physiology I</td>
<td>3</td>
</tr>
<tr>
<td>HMKN 191</td>
<td>Functional Anatomy and Applied Physiology II</td>
<td>3</td>
</tr>
<tr>
<td>HEAL 200</td>
<td>Determinants of Health</td>
<td>3</td>
</tr>
<tr>
<td>HMKN 200</td>
<td>Exercise Physiology I</td>
<td>3</td>
</tr>
<tr>
<td>HMKN 201</td>
<td>Exercise Psychology I</td>
<td>3</td>
</tr>
<tr>
<td>HMKN 202</td>
<td>Human Motor Behaviour I</td>
<td>3</td>
</tr>
</tbody>
</table>
Health Promotion

This concentration examines health from a multi-disciplinary perspective, including the physical, social-cultural, and psychological components of health, and the associated impact an individual’s health has on the public health care system. This concentration teaches students how to promote a healthy lifestyle and improve many aspects of health throughout the lifespan using individual, community, and population level approaches. Health and exercise psychology, behavioural physical activity, health promotion, disease, health policy, health care systems, and nutrition are some of the topics included within this concentration. Potential occupations include: health services/policy worker, health promotion programmer, corporate/occupational health coordinator, active living coordinator, and social/health marketer, among others. These professionals work in a variety of health care and government organizations, and recreation and business centres in addition to schools. Many of the courses offered in the other concentration, Clinical Exercise Physiology, also provide knowledge and skills beneficial to this concentration.

Students in the Health Promotion concentration are required to complete a total of 66 credits of electives of which:

- 33 must be at the 300- or 400-level;
- 15 must be within Human Kinetics;
- 3 credits must be from Health Studies;
- 12 credits must be outside Health Studies and Human Kinetics.
- 3 credits can be coursework from any discipline.

Required courses for the Clinical Exercise concentration are also eligible electives.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HMKN 105</td>
<td>Canadian Health Care System</td>
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<td>Health, Fitness, and Lifestyle</td>
<td>3</td>
</tr>
<tr>
<td>HMKN 101</td>
<td>Biomechanics</td>
<td>3</td>
</tr>
</tbody>
</table>
HMKN 190    Functional Anatomy and Applied Physiology I  3
HMKN 191    Functional Anatomy and Applied Physiology II  3
12 credits of electives  12
Total Credits  30

HEAL 200    Determinants of Health  3
HMKN 205    Methods of Data Analysis  3
HMKN 206    Health Research Methods  3
HMKN 200    Exercise Physiology I  3
HMKN 201    Exercise Psychology I  3
HMKN 202    Human Motor Behaviour I  3
HMKN 203    Lifespan Physical and Motor Development  3
9 credits of electives  9
Total Credits  30

HMKN 303    Health Program Evaluation  3
3 credits of 300- or 400-level HEAL electives  3
HMKN 421    Advanced Theories of Health Behaviour Change  3
HMKN 322    Health Promotion I  3
HMKN 323    Introduction to Nutrition  3
15 credits of electives  15
Total Credits  30

3 credits of HMKN 401, HMKN 499¹  Community Placement Experience; Project in Human Kinetics  3
27 credits of electives  27
Total Credits  30

¹ Permission of the School of Health and Exercise Science is required. Students may take no more than 9 credits combined of HMKN 401, HMKN 402, and HMKN 499.

Promotion Requirements

Promotion to Second Year

Successful completion of 24 or more credits which must include first-year Human Kinetics core courses: HMKN 100 (3), HMKN 101 (3), HMKN 105 (3), HMKN 190 (3), and HMKN 191 (3).

Promotion to Third Year

Successful completion of 48 or more credits which must include 3 credits of first-year English and second-year Human Kinetics core courses: HMKN 200 (3), HMKN 201 (3), HMKN 202 (3), and HMKN 203 (3), HMKN 205 (3), and HMKN 206 (3).

Promotion to Fourth Year

Successful completion of 78 or more credits.
Minor Programs

Students who wish to focus their non-Human Kinetics electives may undertake an optional minor program in conjunction with the B.H.K. degree. All courses in the minor must be taken outside of Human Kinetics.

Students completing the B.H.K. may complete a Minor in Arts (e.g., Gender and Women's Studies, Indigenous Studies, Psychology, Sociology, etc.) or Science (e.g., Biology, Chemistry).

Students must pay particular attention to the number of upper-level credits required for a minor versus the number of credits available in their upper-level non-HMKN electives. Careful planning is required. Students are advised to seek assistance from Academic Advising to ensure appropriate program planning.

Minor in Arts

An acceptable program must comprise courses in the Faculty of Arts and Sciences or the Faculty of Creative and Critical Studies that are for credit toward a B.A. degree, 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 minor. All courses must be acceptable for a B.A. major in the subject area or field, but a student is not bound by the other requirements that the Faculty of Arts and Sciences or the Faculty of Creative and Critical Studies sets for a major or minor in the field. Students who wish to 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 in the Faculty of Arts and Sciences that are for credit toward a B.Sc. degree, 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 minor. All courses must be acceptable for a B.Sc. major in the subject area or field, but a student is not bound by the other requirements that the Faculty of Arts and Sciences sets for a major or minor in the field. Students who wish to pursue a Minor in Science should be aware of the prerequisites for many of the upper-level courses in Science.

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

Secondary Teaching Education Program (STEP)- Physical Education Speciality

Students intending to pursue the Physical Education Specialty within the Faculty of Education's STEP are encouraged to pursue a teachable Minor. Careful planning of elective coursework is required to pursue this. Students are advised to seek assistance from Academic Advising to ensure appropriate program planning. Please refer to the Faculty of Education's STEP program requirements for further information.

Bachelor of Human Kinetics Honours Program

The B.H.K. Honours Program will enable high-achieving students in Health and Exercise Sciences to gain additional research experience through the completion of an Honours thesis. Honours students will be required to complete a substantive research project and to prepare a thesis based on that project under the supervision of a faculty member.

Admission Requirements

Admission of students to the Honours Program will be on a competitive basis. A limited number of students will be accepted each
year based on compatibility with research interests of potential supervisors and supervisor availability. Students interested in being admitted into the Honours Program should formally apply by March 1 of their 3rd year and must meet the following requirements:

- Third year standing at application time and fourth-year standing by the fall term when commencing the honours program;
- Minimum weighted average of 80% from all second and third year Human Kinetics courses*;
- Minimum weighted average of 80% over the last 60 credits*;
- Acceptance by a supervisor approved by the Director;
- Completion of HMKN 205, HMKN 206 with a minimum grade of 80% in each.

*In courses taken twice, the higher grade only will be calculated into the weighted average

Graduation Requirements

- All general program requirements for the B.H.K. degree;
- Satisfy all course requirements for chosen area of concentration;
- Minimum weighted average of 80% over the last 30 credits;
- Completion of HMKN 403 (Honours Program Seminar)
- Completion of HMKN 449 (Honours Thesis)

Co-operative Education Program

The Co-operative Education Program (Co-op) provides interested and qualified students with paid employment experience relevant to their future careers. The Co-op Program is an optional, year-round program supplementary to regular academic programs. For general program information, see Cooperative Education (Calendar page: http://appleton.ad.students.ubc.ca/okanagan/index.cfm?tree=19,352,0,0#17723

To graduate with a “Co-operative Education Program” designation on the transcript, a student must complete three work placement terms, including placements in Term 1 (September to December) and/or Term 2 (January to April) of a Winter Session. One Co-op term provides the student 3 credits toward their Co-op designation, and two Co-op terms provide 6 credits toward Co-op designation.

In order to provide flexibility to students, the Co-op Program offers students the option to take Co-op courses under the management Co-op MGCO code “Management Co-op Program” and/or the general COOP code “Co-operative Education”. Students should consult with the Co-op Coordinator about which course codes are most appropriate to their needs. The chosen course code will appear on the transcript.

Students wishing to enrol in the Co-op Program typically apply in the Winter Session, Term 1 of their third year, however other entry points may be possible if requested and will be evaluated on a case by case basis.

For admission into the Co-operative Education Program, students must have completed all their program requirements to date while maintaining an overall GPA of 70%. Academic performance and suitability for the work environment, as assessed by the Co-op Coordinator during the student intake process, will also be part of the selection criteria used for program admission. Total enrolment is subject to the availability of appropriate work term placements. Acceptance into the Co-op Program does not guarantee a work term placement.

Students admitted into the program can register in the appropriate Co-op course for each work term once a suitable work placement is confirmed and upon completion of mandatory pre-employment training, as assessed by the Co-op Coordinator. Pre-employment training includes workshops, assignments and activities.
Additionally, payment of the Co-op Program fee is mandatory. This includes a Co-op Program fee for each work term and a one-time pre-registration workshop fee (see Program and Course Fees (Calendar page: http://appleton.ad.students.ubc.ca/okanagan/index.cfm?tree=14,341,0,0#15360)).

Each successfully completed co-op course is assigned 3 credits on a student's academic transcript. In order to graduate with a Co-operative Education Program designation, a student must complete a minimum of 9 Co-op credits (three work terms) in addition to the normal academic requirements of the Faculty (for HMKN students this means completing 120 academic credits AND 9 co-op credits).

HMKN majors who take less than 3 terms of the co-op option are eligible to enrol in HMKN 401/402 and/or HMKN 499 to complete their experiential learning requirements for the degree.

The Co-op Program typically necessitates an additional four months to one year to complete a bachelor's degree. Faculty Advisors or Co-op Coordinators visit students at their places of work and provide advice on the work term reports that are a requirement of the program.

Students transferring to UBC from accredited co-operative programs at other institutions may request admission to the Co-op Program and may receive credit for previously completed work placements to a maximum of 6 Co-op course credits (two work terms).
Instructors


Adjunct Professors

B. Monteleone, B.Sc., M.D. (Br.Col.), M.Sc. (Vic.(BC)), Ph.D. (Calg.)