

Academic Advising
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# Guideline for students interested in transferring to University of British Columbia, Okanagan

#### **Bachelor of Human Kinetics (BHK)**

The University of British Columbia, Okanagan 3333 University Way Kelowna, BC V1V 1V7

Web: http://you.ubc.ca/okanagan/ Email: ostudent@exchange.ubc.ca **Human Kinetics Student Recruitment and Advising** 

Phone: 250-807-8521

Email: ostudent@exchange.ubc.ca

Website:

http://www.ubc.ca/okanagan/hes/undergrad/human-

kinetics.html

The Department of Physical Education at TRU has established a program of study for transfer into the following BHK specialties:

Year 3 Clinical Exercise Physiology (with 60 credits)

**Year 3** Community Health Promotion (with 60 credits)

The first 60 credits of the core in the BHK provide students with a foundation that applies to both specialties. Once at the third year level, students identify their area of concentration. Careful planning is required as it is encouraged to identify course sequencing to either develop a minor within the BHK and/or to qualify for professional programs upon graduation. Potential applicants should consult with a UBC Okanagan Academic Advisor for appropriate course sequencing.

To be admitted to UBC Okanagan, all applicants must first satisfy the required High School (or equivalent post-secondary) courses as defined by the School of Health and Exercise Science. The following are required effective **Fall/16**:

- 1. English 12 or English 12 First Peoples
- 2. Pre-Calculus 12 or Principles of Math 12
- 3. Chemistry 11 or Physics 11
- 4. Biology 12
- 5. One other approved Grade 12 courses (see:http://www.calendar.ubc.ca/okanagan/index.cfm?tree=2,22,63,0)

If a student has not satisfied the above breadth of high school equivalencies, the post-secondary courses taken must transfer to UBC Okanagan and will be will be used for the purpose of admission. Admission is very competitive and achievement of the minimum requirements does not guarantee acceptance. To be competitive, students should prepare a GPA for college and university transfer at 3.5 to 3.7 (on a 4 point scale) calculated on a minimum of 24 transfer credits or most recent 30 transferable credits if more than 30 credits taken for approximately 200 seats per year. Questions about admission direct to:

Enrolment Services University Centre, Room 322 333 University Way, Kelowna BC V1V 1V7

#### **Application Deadline:** January 31

Please refer to the UBC Okanagan calendar or website: <a href="http://www.ubc.ca/okanagan/hes/undergrad/human-kinetics.html">http://www.ubc.ca/okanagan/hes/undergrad/human-kinetics.html</a> for a complete program description. Refer to the online British Columbia Council on Admissions and Transfer for information and transfer credit at: <a href="https://www.ubc.ca/okanagan/hes/undergrad/human-kinetics.html">www.bctransferguide.ca</a>

Note: The following information is intended as a guideline for application for students planning on transferring to UBC, Okanagan. Due to changes that can occur at any post-secondary institution it is the students' responsibility to check that courses selected meet the requirements of the institution they are graduating from.

## **BHK** – Clinical Physiology

This concentration is for students who are interested in 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. Focus is on healthy aging, cardiovascular, respiratory neurophysiology, muscular physiology and pathology. Occupational titles include Kinesiologist, Clinical Exercise Physiologist, Rehab Specialist, Exercise Therapist, and Personal Trainer. These individuals often work in conjunction with other health care providers such as Physiotherapists, health care centres, Cardiac rehab specialists, Nutritionists, long-term care facilities and other clinical settings. Students may progress to professions such as Medicine, Physical Therapy, Respiratory Therapy, and Occupational Therapy. To personalize your learning and focus on your interests, you will be encouraged to take courses that will contribute to a minor either from the Arts or from the Sciences (e.g., Psychology, Biology, Chemistry Sociology etc...) or take a variety of electives chosen from across subject boundaries:

<u>UBC Requirements</u>	TRU Equivalencies
First Year:	
HMKN 105 (3 cr)	not offered* (replace with an elective**)
HMKN 100 (3 cr)	PHED 1230 (3 cr)
HMKN 101 (3 cr)	PHED 1000 (3 cr)
HMKN 190(3 cr)	Biol 1592+1594 (3cr)
HMKN 191(3 cr)	Biol 1692+1694 (3 cr)
English- 3 credits of 100 level	1 of: ENGL 1100, 1110, 1120, 1140, 1210 (3 cr)
Electives- 12 credits**	12 credits of Electives**

Total 30 credits 30 credits total

\*\*Note: Students planning on applying to professional programs such as Medicine, Physiotherapy, Occupational Therapy and UBC O's Bachelor of Secondary Education program (*see bottom of page 3*) are advised to determine the undergraduate requirements and select courses accordingly. Some of the courses attached to admission to these professions may require students to take more than captured within the BHK degree. Careful planning is required as it is encouraged to identify course sequencing to either develop a Minor (see options: <a href="http://www.calendar.ubc.ca/okanagan/index.cfm?tree=18,346,1061,1287">http://www.calendar.ubc.ca/okanagan/index.cfm?tree=18,346,1061,1287</a>) within the BHK and/or to qualify for professional

programs upon graduation. It is necessary to refer to UBC, Okanagan's Calendar (course descriptions) to determine the pre-requisites to upper level courses to plan for 2000 level classes at TRU

#### **Second Year:**

HEAL 200 (2	. cc 19/ 1 '.1 1 .' 99\
HEAL 200 (3 cr)	not offered*(replace with an elective**)
HMKN 200 (3 cr)	PHED 2150
HMKN 201 (3 cr)	not offered (Take TRU's PHED 2140 in its place; see page 4)
HMKN 202 (3 cr)	PHED 2210 (3 cr)
HMKN 203 (3 cr)	PHED 3840 (3 cr)
HMKN 205 (3 cr)	see note below***
HMKN 206 (3 cr)	see note below***
Electives- 9 credits	9 credits of Electives**
Total Credit: 30	30 credits total

\*\*\*Note: One of the following sequences will satisfy HMKN 205 and HMKN 206 as approved by the Program Advisor for the School of Health and Exercise Science.

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TRU Psyc 2100 (3cr)+Psyc 2110 (3 cr) or
TRU Soci 2710 (3 cr)+ Soci 2720 (3 cr) or
TRU Stat 2000(3 cr)+ 1 of: Psyc 2110 (3 cr) or Soci 2720 (3 cr)
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**Or** students may choose to pick up HMKN 205/ 206 once on campus at UBC-Okanagan with no impact to their upper level course sequencing. Elective courses may be taken instead.

Current as of April 2016

<sup>\*</sup>Note: Plan to take HMKN 105 and HEAL 200 first semester, third year at UBC-O.

#### **BHK – Health Promotion**

This area of concentration takes a multidisciplinary approach to promoting active living and lifestyle management. It teaches students how to promote a healthy lifestyle and improve many aspects of health. Students and graduates will have opportunities to work in conjunction with other health professionals and community services and groups, as well as, 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 Services/Policy Worker, Health Promotion Programmer, Corporate Occupational Health Coordinator, Secondary Physical Education Teacher, Lifestyle Coach, and Active Living Coordinator etcetera. Students are a To personalize your learning and focus on your interests, you will be encouraged to take courses that will contribute to a Minor ( http://www.calendar.ubc.ca/okanagan/index.cfm?tree=18,346,1061,1287) or take a variety of electives chosen from across subject boundaries.

# **UBC** Requirements

First Year:

HMKN 105 (3 cr) HMKN 100 (3 cr) HMKN 101 (3 cr) HMKN 190(3 cr) HMKN 191(3 cr)

English- 3 credits of 100 level

Electives- 12 credits\*\*

### **TRU Equivalencies**

not offered\* (replace with an elective\*\*)

PHED 1230 (3 cr) PHED 1000 (3 cr) Biol 1592+1594(3cr) Biol 1690 + 1694 (3 cr)

1 of: ENGL 1100, 1110, 1120, 1140, 1210 (3 cr)

12 credits of Electives\*\*

**Total 30 credits** 30 credits total

#### **Second Year:**

not offered*(replace with an elective**)
PHED 2150
not offered (Take TRU's PHED 2140 in its place; see page 4)
PHED 2210 (3 cr)
PHED 3840 (3 cr)
see note below***
see note below***
9 credits of Electives**
30 credits total

\*\*\*Note: One of the following sequences will satisfy HMKN 205 and HMKN 206 as approved by the Program Advisor for the School of Health and Exercise Science.

> TRU Psyc 2100 (3cr)+Psyc 2110 (3 cr) or TRU Soci 2710 (3 cr)+ Soci 2720 (3 cr) TRU Stat 2000(3 cr)+ 1 of: Psyc 2110 (3 cr) or Soci 2720 (3 cr)

For students interested in pursuing UBC O's Bachelor of Secondary Education, Physical Education Specialty:

UBC O's Bachelor of Secondary Education (STEP) program will accept interested students who want to teach Physical Education as their primary teaching focus. To enhance employment opportunities students should prepare a second teachable subject (see here for options: http://www.calendar.ubc.ca/okanagan/index.cfm?tree=18,284,1074,1319 Pre-Admission studies must include 6 credits of English Literature and Composition, 24 credits of coursework in Physical Education and submission of an Exercise and Sport Skill Portfolio to be assessed by the Faculty of Education. Please refer to the Faculty of Education's STEP program requirements for further information and details on the competency areas.

<sup>\*</sup>Note: Plan to take HMKN 105 and HEAL 200 first semester, third year at UBC-O.

<sup>\*\*</sup>Note: Students planning on applying to professional programs (ie: UBC O's Bachelor of Secondary Education program) are advised to determine the undergraduate requirements and select courses accordingly. Careful planning is required as it is encouraged to identify course sequencing to either develop a Minor (see options: http://www.calendar.ubc.ca/okanagan/index.cfm?tree=18,346,1061,1287) within the BHK and/or to qualify for professional programs upon graduation. It is necessary to refer to UBC, Okanagan's Calendar (course descriptions) to determine the pre-requisites to upper level courses to plan for 2000 level classes at TRU

#### TRU PHED TRANSFER GUIDE TO UBC Okanagan

TRU (Credits)

**UBC Okanagan (Credits)** 

BIOL 1592+ Biol 1594 and BIOL 1692+Biol 1694 (6cr)

(Human Biology: Anatomy & Physiology I & II)

Biol 131 (3 cr) + Biol 133 (3 cr); students admitted to HK will receive students admitted to BHkin will receive credit for HMKN 190 (3 cr) and

HMKN 191 (3 cr)

PHED 1000 (3cr) HMKN 101 (3cr)

(Biomechanics-The Analysis of Performance in Individual Sports)

PHED 1100 (3cr) No Credit

(Basketball)

PHED 1120 (3cr) No Credit

(Outdoor Activities)

PHED 1140 (3cr) No Credit

(Aquatics)

PHED 1160 (3cr) No Credit

(Soccer)

No Credit PHED 1190 (3cr)

(Volleyball)

PHED 1230 (3cr) HMKN 100 (3 cr)

(Conditioning)

No Credit PHED 1240 (3cr)

(Golf)

PHED 1280 (3cr) No Credit

(Games Contests and Relay)

PHED 2000 (3cr) HMKN 1st (3 cr)

(Analysis of Performance in Team Sports)

PHED 2110 (3cr) HMKN 102 (3 cr)

(Intro to Study of Sport)

PHED 2130 (3cr) HMKN 102 (3 cr)

(Sport in Canadian Society)

PHED 2140 (3cr) HMKN 2nd (3 cr) Exempt HMKN 321

(Psychology of Sport & Physical Activity)

PHED 2150 (3cr) HMKN 200 (3 cr)

(Exercise Physiology)

PHED 2210 (3cr) HMKN 202 (3 cr)

(Dynamics of Motor Skill Acquisition)

PHED 3840 (3cr) HMKN 203(3 cr)

(Growth & Motor Development)

PHED 3450 (3 cr)

(Contemporary Issues in Health and Physical Activity) Credits assessed on an individual basis by the School of Health and

Exercise Science; potential credit towards the Health Promotion

Concentration

|PHED 3650 (3 cr)

(Coaching Pre-Adolescent Students) Credits assessed on an individual basis by the School of Health and

Exercise Science; potential credit towards the Health Promotion

Concentration

PHED 4350 (3cr)

(Fitness Assessment and Exercise Prescription) **HMKN 311** 

Current as of April 2016