



THOMPSON RIVERS UNIVERSITY

Academic Advising
900 McGill Road, Kamloops, BC V2C 0C8
Tel 250.828.5075 · Fax 250.371.5937
www.tru.ca

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: 205- 807-8521
Email: ostudent@exchange.ubc.ca
Website: <http://web.ubc.ca/okanagan/humankinetics>

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

Year 2 Clinical Exercise Physiology
Year 2 Community Health Promotion

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 Faculty of Health and Social Development. The following are required:

English 12 or English 12 Peoples
One of: Principles of Mathematics 11 or Pre-Calculus 11
One of: Biology 11, Chemistry 11, or Physics 11
One of: Principles of Mathematics 12, Pre-calculus 12, Biology 12, Geology 12, Chemistry12, Physics 12
Two 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 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: General Application to UBC: **January 31**

Please refer to the UBC calendar or website <http://web.ubc.ca/okanagan/humankinetics> for a complete program description. Refer to the online British Columbia Council on Admissions and Transfer for information and transfer credit at: www.bctransferguide.ca

Course schedules and course offerings at TRU change on a year to year basis. Due to these changes, and the fact that students may choose to lighten their courses due to personal commitments such as a work schedules and athletic practice times, it may take longer than four years to complete a degree.

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. Occupational titles include Kinesiologist, Exercise Therapist, and Personal Trainer. These individuals often work in conjunction with other health care providers such as Physiotherapists, health care centres, long-term care facilities and other clinical settings. 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:

UBC Requirements

First Year:

HMKN 190 (3cr)
HMKN 191 (3cr)
HEAL 100 (3cr)
HMKN 100(3cr)
HMKN 101(3cr)
HMKN 102 (3cr)
English- 3 credits of 100 level
Electives- 9 credits*

Total 30 credits

TRU Equivalencies

BIOL 1590 (3 cr)
BIOL 1690 (3 cr)
not offered
PHED 1230
PHED 1000
PHED 2130 (*preferred*) or Phed 2110
1 of: ENGL 1100, 1110, 1120, 1140
9 credits of first year science*

30 credits total

***Note:** Students planning on applying to professional programs such as Medicine and Physiotherapy are advised to determine the undergraduate requirements and select science courses accordingly. It is necessary to refer to UBC, Okanagan's Calendar (course descriptions) to determine the pre-requisites to upper level science courses in order to plan for 2000 level science classes at TRU. In addition, students planning to apply to professional health programs such as Physiotherapy, Occupational Therapy, and Medicine, must determine the necessary requirements by referring to calendar information. Some of the courses attached to admission to some of these professions may require the student to take more than captured within the BHK degree.

Second Year:

HEAL 200 (3cr)
HEAL 201 (3cr)
HEAL 300 (3cr)
HEAL 301 (3cr)
HMKN 200 (3cr)
HMKN 201 (3cr)
HMKN 202 (3cr)
HMKN 203 (3 cr)
Electives- 6 credits

Total Credit: 30

not offered
not offered
*see note below***
*see note below***
PHED 2150
PHED 2140
PHED 2210
PHED 2840
6 credits of Electives*

Total Credit: 30

****Note: One of the following sequences will satisfy Heal 300 and Heal 301 as approved by the Acting Director, School of Health and Exercise Science.**

TRU Psyc 2100 (3cr)+Psyc 2110 (3 cr) **or**
TRU Soci 2710 (3 cr)+ Soci 2720 (3 cr) **or**
TRU Stat 200(3 cr)+ 1 of: Psyc 2110 (3cr) or Soci 2720 (3 cr)

BHK – Community Health Promotion

This area of 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 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 etcetera. 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

UBC Requirements

First Year:

ENGL- 3 credits of 100 level
HEAL 100 (3cr)
HMKN 100 (3cr)
HMKN 101 (3cr)
HMKN 102 (3cr)
HMKN 190 (3cr)
HMKN 191 (3cr)
Electives – 9 credits
Total 30 credits

Second Year:

HEAL 200 (3cr)
HEAL 201 (3cr)
HEAL 300 (3cr)
HEAL 301 (3cr)
HMKN 200 (3cr)
HMKN 201 (3cr)
HMKN 202 (3 cr)
HMKN 203 (3 cr)
Electives- 6 credits
Total 30 credits

TRU Equivalencies

1 of: ENGL 1100, 1110, 1120, 1140 (3 cr)
not offered
PHED 1230 (3cr)
PHED 1000 (3cr)
PHED 2130 (*preferred*) or PHED 2110 (3cr)
BIOL 1590 (3cr)
BIOL 1690 (3cr)
9 credits (*see page 2)
30 credits total

not offered
not offered
*see note below ***
*see note below***
PHED 2150 (3 cr)
PHED 2140 (3cr)
PHED 2210 (3 cr)
PHED 2840 (3cr)
6 credits of Electives(*see page 2)
30 credits total

****Note: One of the following sequences will satisfy Heal 300 and Heal 301 as approved by the Acting Director, School of Health and Exercise Science.**

TRU Psyc 2100 (3cr)+Psyc 2110 (3 cr) **or**
TRU Soci 2710 (3 cr)+ Soci 2720 (3 cr) **or**
TRU Stat 200(3 cr)+ 1 of: Psyc 2110 (3cr) or Soci 2720 (3 cr)

TRU PHED TRANSFER GUIDE TO UBC Okanagan

TRU (Credits)

UBC- O (Credits)

BIOL 1590 + BIOL 1690 (6cr)
(Human Biology: Anatomy & Physiology I & II)

HMKN 190 (3 cr) + HMKN 191 (3 cr)

PHED 1000 (3cr)
(Biomechanics-The Analysis of Performance in Individual Sports)

HMKN 101 (3cr)

PHED 1100 (3cr)
(Basketball)

No Credit

PHED 1120 (3cr)
(Outdoor Activities)

No Credit

PHED 1140 (3cr)
(Aquatics)

No Credit

PHED 1160 (3cr)
(Soccer)

No Credit

PHED 1190 (3cr)
(Volleyball)

No Credit

PHED 1230 (3cr)
(Conditioning)

HMKN 100 (3 cr)

PHED 1240 (3cr)
(Golf)

No Credit

PHED 1280 (3cr)
(Games Contests and Relay)

No Credit

PHED 2000 (3cr)
(Analysis of Performance in Team Sports)

HMKN 1st (3 cr)

PHED 2110 (3cr)
(Intro to Study of Sport)

HMKN 102 (3 cr)

PHED 2120 (3cr)- no longer offered
(Biodynamic of Physical Activity)

No Credit

PHED 2130 (3cr)
(Sport in Canadian Society)

HMKN 102 (3 cr)

PHED 2140 (3cr)
(Psychology of Sport & Physical Activity)

HMKN 201 (3 cr)

PHED 2150 (3cr)
(Exercise Physiology)

HMKN 200 (3 cr)

PHED 2210 (3cr)
(Dynamics of Motor Skill Acquisition)

HMKN 202 (3 cr)

PHED 2840 (3cr)
(Growth & Motor Development)

HMKN 203(3 cr)

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.