

Kinesiology & Physical Education

BACHELOR OF KINESIOLOGY DEGREE

Why study kinesiology?

You're physically active, and know you want a career in an athletic or health sciences field. Kinesiology is the study of human movement from both a theoretical and applied perspective. To gain a complete understanding of human movement, you will study kinesiology and physical education and approach the topic from a physiological, psychological, mechanical, and sociological perspective. Not only will you begin to understand how and why we move, but you'll also gain knowledge on how we can optimize the human potential for motor skill performance.

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WHAT CAN KINESIOLOGY DO FOR ME?

UFV's Bachelor of Kinesiology program was introduced in September 2001 and has grown into a popular and high-demand program. You will come away with a degree that provides breadth and depth in understanding the field of kinesiology. UFV's program combines theory and applied practice to prepare you for a variety of career options. Promoting and enjoying a fit and healthy life style is common these days, especially as the baby boom generation ages. Career opportunities abound in this field and continue to grow along with the fitness and preventive health sectors. The looming teacher shortage will also create opportunities in the physical education field.

The program will prepare you for a variety of careers. The particular job you'll seek out will depend on the focus your studies take and your personal interests. The great thing about UFV's Kinesiology degree is that you can customize it to suit your own desires and goals.



“Because our program is interdisciplinary and applied, graduates are well-prepared to enter the workforce in diverse settings and excel in their field of choice.”

— Dr. Greg Anderson,
Chair, UFV Kinesiology dept.

Kinesiology & Physical Education



"I found my kinesiology courses so interesting that it wasn't like work for me. I really enjoyed studying anatomy, reading the texts, and learning more about the human body. I also got to take a sports psychology course that focused on the mental aspect. When I started university I didn't know you could focus on sports, and once I found that I could, I was very enthusiastic."

— Physiotherapist Andrea Northcott took several years of kinesiology at UFV and played soccer for the Cascades before attending physiotherapy school at UBC. She now works for Fraser Valley Physiotherapy Centre.

WHERE CAN I GO WITH A KPE DEGREE?

Your opportunities are endless. Along with the previously mentioned options, the Kinesiology degree is also good preparation if you want to pursue graduate-level or professional studies in order to develop a career in:

- teaching
- research
- physiotherapy/occupational therapy
- disability case management
- medicine
- chiropractics
- massage therapy
- ergonomics
- professional school (i.e. physiotherapy, medicine, chiropractics)
- recreation and leisure
- adapted physical activity

SOUNDS GREAT. HOW DO I GET IN?

If you're coming straight out of high school, you need to know that high demand classes at UFV fill up quickly. The first year of the Bachelor of Kinesiology degree program has a limited number of seats, and there is a competitive entry process. To get started, you must complete the following requirements, including provincial exams where applicable:

- B.C. Secondary School graduation or equivalent
- English 12 with a B or better
- Principles of Math 11 with a C or better

- Two of Biology 12, Chemistry 12, or Physics 12 with a C+ or better in each
- Physical Education 11 with a B or better; or participation in a varsity sport at senior secondary level, or on a BC Summer or Winter Games team, or a provincial or national team.

ANYTHING ELSE?

Acceptance into our Kinesiology program will be determined through a competitive process and you will be evaluated on the following criteria:

- high school GPA on the required courses for application
- a 500–1000 word essay that addresses the following:
 - » Why are you interested in a career in kinesiology or physical education?
 - » What have you done to prepare for university?
 - » Why you are uniquely suited to our program?
- a mandatory interview where you can meet our faculty and learn more about the program (in March or April).

You must also meet the prerequisites for a first-year English or communications course (check www.ufv.ca/calendar for details).

SECOND-YEAR ENTRY FROM UNIVERSITY

To facilitate transfers into our program, we have also made provision for second-year

entry from university or college where you can apply some previous courses toward your degree. To be admitted to the second year of the Bachelor of Kinesiology degree program, you must have completed the following requirements:

- KPE 170 (or equivalent) with a C+ or better
- KPE 161 and 163 with an average grade of C+ or better
- Three credits of a university-level English or communications course
- An additional 16 university-level credits (either KPE or non-KPE)
- An overall GPA of 2.65 or better on all required courses.

You should note that acceptance into the Kinesiology and Physical Education program will be determined through a competitive process that evaluates GPA on the required courses for application and overall GPA.

Applications for the fall semester must be received by January 31 of the same year. Applications received after this deadline will be considered if space is available in the program.

WHAT CAN I EXPECT ONCE I'M IN?

You must complete all of the KPE core courses, and a minimum of 36 university-level credits (including at least 12 upper-level credits) outside of the Kinesiology and Physical Education course offerings.

To ensure you meet the requirements associated with your particular career ambitions, you should select these courses in consultation with the KPE department or an educational advisor. We'll work with you to make sure you're on the right track.

CORE COURSE REQUIREMENTS:

COURSE #	TITLE
KPE 161	Introduction to Kinesiology
KPE 163	Biodynamics of Physical Activity
KPE 170	Basic Human Anatomy
KPE 215	Introduction to Biomechanics
KPE 261	Socio-cultural Aspects of Physical Activity
KPE 266	Exercise and Sport Psychology
KPE 268	Introduction to Motor Learning and Control
KPE 270	Human Physiology I
KPE 362	Theoretical Exercise Physiology
KPE 366	Applied Counselling Skills for Fitness Professionals
KPE 370	Human Physiology II
KPE 371	Introduction to Athletic Injuries
KPE 450C or KPE 455	Undergraduate Thesis I — Professional Experience in Kinesiology
Breadth requirements	
Literacy	(ENGL 105 or CMNS 100-level or higher)
Statistics	(MATH 104, 106, PSYC 110)

OPTION 1: EXERCISE SCIENCE

If you're thinking of a career as a registered kinesiologist, or planning to go on to graduate school, or plan to use your kinesiology degree to prepare for admittance to a professional program such as physiotherapy, occupational therapy, massage therapy, medicine, or chiropractics, you should pursue the Exercise Science option.

COURSE #	TITLE
BIO 111	Introductory Biology I
BIO 112	Introductory Biology II
KPE 301	Research Methods in Kinesiology
KPE 435	Ergonomics/Occupational Biomechanics
KPE 462	Advanced Fitness Testing and Exercise Prescription
Electives:	
KPE electives: 14 credits ¹	
Non-KPE electives: 36 credits ²	

OPTION 2: PEDAGOGY

You should choose the Pedagogy option if you're thinking about a career in instructional settings in both the public and private domain. As a graduate from this option you could pursue a teaching credential, or might find opportunities in community recreation facilities as an instructor, personal trainer, or administrator, depending on the electives you choose.

COURSE #	TITLE
KPE 103	Active Health
KPE 160	Contemporary Health Issues
KPE 221	Instructional Design and Analysis of PE and Sport Programs
KPE 302	Measurement and Evaluation in Physical Education
KPE 360	Concepts in Health Promotion and Health Education
KPE 365	Physical Growth and Motor Development
KPE 220C	Teaching Swimming and Track & Field
or KPE 220D	Teaching Basketball & Volleyball
or KPE 220E	Teaching Dance & Gymnastics
Electives:	
KPE electives: 13 credits ³	
Non-KPE electives: 36 credits ⁴	

It's important to know that if you're hoping to enter a teacher education program following your undergraduate degree to obtain teacher certification in secondary physical education, you will be required to have completed all of the activity courses. Plan accordingly.

Footnotes:

- ¹ Must include at least one course with a lab. KPE elective titles include Topics in Human Nutrition, Advanced Biomechanics, Stress and Chronic Disease, Lab-Based Exercise Physiology, Physical Growth and Motor Development, Advanced Motor Learning and Control, Undergraduate Thesis II, Nutrition Applications: Sport and Disease, Therapeutic Exercise, Adapted Physical Activity, Psychological Skills for Sport and Life, and Pathophysiology.
- ² These credits must be taken from biology, chemistry, math, physics and/or psychology and must include at least 12 credits at the upper-level. Please note that depending on what professional program and institution you are applying to, admission requirements can include specific biology, chemistry, math, physics and/or psychology courses. It's best to consult an educational advisor to ensure that your choice of electives will provide you with the proper requirements to fit your career choice.
- ³ Ten credits must be upper-level; must include at least one course with a lab. KPE elective titles include Land-Based Recreation, Introduction to Mountaineering, Introduction to Winter Mountaineering, Introduction to Flatwater Paddling, Water-Based Recreation: Introduction to Ocean Kayaking, Traditional Chinese Movement, Topics in Human Nutrition, Advanced Biomechanics, Stress and Chronic Disease, Advanced Motor Learning and Control, Ergonomics/Occupational Biomechanics, Undergraduate Thesis II, Nutrition Applications: Sport and Disease, Advanced Fitness Testing and Exercise Prescription, Adapted Physical Activity, Psychological Skills for Sport and Life, and Pathophysiology.
- ⁴ Courses may be selected from any field of study that supports your career objective. Out of the 36 credits, 12 must be at the upper level. Please note that if you are intending to teach at the elementary, middle, or secondary level, a second teachable area may be required. Please consult with an educational advisor to make sure that you have the proper requirements for entry into a Teacher Education program or PDP. We strongly recommend Education 200 and 300 if you want to pursue a career in teaching. If you're thinking about a career in personal training, you may wish to consider a Business minor.



SOUNDS GOOD. WHAT DO I DO NOW?

Apply anytime between Oct. 1 and Jan 31.

Visit www.ufv.ca/advising/prospective/enroll for a step-by-step process to becoming a UFV student. If you're applying straight from high school, you can apply in the fall and you have until June to submit required paperwork. If you're applying into second year, you must have completed all prerequisites in the fall semester of the academic year in which you are applying. Have specific questions about requirements for either direct entry or entry into second year? Contact the Kinesiology department at 604-557-4029.

CAN I GET ACADEMIC CREDIT FOR THE SKILLS AND KNOWLEDGE THAT I HAVE GAINED IN MY LIFE SO FAR?

Yes. UFV offers Prior Learning Assessment and Recognition (PLAR), a flexible assessment process that evaluates your experiential learning (what you already know and can do) for post-secondary credit.

Experiential learning includes independent study, volunteer activities, non-credit courses, workplace learning, and military service. To find out more, check out the PLAR website at www.ufv.ca/plar or contact Susan Brown, Assessment Services Coordinator, PLAR at 604.851.6342 or susan.brown@ufv.ca.

CAN I AFFORD TO TAKE THIS PROGRAM?

Consult the UFV calendar for a complete list of fees, keeping in mind that new fees are usually set in May. In addition to tuition fees, you should be prepared to cover additional costs for books, work books and lab fee supplies. It's worth a visit to the UFV financial aid and awards office, which facilitates the disbursement each year of about \$12 million in federal and provincial student loans, grants, bursaries, scholarships, and awards to UFV students. A helpful budget planning worksheet is available online at www.ufv.ca/fineaid/budget.

CAN I SPEAK WITH SOMEONE ABOUT MY OPTIONS?

Absolutely. We want to hear from you! If you're unsure of your direction, contact Student Services at 1-888-504-7441 to connect with an educational advisor, or arrange for career counselling. Also feel free to contact the Kinesiology department at www.ufv.ca/kpe or by calling 604-557-4029.



The information contained in this document is subject to change. Please refer to www.ufv.ca/kpe for up-to-date information. UFV reserves the right to cancel courses and programs.

www.ufv.ca/kpe



About UFV

Nestled in the beautiful Fraser Valley just east of Vancouver, in B.C., UFV is a fully accredited, public university that enrolls more than 11,000 students each year. UFV has campuses in Abbotsford, Chilliwack, and Mission and regional centres in Hope and Agassiz, and a growing presence in Chandigarh, India.

UFV is committed to exceptional post-secondary instruction and a nurturing learning environment. We are large enough to offer variety, yet small enough to offer the personal attention that our students need to thrive. Our small class sizes and focus on teaching allow our students to get to know their instructors and learn in a hands-on setting.

We offer more than 80 programs, including 13 bachelor's degrees, a master's degree, and more than a dozen trades and technology programs. We believe that anyone who wants to go to university should be given the chance, so our admission policies are flexible, and we provide university prep courses and high school completion options. There are many options for learning: full-time, in class, online, as part of a structured program or one tailored specifically to your interests.

Many of our programs "ladder" into one another, allowing students to keep their options open. Our international programming makes for a culturally diverse student body and great opportunities to study abroad, while our continuing studies offerings make learning a lifelong experience.

UFV is recognized nationally for student success, an excellent learning environment, creative integration of programming, and our work with our local communities.

Get to know us better at www.ufv.ca.

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