



# Bachelor of Kinesiology

*Orientation 2021*

**Please be aware that this presentation will be recorded. The purpose for which this lecture will be recorded is to make it available for you and /or students that are not able to attend to view at a later time. Please note that if you participate, your participation will be recorded. If you do not wish to be identified, please turn off your webcam and do not share any personally identifiable information.**

# Territory acknowledgment



Long before Canada was formed, the Stó:lō (people of the river) occupied the land on which UFV is located. They lived in the Fraser Valley and lower Fraser Canyon of British Columbia and they spoke Halq'eméylem, also known as the upriver dialect.

UFV recognizes and honours the contribution that Aboriginal people have made — and continue to make — to our community. UFV supports Indigenous learners and seeks to incorporate indigenous ways of knowing in the curriculum.

# Overview

- Welcome and Introductions
- UFV'S BKIN Program
- Role of an Academic Advisor
- How to book an Advising appointment
- Fall 2021 course planning
- Services and recourses for academic success
- Contact information

# Welcome to UFV!!



Congratulations and welcome to UFV's Bachelor of Kinesiology! Woot woot!

Amber Johnston – Faculty, BKIN

Kristen Switzer – Academic Advisor, BKIN

# Welcome from the Department Head



Thank-you for attending this session, and of course, thank-you for your interest in our program. With the COVID-19 pandemic likely still having an impact on the approaching fall semester, I realize that the start to your university career is not what you were expecting. However, as we inch towards normal, please know that KIN faculty continue to work tirelessly to ensure that when fall arrives you will have the best possible learning experience. I can't state this enough.

If I can offer you one piece of advice as you are about to enter the KIN program, it is this: Please take advantage of all the "hands-on", practical learning experiences we offer. I am excited about the many memorable experiences that are in store for you as you move through your Kinesiology program, and I look forward to sharing many of these with you. In the meantime, stay active, stay healthy, and stay well.

Best,

Jason Brandenburg, Associate Professor & Director,  
School of Kinesiology



# Contact Info



Department Head: Jason Brandenburg-  
email [Jason.Brandenburg@Ufv.ca](mailto:Jason.Brandenburg@Ufv.ca)

Academic Advisor: [advising@ufv.ca](mailto:advising@ufv.ca)

Department Assistant: Myra Hughes – email  
[kininfo@ufv.ca](mailto:kininfo@ufv.ca)

# COVID19 and Fall 2021



Provincial Health Officer, Dr. Bonnie Henry, and the Minister of Advanced Education and Skills Training (AEST), Anne Kang, have announced a return to in-person instruction in September 2021 for post-secondary institutions across BC. This includes the University of the Fraser Valley. (Read Dr. Henry's letter to BC post-secondary presidents [here](#) and the AEST news release [here](#)).

As UFV begins to plan for September, the university's priorities remain the health and safety of students, faculty, staff, and our community. At every step, UFV will be working with provincial health and safety organizations to ensure a safe, healthy, and organized return to campus in the Fall.

"I know it has been a very challenging time. Students, faculty, and staff have demonstrated heart, tenacity, and dedication under tough circumstances," said Dr. Joanne MacLean, President of UFV. "Thank you to faculty and staff for your ongoing devotion and perseverance in delivering education and services to students and to students for your ongoing devotion and perseverance in pursuing your educational goals. While the roll-out of vaccines and this announcement provide encouragement for the Fall, the pandemic is not over, and we must still work diligently to curb the spread of COVID-19."

The university has begun planning to make the transition to safe, broad-scale, face-to-face learning in our classrooms and activities on our campuses.

4 methods of course delivery:

In-person	Hybrid
Online	Hyflex



# KIN Values



**Diversity.** We value all people in their diversity and recognize the dignity inherent to each person. Therefore, the department strives to cultivate postures of openness towards all people and their cultures, backgrounds, talents, disciplines, abilities, and points-of-view.

*Key words: Accepting, Inclusive, Openness, Fidelity*

**Character.** We value the habits of virtue and the integrity of professionalism. Accordingly, the department strives to nurture respectfulness, honesty, integrity, humility, dependability, and other attributes and manifestations of good character, service, and professional ethics.

*Key words: Honesty, Responsibility, Accountability, Integrity, Courage, Collegiality, Growth, Respect*

**Academic Rigor.** We value sound scholarship, scientific enquiry, careful methodology, and interdisciplinary forms of knowing within and beyond the academic disciplines in kinesiology. Through high quality teaching and co-curricular opportunities, we aim to foster both thoughtful and engaged students and co-professionals.

*Key words: Engagement, Curiosity, Student Centered, Evidence-based, Critical Thinking, Self-reflection, Excellence*

**Physical Activity.** We value lifetime physical activity and the significant contribution it makes in promoting physical performance, fitness, health, and quality of life. We therefore strive not only to cultivate physical literacy but also to lower barriers to participation.

*Key words: Wellness, Physical literacy, Participation, Engagement*

# What is Kinesiology?

As the study of human movement, kinesiology explores a broad range of topics that include anatomy, biomechanics, exercise physiology, sociology, education, active health, wellness, and nutrition.



# Kinesiology – About US



- [www.ufv.ca/kinesiology](http://www.ufv.ca/kinesiology)
- Department within the Faculty of Health Sciences
- 19 faculty members (15 permanent; 4 one-year contract)
  - 80% are on the Chilliwack campus
  - 20% are on the Abbotsford campus
  - several “sessional” instructors
- approximately 300 students in our program
  - 90 graduating students per year
- offer a B.Kin. degree
  - three program specializations:
    1. Exercise science
    2. Pedagogy
    3. Active Health

# UFV's BKIN program



- In the Kinesiology program, you go well beyond the questions of how and why we move, and start to explore how we can optimize the human potential for health, performance, and overall wellness.
- In your first and second year, you learn foundational topics such as human anatomy, sport psychology, biomechanics, and human nutrition, as well as physical activity, health, and fitness. You explore a variety of fields that may be of interest before choosing to specialize in exercise science, pedagogy, or active health.
- In your third and fourth year, you develop skills for teaching and counselling athletes, and learn about athletic injuries, research methods, applied ethics, physiology, exercise testing, and exercise prescription.

# Graduation requirements



- 120 total credits
- 48 upper-level credits, including at least 38 upper-level KIN credits (including core and specialization) (see Notes 1 and 2)
- Core course requirements (49 credits)
- One area of specialization in Kinesiology, declared by the completion of 60 credits (see Note 3) (19-22 credits)
- Literacy requirement (3 credits)
- Numeracy requirement (3-4 credits)
- Breadth requirements (12 credits of non-KIN courses)



# Specialization – Exercise Science



- Provides preparation for those pursuing careers as:
  - Kinesiologist
  - Personal Trainer/Exercise Physiologist
  - Graduate school
    - Master's and Ph.D. degrees in Kinesiology
- Preparation for admittance to a professional program
  - medicine
  - physiotherapy
  - chiropractic
  - massage therapy
  - occupational therapy

# Specialization – Pedagogy



- Provides preparation for those pursuing careers in instructional settings:
  - Education/pedagogy and physical literacy
  - Community recreation facilities as instructors
  - Administrators
  - Coaching
- Students can tailor their electives to support their career goals, such as:
  - Business
  - Biology
  - Math
  - Geography
  - Psychology
- Preparation for admittance to:
  - Teacher Education programs
  - Professional programs such as nutrition, rehabilitation studies
  - Graduate school
    - Master's and PhD degrees in Education, Kinesiology, Leadership

# Specialization – Active Health



- Provides preparation for those pursuing careers in instructional settings:
  - Community and corporate health and wellness
  - Personal training
  - Athletic therapy
  - Sports psychology
  - Community recreation
- Preparation for admittance to:
  - Athletic Therapy
  - Sports Psychology
  - Graduate school
    - Master's and PhD degrees in Kinesiology related areas



# Timetable and Registration



On May 28<sup>th</sup>, the timetable will be available

Every student will be assigned a specific registration date and time, starting on/or after June 14<sup>th</sup>

# Recommended First year courses



For those of you who will be following the Exercise Science specialization, here are the courses we recommend you register in for the Fall and Winter semesters: \* for Active Health specialization

## Fall Semester

KIN 161  
KIN 170  
Biology 111 (\*Business 100)  
English 105 or CMNS 125

## Winter Semester

KIN 163  
KIN 160 or 103  
Statistics course (STAT 104/106/PSYC 110)  
One non-KIN elective

Those who are following the Pedagogy specialization, here are the courses we recommend:

## Fall Semester

KIN 121  
KIN 161  
KIN 170  
English 105 or CMNS 125

## Winter Semester

KIN 122  
KIN 163  
Statistics course (STAT 104/106/PSYC 110)  
One non-KIN elective

If you are unsure of which specialization, here are the courses we recommend for the Fall semester:

KIN 161  
KIN 163  
KIN 170  
English 105 or CMNS 125  
OR Statistics course (STAT 104 or STAT 106 or PSYC 110)

# What does an Academic Advisor do?



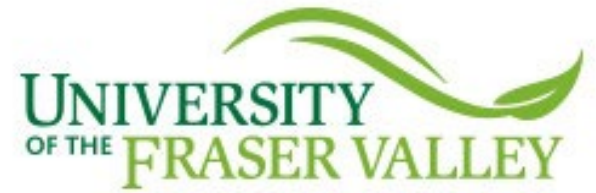
- Book an appointment (phone/virtual/in-person) at least once a year but preferably once a semester. We will work together to map out your courses for your future semesters to make sure you are on track to graduate and taking the correct courses for grad school/career objectives.
- If you're struggling and not sure where to start, start by making an Advising appointment and I will direct you to the right services for your needs.

# How to book an appointment



A screenshot of a web browser displaying the University of the Fraser Valley (UFV) Advising Centre website. The browser's address bar shows the URL "ufv.ca/advising/". The website header includes the UFV logo and a search bar. A navigation menu contains links for "REGISTRATION", "ADVISING CENTRE", "RESIDENCE", "CAREER CENTRE", "STUDENT SERVICES", "ABOUT UFV", and "COVID-19". Below the navigation is a large photograph of a diverse group of students and staff members. The main content area features the heading "ADVISING CENTRE" and a breadcrumb trail "UFV / ADVISING CENTRE". The page title is "Advising Centre". At the bottom, there is a green button labeled "Book an appointment" and a grey button labeled "Book Workshop/Webinar". A large green arrow points from the "Advising Centre" text towards the "Book an appointment" button. The text "Academic Advisors help students plan their educational careers" is partially visible at the bottom of the page.

# How to book an appointment



need assistance, please book an appointment with an Academic Advisor, [email advising@ufv.ca](mailto:advising@ufv.ca) or call the Advising Centre at 604-864-4674 or 1-888-504-7441, ext. 4674 (Toll-free Canada).

[Find more UFV student support areas...](#)

## Book Your Advising Appointment

- [+ Future Students](#)
- [+ Current students](#)
- Domestic and International students, please meet with an advisor for the program you are admitted to, even if you are new to UFV and have not yet taken any classes.

*Click the '+' for your program area to view your booking options*

- [+ Adult Education](#)
- [+ Arts](#)
- [+ Business](#)

A large green arrow points to the "Current students" button.

# How to book an appointment



The screenshot shows a web browser window with the URL [ufv.ca/advising/#d.en.986750](http://ufv.ca/advising/#d.en.986750). The page content includes a sidebar menu with the following items:

- + Integrated Studies
- + International
- Kinesiology
  - Including:
    - Bachelor of Kinesiology
    - Kinesiology minor

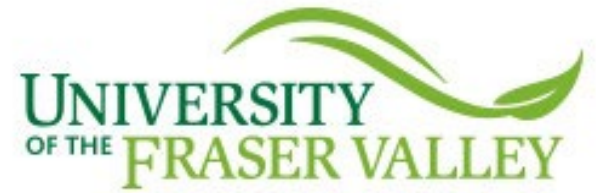
A green button labeled "Book an appointment" is highlighted with a yellow arrow pointing to it from the right.

Below the button, a grey box contains the text: "If you are not admitted to the Bachelor of Kinesiology program but interested in finding out more, please [book with a Future Advisor](#)".

At the bottom of the sidebar menu, the following items are listed:

- + Nursing Track
- + Qualifying Studies
- + Library and Information Technology
- + Science
- + Social Work and Human Services

# How to book an appointment



Advising Centre > Advising Centi x Book Appointment x +

am.ufv.ca/ramonline/BookAppt?C=C&T=P&AU=1&P=113#

Apps University of the Fr... Appointment Mana... Academic Calendar... Career Cruising - En... Google BlueJeans Network... Reading list

UNIVERSITY OF THE FRASER VALLEY Home

Kinesiology Show filter options

Scroll down to select your individual appointment or webinar/workshop from the list below to find a date/time that fits with your schedule. Click "Show Filter Options" above to show only appointments available in a date range and/or by time of day

**Collection Notice:** The University of the Fraser Valley (UFV) collects, uses, discloses, and retains your personal information. The personal information requested on this form is collected under the authority of the *University Act*, and in accordance with section 26(c) of British Columbia's *Freedom of Information and Protection of Privacy Act*. The information will be used for the purposes of academic advising offered by UFV's Advising Centre, and for purposes consistent with such use. Direct any questions about this collection to Elaine Newman at the UFV Advising Centre at (604) 854-4577 or [Elaine.Newman@ufv.ca](mailto:Elaine.Newman@ufv.ca)

→ Kristen Switzer 44 ←

Back ↶

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# How to book an appointment



Advising Centre > Advising Cent... Appointment Block Selection

am.ufv.ca/ramonline/Appointment?AGID=125&P=113&C=C&T=P&AU=1&AG=0&D=-5000

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Select a date:\*

<input checked="" type="radio"/> Thu, 04/22/21 1	<input type="radio"/> Fri, 04/23/21 1	<input type="radio"/> Tue, 04/27/21 2	<input type="radio"/> Wed, 04/28/21 2	<input type="radio"/> Thu, 04/29/21 3
<input type="radio"/> Fri, 04/30/21 3	<input type="radio"/> Tue, 05/11/21 4	<input type="radio"/> Wed, 05/12/21 2	<input type="radio"/> Thu, 05/13/21 4	<input type="radio"/> Fri, 05/14/21 3
<input type="radio"/> Tue, 05/18/21 3	<input type="radio"/> Wed, 05/19/21 2	<input type="radio"/> Tue, 05/25/21 4	<input type="radio"/> Wed, 05/26/21 4	<input type="radio"/> Thu, 05/27/21 4
<input type="radio"/> Fri, 05/28/21 2				

Available time slots: \* 04/22/21

→ Thu, 9:00AM - 10:00AM

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# Other course planning resources



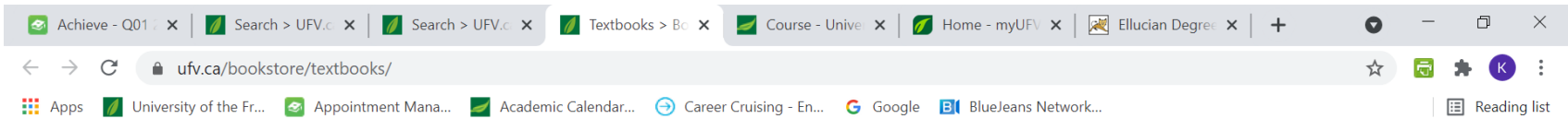
- **The academic calendar:**  
<https://www.ufv.ca/calendar/current/>
- **Interactive course finder:**  
[https://warden.ufv.ca:8910/prd/bwysched.p\\_select\\_term?ws\\_ea\\_code=CRED](https://warden.ufv.ca:8910/prd/bwysched.p_select_term?ws_ea_code=CRED)
- **Timetable:** <https://www.ufv.ca/registration/semester-info/timetables/>
- **Class sizes and waitlists:**  
<https://www.ufv.ca/registrar/semester-info/waitlists/>
- **myGradPlan:** log into your myufv account

# Services and Resources for academic success



- **Advising:** <https://www.ufv.ca/advising/>
- **KINSA:** <https://www.ufv.ca/kinesiology/student-opportunities/kinsa/>
- **KINPALS:** Follow at @ufvkinpals CONTACT: [kinpals@ufv.ca](mailto:kinpals@ufv.ca)
- **SLG's:** <https://www.ufv.ca/sl原因/>
- **Academic Success Centre (ASC):** <https://www.ufv.ca/asc/>
- **Counselling:** <https://www.ufv.ca/counselling/>
- **Financial Aid and Awards:** <https://www.ufv.ca/fineaid/>
- **Centre for Accessibility Services (CAS):**  
<https://ufv.ca/accessibility/>
- **Career mapping tool**

# Textbooks



## BOOKSTORE

UFV / BOOKSTORE / TEXTBOOKS

### Textbooks

#### Find and buy textbooks

Textbooks, e-books and access codes are available for purchase in-store and online. Purchasing your textbooks from the UFV Campus Bookstore ensures you select the right course materials for your upcoming class.

[Shop online now](#)

#### Textbook buy back

Turn your books into cash — UFV Bookstore will buy back your gently used course textbooks.

#### Textbook FAQs

Find answers to your textbook and online ordering questions.

- [Buy textbooks](#)
- [Find hours and locations](#)
- [Shop UFV clothing](#)
- [Sell back your textbooks](#)

- [Merchandise](#) +
- [Textbooks](#) +
- [E-books and access codes](#)
- [Event Tickets](#)
- [Faculty and staff services](#) +
- [Return policy](#)

# Textbooks



Achieve - Q x | Search > UFV x | Search > UFV x | Textbooks > x | Course - Ur x | Course - Ur x | Home - my x | Ellucian Dev x | +

ufv.bookware3000.ca/Course/term?

Apps | University of the Fr... | Appointment Mana... | Academic Calendar... | Career Cruising - En... | Google | BlueJeans Network... | Reading list

A-Z | myUFV | Academic Calendar | IT Help | Library | UFV Online | Directory | Contact **REQUEST INFO**

UNIVERSITY OF THE FRASER VALLEY SEARCH:  **Apply Now**

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Hours and Locations  
Contact The Bookstore

### Textbook Search

Campus: ONLINE

Select a Term

Summer Semester 2021

### My Shopping Cart

There are currently no items in your shopping cart.

[View Cart](#) | [Checkout](#)

UNIVERSITY OF THE FRASER VALLEY

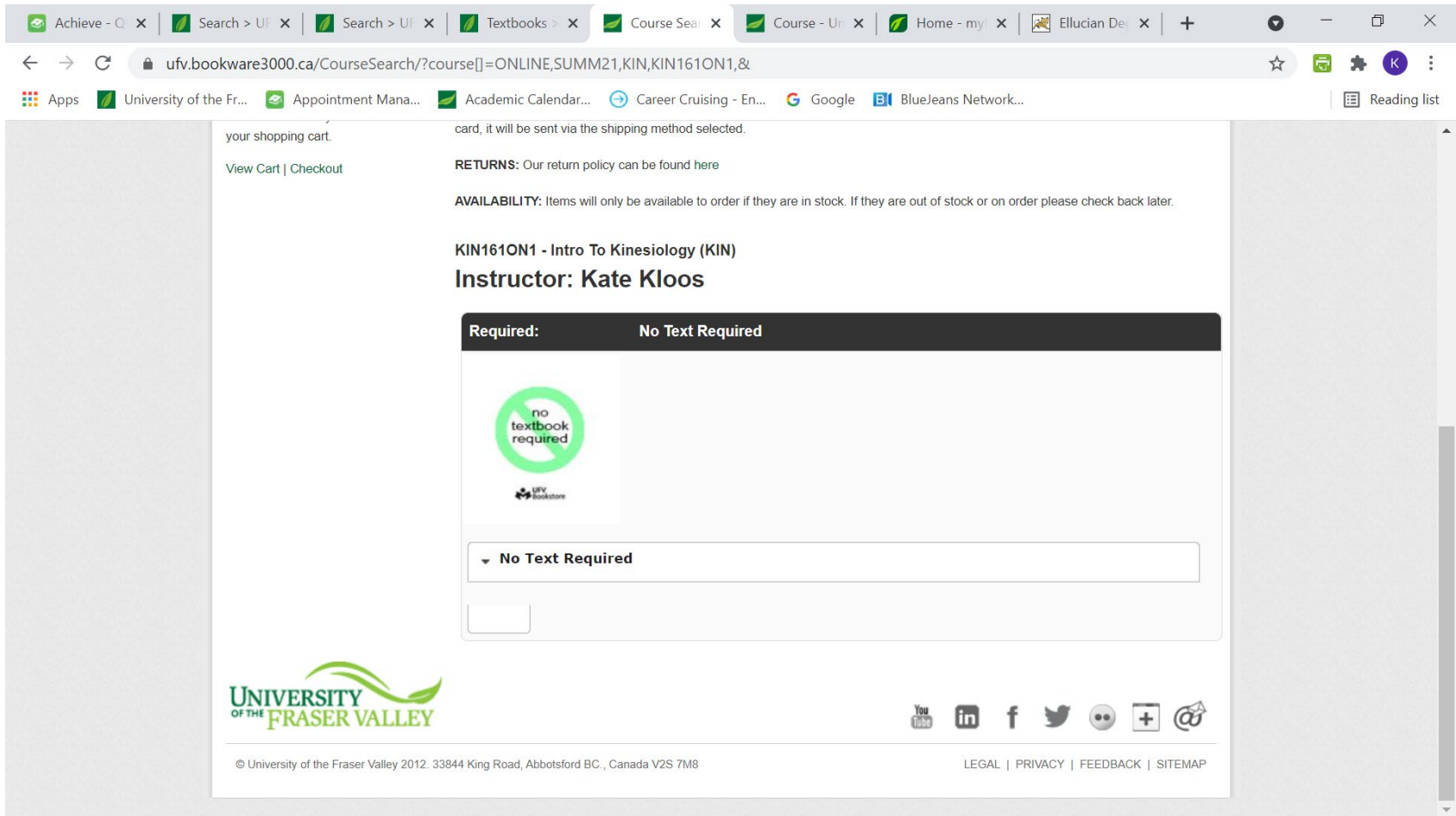
YouTube | LinkedIn | Facebook | Twitter | Instagram | RSS

# Textbooks



A screenshot of a web browser displaying a list of textbooks for a course. The browser's address bar shows the URL "ufv.bookware3000.ca/Course/term?". The page content is a list of course categories and individual textbook titles, each with a checkbox to its left. The categories are: GEUG - Geography, HIST - History, HSER - Human Services, JRNL - Journalism, and KIN - Kinesiology And Physical Educ. Under the KIN category, there are 14 individual textbook titles, each with a checkbox. The titles are: KIN103ON1 - Concepts Of Physical Fitness, KIN103ON2 - Concepts Of Physical Fitness, KIN160ON1 - Contemporary Health Issues, KIN161ON1 - Intro To Kinesiology, KIN170ON1 - Basic Human Anatomy, KIN170ON2 - Basic Human Anatomy, KIN260ON1 - Topics In Human Nutrition, KIN261ON1 - Sociocultural Activity &amp; Sport, KIN365ON1 - Growth &amp; Motor Development, KIN368ON1 - Advanced Motor Learning &amp; Control, KIN401IS1 - Undergraduate Thesis I, KIN463ON1 - Advanced Exercise Therapy, KIN499DIS1 - Antigua: Educ Deliv Comparison, and KIN499EIS1 - Antigua: Cult Sensitive Curric. The browser's taskbar at the top shows several open tabs, including "Achieve - Q", "Search &gt; UF", "Textbooks &gt; X", "Course - Ur", "Course - Ur", "Home - my", and "Ellucian De". The browser's address bar also shows the URL "ufv.bookware3000.ca/Course/term?". The browser's taskbar also shows several open tabs, including "Achieve - Q", "Search &gt; UF", "Search &gt; UF", "Textbooks &gt; X", "Course - Ur", "Course - Ur", "Home - my", and "Ellucian De". The browser's address bar also shows the URL "ufv.bookware3000.ca/Course/term?". The browser's taskbar also shows several open tabs, including "Achieve - Q", "Search &gt; UF", "Search &gt; UF", "Textbooks &gt; X", "Course - Ur", "Course - Ur", "Home - my", and "Ellucian De".

# Textbooks



Achieve - Q x Search > UF x Search > UF x Textbooks > x Course Sea x Course - Uri x Home - my x Ellucian De x +

ufv.bookware3000.ca/CourseSearch/?course[]=ONLINE,SUMM21,KIN,KIN1610N1,&

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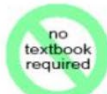
card, it will be sent via the shipping method selected.

**RETURNS:** Our return policy can be found here


**AVAILABILITY:** Items will only be available to order if they are in stock. If they are out of stock or on order please check back later.

**KIN1610N1 - Intro To Kinesiology (KIN)**  
**Instructor: Kate Kloos**

**Required: No Text Required**

  
no textbook required  
UFV Bookstore

▼ No Text Required



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YouTube LinkedIn Facebook Twitter Email Social Plus

# Dates and Deadlines



Achieve - Q01 2021 - 010... x | Search > UFV.ca x | Dates and deadlines > Re... x | Home - myUFV x | Ellucian Degree Works - U... x | + | - | □ | ×

ufv.ca/registration/deadlines/

Apps | University of the Fr... | Appointment Mana... | Academic Calendar... | Career Cruising - En... | Google | BlueJeans Network... | Reading list

## Dates and deadlines

- View timetables
- Use the course finder
- Dates and deadlines
- Log in to myUFV
- Plan your studies

+ Summer 2021 important dates

- Fall 2021 important dates

### Semester dates

Sep 6	Labour Day (no classes)
To be determined (TBD)	New Student Orientation
Sep 13	Classes begin in most programs (Program specific dates listed below)
Oct 11	Thanksgiving Day (no classes)
Nov 11	Remembrance Day (no classes)
Dec 10	Classes end
Dec 11 & 12	Study break
Dec 13-22	Examination period

How to register +

**Dates and deadlines**

Semester info +

Fees and payments +

Withdrawals and refunds

Admissions

Office of the Registrar

Contact us +



# Dates and Deadlines



A screenshot of a web browser displaying the registration deadlines page for the University of the Fraser Valley. The browser tabs include "Achieve - Q01 2021 - 010...", "Search > UFV.ca", "Dates and deadlines > Re...", "Home - myUFV", and "Ellucian Degree Works - U...". The address bar shows "ufv.ca/registration/deadlines/".

The main content area features a table titled "Registration dates\*" with the following data:

Registration dates*	
TBD	Registration time available through myUFV.
June 9	Registration deposit should be paid by. Online banking recommended.
TBD	Registration begins You <b>cannot</b> register or waitlist without meeting prerequisites. You can register or waitlist if prerequisite courses are in progress at UFV.
Sep 19	<b>Last day to register</b> for courses using myUFV.
Sep 20	Instructor's permission required to register in a course.
Sep 15 - noon	Deadline to log in to online courses.
Sep 28	<b>Fee payment deadline.</b> Penalties apply if fees not paid in full.
Sep 29	\$20 registration fee per course in effect. Pay full fees to add a course.
Oct 10	<b>Last day to register to audit a course.</b>
Oct 11	Dept. Head permission required to add a course.

\* View [Continuing Education's fee and registration policies](#)

On the right side of the page, there is a "Contact us" button and a blue promotional banner that reads: "Starting at UFV in September? Book your virtual planning sessions". Below the banner, it says: "Sign up for two sessions this May-June and learn how to choose courses for your first semester, how to register, and how to connect with your academic advisor." At the bottom of the banner is a "Sign up today" button and an upward-pointing arrow icon.



# Dates and Deadlines



Achieve - Q01 2021 - 010... x Search > UFV.ca x Dates and deadlines > Re... x Home - myUFV x Ellucian Degree Works - U... x +

ufv.ca/registration/deadlines/

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and refund policy under the Cancellation and Refunds: course, workshop, or program section of their Student Resources page.

[View withdrawal and refund policies for international students](#)

Withdrawal dates*	
Aug 16	Last day to drop courses and get 100% refund.
Aug 17 - Sep 12	5% of tuition withheld for any dropped courses or sections.
Sep 13 - 28	10% of tuition withheld for any dropped courses or sections.
Sep 28	Last day to withdraw from a course and get a fee reduction or refund.
Sep 29 - Oct 10	No refunds for withdrawals, which can be done through <a href="#">myUFV</a>
Oct 10	Last day to withdraw <b>without a W</b> appearing on transcript.
Oct 11 - Nov 5	Withdrawals get a <b>W grade</b> recorded on transcript.
Nov 5	Final day to withdraw from a course. <sup>1</sup>

\* View [Continuing Education's withdrawal and refund policy](#) under the Cancellation and Refunds: course, workshop, or program section of their Student Resources page.

[View withdrawal and refund policies for international students](#)

1. If you have a student loan, withdrawal may affect the status of your loan. Discuss withdrawal with



# Thank you!

**IG and Twitter** @ufvhealth @ufvkinsa @ufvkinpals  
@ufvslg @champsforhealth

**Facebook:** KINSA, University of  
the Fraser Valley, UFV Health  
Sciences