

The Bachelor of Human Kinetics at UBC Okanagan is a four-year program that promotes an interdisciplinary understanding of health and human movement. While the core courses are consistent in Years 1 and 2 for all students, there are two concentrations available for Years 3 and 4. They are **Clinical Exercise Physiology** and **Health Promotion**. **PLEASE NOTE: The BHK is in the process of being converted to the Bachelor of Health and Exercise Sciences for September 2022 admission. Please see UBC-O academic calendar for more details.**

Direct admission to Year 1 of the BHK requires the following high school courses:

- One of English Studies 12 or English First Peoples 12
- Biology or Anatomy & Physiology (A&P) 12
- Principles of Mathematics 12 or Pre-Calculus 12
- Required but not included in admission average: One of Physics 11 or Chemistry 11 (CHEM 11 preferred at TRU because it is a prerequisite to BIOL 1592/1594)

Transfer students must also meet these requirements or have post-secondary equivalent courses.

Year 1 UBC-O BHK Courses (for both concentrations)	TRU Courses	Prerequisites for TRU Courses
HMKN 105	No equivalent offered; take at UBC-O; take an extra elective for now*	
HMKN 100	PHED 1230	
HMKN 101	PHED 1000	
HMKN 190	BIOL 1592 and 1594	BIOL 12 or A&P 12 or BIOL 0600 (C+ minimum) AND CHEM 11 or CHEM 0500
HMKN 191	BIOL 1692 and 1694	BIOL 1592 (C minimum)
First-year English (3 credits)	One of: ENGL 1100, 1110, 1120, 1140, 1210	English Studies 12 or English First Peoples 12 (73%) or equivalent
Electives – 12 credits*		
Year 2 UBC-O BHK Courses (for both concentrations)	TRU Courses	Prerequisites for TRU Courses
HEAL 200	No equivalent offered; take at UBC-O; take an extra elective for now*	
HMKN 200	No equivalent offered; take at UBC-O; take an extra elective for now* (PHED 2150 = lower-level HMKN elective)	BIOL 1692
HMKN 201	No equivalent offered; take at UBC-O; take an extra elective for now* (PHED 2140 transfers as a lower-level HMKN elective and exempts HMKN 321)	2nd Year Standing
HMKN 202	PHED 2210	
HMKN 203	PHED 3840	PHED 2210
HMKN 205	PSYC 2100 or STAT 2000	PSYC 1110 and 1210 or MATH 1140 (or equiv.)
HMKN 206	PSYC 2110 or SOCI 2720	PSYC 1110 and 1210 or SOCI 1110 and 30 credits
Electives – 9 credits*		

***ELECTIVES:** Careful planning of electives is required depending on educational goals. Future enrolment in Bachelor of Education, Physical Education, Medicine, Physical Therapy, Occupational Therapy, or a minor are some examples.

GPA REQUIREMENT: Admission is very competitive and transfer students should be prepared to have a competitive GPA of at least 3.5 (on a 4.0 scale) calculated on a minimum of 24 transferable credits or the most recent 30 credits. Transfer information for TRU PHED courses and other courses to UBC-O is available online at bctransferguide.ca.

CONCENTRATIONS:

CLINICAL EXERCISE PHYSIOLOGY: This concentration focuses on the role of exercise in health and physical activity in the prevention, rehabilitation, and management of chronic diseases. Students will study a variety of aspects of healthy aging as well as cardiovascular, respiratory, neurophysiology, and pathology.

HEALTH PROMOTION: This concentration examines health from a multidisciplinary perspective, including the physical, social-cultural, and psychological components of health, and the associated impact health has on the public health care system. Students learn to promote a healthy lifestyle and improve aspects of health through the lifespan.

BACHELOR OF EDUCATION, PHYSICAL EDUCATION: A teachable subject requires a minimum of 24 credits in the subject area. (To enhance employment opportunities, students should prepare a second teachable subject i.e. Physical Education and one other area.) Acceptable teachable subject areas can be viewed on the BC Teacher Regulation website: <https://www2.gov.bc.ca/gov/content/education-training/k-12/teach/become-a-teacher/types/coq-requirements>

Effective Fall 2022, the Faculty of Health and Exercise Science has proposed a degree name change to the **Bachelor of Health and Exercise Science**. This change will introduce new streams of concentrations and a few changes to course transfer. Requiring final approval by the Board of Governors and the Ministry of Education, TRU Academic Advising is working directly with UBC-O to align all course changes with recognition for grandfathering of previous coursework. For further details of these changes and questions about your course transfer, contact the Advising office with UBC-O directly.

UBC-Okanagan School of Health and Exercise Science Contact Information

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NOTE

This information is intended as a guideline for students planning to apply for admission to the Bachelor of Human Kinetics at UBC-O. Admission requirements can change; it is the **student's** responsibility to check they have met the requirements of the institution and chosen program.