



Community Health, Recreation, and Sport Leadership

Additional Education: No

A person working in community health and recreation will work mainly with locally based fitness initiatives. Programs through gyms, community centres, schools, or churches may require the services of a community recreation specialist. Working with individual clients for exercise program design, large groups for event planning and promotion, or entire communities for the administration of after school programs are all within the realm of a community recreation leader.

Suggested courses for a career in Community Health, Rec, and Sport Leadership

As of June 2017.

Note: All courses are recommended, and not mandatory for completion of a BKIN. Students are also recommended to gain volunteer or work experience in a community setting within the sport/health sector they wish to work with. Students are urged to visit the City websites for job opportunities that would interest them and find out the required academic qualifications as they differ from sector to sector.

Complementary Kinesiology Courses	Suggested Non-KIN Electives
KIN 115 A/B: Performance Analysis	PSYC 100: Introductory Psychology
KIN 215 A/B: Performance Analysis	SOCI 100: Intro to Sociology
KIN 464: Health Promotion and Physical Activity	ANTH 100: Intro to Cultural Anthropology
KIN 400: Planning Phys. Ed., Sport, and Exercise Programs	EPSE 316: Learning Disabilities
KIN 415: Approaches to Games Education	ADHE 327: Teaching Adults
KIN 367: Leisure and Disabled Persons	CAPS 391: Intro to Macroscopic Human Anatomy
KIN 361/461: Prevention of Sports Injuries	FMST 312: Parent-Child Relationships
KIN 375: Exercise Physiology II	SOCI 466: Socialization and Education
KIN 371: Statistics in Kinesiology	PSYC 314: Health Psychology
KIN 481: Sport Marketing	ENVR 200: Introduction to Environmental Science
KIN 365: Foundations of Coaching	

Disclaimer: While every effort will be made to ensure that the information provided is accurate and up to date, it is the student's responsibility to check directly with the institutions/schools they are applying to. Courses listed in this document are RECOMMENDED courses for a career in community recreation/health/sport development. Other institutions/schools may have more specific/alternate requirements and it is advised that you consult their admission requirements respectively. Please see an Academic Advisor to discuss your course options.



Additional Resources

Suggested Co-Curricular Involvement	Suggested Certifications
Kinesiology Undergraduate Society	First Aid & CPR/AED
Right to Play at UBC	National Coaching Certification Program (NCCP)
Community Coaching	
Sports Camp Director/Counsellor/Instructor	

How To Get Involved / How To Get Certified	Other Programs To Enhance Your Learning Experience
National Coaching Certification Program (NCCP) http://www.coach.ca/	UBC Learning Commons: Tutoring and Coaching http://learningcommons.ubc.ca/tutoring-studying/tutoring/
Canadian Sport for Life http://www.canadiansportforlife.ca/	Athletics & Recreation: Campus Recreation http://www.recreation.ubc.ca/
First Aid/CPR Training – Canadian Red Cross http://www.redcross.ca/	Campus Life: Volunteer for Campus Events http://www.students.ubc.ca/campus-life/
Right to Play http://www.righttoplay.ca/	Community Service Learning: http://www.learningexchange.ubc.ca/community_learn.html
	Co-operative Education Program http://kin.educ.ubc.ca/co-op/about/

Career Planning Tips
ASSESS: Self discovery <i>Reflect and write down your interests, values, personality traits, and skills.</i>
EXPLORE: Self awareness and career options <i>List your top 5 priorities in each category of self assessment. Identify employment sectors based on the list.</i>
RESEARCH: Gather information <i>Choose and gather information on 5 to 10 careers as identified above. Go online and talk to people in the industry.</i>
EVALUATE: Make decisions <i>Identify pros and cons, required education, job trends, entrance strategies, and related occupations.</i>
PLAN: Action! <i>Set goals and carry out strategies to experience your chosen career (e.g., volunteer, Co-op, summer work)</i>

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