



Welcome to the School of Kinesiology! This guide will help you plan and register for courses, organize your degree, and become more aware of involvement opportunities. For additional information, please visit the following:

- School of Kinesiology: [www.kin.ubc.ca](http://www.kin.ubc.ca)
- UBC Calendar: <http://courses.students.ubc.ca/>
- KIN Student KINvolvement: <http://kin.educ.ubc.ca/current-students/student-kinvolvement/>

## PROGRAMS OF STUDY

After completing the 1<sup>st</sup> year core courses, you will select your stream during registration for 2<sup>nd</sup> year.

### Kinesiology and Health Science (KINH)

This program is for students interested in the broad areas of human movement science, health, and fitness, and who wish to pursue future certification as a Kinesiologist. This stream reflects national accreditation standards in kinesiology established by the Canadian Council of University Physical Education and Kinesiology Administrators.

### Physical and Health Education (PEDH)

This program is for students interested in teaching and coaching sports, as well as instructing on matters of physical activity and active health in public and private agencies. This stream reflects national accreditation standards in physical education established by the Canadian Council of University Physical Education and Kinesiology Administrators. It also meets admission requirements for the Teacher Education Program in UBC's Faculty of Education.

### Interdisciplinary Studies (IDKN)

This program is for students interested in a broad foundation in general liberal arts and science within the School of Kinesiology. This stream allows for flexibility, and incorporates a broad range of courses.

## MINOR OPTIONS

If you wish, you can focus your non-Kinesiology electives by taking a Minor program in one of the following:

- [Faculty of Arts](#)
- [Faculty of Science](#)
- [Faculty of Commerce](#)
- [Faculty of Land and Food Systems \(Food, Nutrition, & Health\)](#)

You can apply for your Minor at the beginning of your third year.

## PREPARE YOUR TIMETABLE

Typically, you will take 4-5 courses per term in a Winter Session (September to April). Term 1 runs from September to December and Term 2 from January to April. **\*You must be sure to register in both Term 1 and Term 2 courses during your summer registration date.\***

To be considered a full time student, you must be in at least 24 credits, including the KIN core courses and ENGL 112. Students with loans or in student housing should check to make sure they are meeting specific eligibility requirements.

## **Step 1: Determine your 1<sup>st</sup> year KIN courses**

**KIN 103 – Active Health:** Study the role of physical activity in the maintenance of a healthy life. Apply basic physical fitness and exercise methods, techniques, and appraisals. A laboratory component is part of this course.

**KIN 151 – Biomechanics I:** Apply elementary principles of physics and math to a quantitative analysis of movement. Analysis will focus on the development of forces within muscles and their effect on initiating and controlling movement.

**KIN 161 – Leisure and Sport in Society:** Explore the political, economic, and social basis of leisure and sports, as well as underlying concepts, theories, and problems involved.

**KIN 190 – Anatomy and Physiology I:** Study the structure and function of the neuromuscular and skeletal systems, with emphasis on movement analysis and the physiological effects of exercise. A laboratory component is part of this course. **\*This course cannot be taken in the same term as KIN 191, but can be taken in any order.\***

**KIN 191 – Anatomy and Physiology II:** Study the structure and function of the digestive, endocrine, urinary, circulatory, and respiratory systems with emphasis on the effects of exercise. A laboratory component is part of this course. **\*This course cannot be taken in the same term as KIN 190, but can be taken in any order.\***

## **Step 2: Choose your elective courses**

*Kinesiology electives:* Those KIN courses that you are not required, but may choose, to take.

*Non-Kinesiology electives:* Those courses that you may choose to take that are outside of the School of Kinesiology.

See the online UBC Calendar for more specific course information.

## **Step 3: Create your timetable and register**

Use the online course descriptions to build your timetable based on the courses above. We advise that you register for your KIN courses first, then add in any elective(s) around these core required courses.

Visit the Student Service Centre at [www.students.ubc.ca/ssc](http://www.students.ubc.ca/ssc) and take a registration demo.

Build and prepare several different Worklists to ensure that you will be organized and ready to register when your date and time comes!

## ENGLISH REQUIREMENT

All Bachelor of Kinesiology students must take ENGL 112 before the end of their second year. Entrance into any UBC English course requires either satisfactory completion of the Language Proficiency Index (LPI) or an exemption from this exam. For details on exemptions, see: <http://english.ubc.ca/first-year-english/frequently-asked-questions-faq/> (FAQ #1).

## PREREQUISITES

Generally, KIN 100-level courses are considered prerequisites to KIN 200-level courses, and KIN 200-level courses are considered prerequisite to KIN 300- and 400-level courses. The 300- and 400-level courses may be taken in any sequence (unless otherwise specified). Many KIN courses have specific prerequisites, and failure to fulfill them will result in removal from a course. See the online UBC calendar for details.

## KEEP IN MIND FOR REGISTRATION

To remain eligible for housing, you must take at least 12 credits per term.

To be considered for awards and scholarships, you must complete at least 27 credits in the Winter Session (see [www.students.ubc.ca/finance](http://www.students.ubc.ca/finance) for details).

For lecture-laboratory KIN courses, students must first register in a lab before registering for the lecture portion.

## KEEP IN MIND AT THE START OF TERM

### **Full Courses/Waitlist procedure:**

If you are unable to get into a course by the beginning of term, **whether you are on the waitlist or not**, you can start attending the class and **sign in on the attendance sheet for the first 2 classes** in order to show your interest in joining the course. We will then have a better idea of the actual number of students and try to make adjustments accordingly if possible.

### **KIN Blocked Registration Period:**

Once Term 1 begins, registration for all KIN courses is usually blocked. Because of this, it is very important to think carefully before dropping or switching courses, as **you will not be able to add a course if it is showing as 'Blocked'**. If you wish to be added in to a KIN course during this time, please refer to the Full Course/Waitlist procedure mentioned above.

If registration is blocked and you are trying to be added in to a KIN course for Term 2, we advise that students keep checking in periodically for the registration status to change, which usually happens sometime after mid-Term 1.

### **Switching Lab Sections:**

Lab section changes are to be discussed with the appropriate instructor and/or TA's. Switches must be approved by an instructor/TA and not by the Advising Office.

If you wish to have the switch show officially on your timetable due to conflict with registering for another course, please submit a completed and signed Change of Registration (Add/Drop Form) found on the UBC website.

## KEEPING ON TRACK

***\*Please do not use Degree Navigator to keep track of your degree.\****

At any time, if you wish to check the progress of your degree and whether or not your courses are meeting the requirements in order to graduate, you can request a **Program Check** from the KIN Advising Office by phone, by e-mail, or by dropping by. We will then update your program sheet according to your chosen stream and give you an update.

## DID YOU KNOW?

Participating in Imagine Day is a great way to get to know your fellow classmates, your campus, and your resources!

KIN's official school colour is malachite green, so expect to see all of us decked out from head to toe in green at almost every event!

There are more 1<sup>st</sup> year students in Arts or Sciences than there are in our entire program. This is why we are such a close-knit kinmmunity (community)!

All of our Peer Advisors are current students, so they know first hand how it is to be a KIN student and can give you relatable advice!

## CONTACT INFORMATION

**Undergraduate Advising Office**  
War Memorial Gym  
Room 202 – 6081 University Boulevard  
Vancouver, British Columbia V6T 1Z1

Tel: 604.822.4512

E-mail: [kin.advising@ubc.ca](mailto:kin.advising@ubc.ca)

***\* Please include a full name and student number in all correspondence for better assistance.***

Hours: Monday to Friday  
9:00am – 12:00pm;  
1:00pm – 3:30pm

