Welcome to the School of Kinesiology! This guide will help you plan and register for courses, organize your degree, and become more aware of valuable resources for your time at UBC.

PROGRAMS OF STUDY
After completing the 1st year core courses, you will select your stream during registration for 2nd year.

Neuromechanical and Physiological Sciences (NPSC)
The courses in this stream will explore human structure and function responsible for movement; from the physiological, neural, mechanical, and behavioural mechanisms and their interactions, to how these components affect and are affected by factors such as physical activity, aging, and disease. Upper level kinesiology courses will mainly come from the areas of:
- Neuromechanics
- Systems Biology, Exercise & Health

Social and Behavioural Sciences (SBSC)
The courses in this stream will examine psychosocial, historical, and cultural understanding of sport, physical activity and healthy behaviour and its impact on individuals and within societies. Upper level kinesiology courses will mainly come from the areas of:
- Pedagogy & Psychology of Physical Activity and Sport
- Sociocultural Studies

Multidisciplinary Science (MDSC)
Students registered in this stream will choose courses from the mechanical, physiological, psychological, sociological, and pedagogical branches of kinesiology, thereby designing a cross-disciplinary Program of study. Upper level kinesiology courses will come from a combination of areas mentioned in the streams above.

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. Term 1 runs from September to December, and Term 2 from January to April. *Be sure to register for the entire Winter session (both Term 1 and Term 2 courses) during your registration date in the summer.*

To be considered a full time student, you must be in at least 24 credits, including the KIN core courses and one of ENGL 112 or WRDS 150. Students with loans or in student housing should check to make sure that they are meeting specific eligibility requirements.

Welcome to KIN!

Step 1: Determine your 1st year KIN courses

KIN 110 – Human Anatomy: *labs* Structure of the skeletal, muscular, and nervous systems of the human body.
*KIN 110 & KIN 132 cannot be taken in the same term.*

KIN 120 – Health and Exercise Management: *labs* Examining the basic physical fitness and exercise methods, exercise techniques and fitness appraisal. Particular emphasis on methods for assessing body composition, flexibility, musculoskeletal fitness and cardiorespiratory endurance.

KIN 131 – Systems Physiology I: *labs* Function of the digestive, endocrine, urinary, circulatory, and respiratory systems.
*KIN 110 & KIN 132 cannot be taken in the same term.*

KIN 140 – Lifespan Motor Development: *elective* A lifespan approach to motor development that examines underlying factors affecting physical growth, physical activity behaviour, and human motor performance, while highlighting contemporary issues and trends in society.

KIN 150 – Sport and Exercise Psychology: Psychological theories and research related to sport and exercise behaviour.

KIN 160 – Leisure and Sport in Society: Introduction to the political, economic and social basis of leisure and sport; concepts, theories and problems.

Step 2: Choose your elective courses

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

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

See the online Course Listings on the Student Service Centre (SSC) 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 (SSC) at www.students.ubc.ca/ssc and view the FAQs > Video Tutorials at the bottom left navigation.

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 either ENGL 112 or WRDS 150 before the end of their second year in order to fulfill the English requirement for KIN. Credit will only be granted for one of ENGL 112 or WRDS 150.
PRE-REQUISITES

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, students must be and remain registered in a minimum of 18 credits of classroom-based courses (9 credits in each of Term 1 and Term 2).

To be considered for most awards and scholarships, you must complete at least 24 credits in the Winter Session (September – April). To be considered for most awards and scholarships, you must complete at least 24 credits in the Winter Session (September – April). See www.students.ubc.ca/finance for details.

For KIN courses with labs (KIN 110, KIN 120, KIN 131, and KIN 132), students must first register in a lab section before registering for the lecture portion. You must register in both a lab section and the lecture section for your registration to be complete for these courses.

KEEP IN MIND AT THE START OF TERM

Full Courses/Waitlist Procedure for KIN courses:

If a KIN course is full, you can register for the Waitlist for the course. If the Waitlist is full, please contact the KIN Advising Office to inquire about being ‘forced’ onto the Waitlist. If you are still waiting to be added to a KIN course by the beginning of term, you can attend and sign in on the attendance sheet for the first 2 classes in order to show your interest in joining the course. Students are responsible for checking their SSC to see if any changes have been made to their registration.

KIN ‘Blocked’ Status 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’ status. If you wish to inquire about being added to a KIN course during this time, please contact the KIN Advising Office.

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.

If you need to have the switch show officially on your timetable due to a time conflict with registering for another course, please submit a completed and signed Change of Registration (Add/Drop Form) found on the UBC website to the KIN Advising Office. This form must be signed by an instructor/TA.

KEEPING ON TRACK – PROGRAM CHECK

*Do not use Degree Navigator online to keep track of your degree, as it is not compatible with the KIN 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. We will then update your program sheet according to your chosen stream and let you know your progress on your degree.

DID YOU KNOW?

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

Your Enrolment Services Advisor (ESA) is your go-to contact for any inquiries you have about tuition, finances, and student loans. If you do not know your assigned ESA, you can simply contact Enrolment Services on campus at Brock Hall or by phone at 604.822.9836.

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 1st year students in Arts or Sciences than there are in our entire program. This is why we are such a close-knit KNmmunity (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 KIN ADVISING

Undergraduate KIN 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

** Please include a full name and student number in your emails.

Office Hours: MONDAY – FRIDAY
9:00am – 12:00pm;
1:00pm – 3:30pm

ADDITIONAL RESOURCES

School of Kinesiology Website:
http://kin.educ.ubc.ca/

UBC Student Service Centre (SSC) – Course Listings:
http://courses.students.ubc.ca/

UBC Student Services:
https://students.ubc.ca/

UBC Enrolment Services:
https://students.ubc.ca/enrolment

UBC Centre for Accessibility:
https://students.ubc.ca/about-student-services/centre-for-accessibility

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