



VANCOUVER SUMMER PROGRAM 2020

COURSE PACKAGE OFFERINGS

Package A

Sport and Exercise Performance

Sport and Exercise Psychology
Clinical Exercise Physiology

Package B

Coaching Science

Foundations of Coaching
Sport Psychology for Coaching

Package C

Clinical Kinesiology

Clinical Exercise Physiology
Health and Physical Activity Behaviour

Package A - Sport and Exercise Performance

Students enrolled in this package will explore the sport- and exercise-related concepts in classrooms, laboratories, and through field trips. Past participants visited the Richmond Oval, a world-class recreation facility and a 2010 Winter Olympic venue; BC Place, the host of the Opening and Closing Ceremonies of the Vancouver 2010 Olympic Winter Games and the FIFA Women's World Cup Canada 2015; and the Physical Activity Research Centre (PARC), an 11,000-square-metre, state-of-the-art research facility that brings together one of the most interdisciplinary spinal cord injury research programs in the world.

JULY 11 -AUGUST 11, 2020

Vancouver Summer Program is a four-week academic program for current university students. We aim to facilitate a cross-cultural learning experience via interactive lectures and various social activities. Students will learn about the field of kinesiology in Canada while also exploring Canadian society and culture. The program has graduated over 600 students from 42 partner universities since 2013.

The program fee of \$5,250 CAD includes:

- The equivalent of 6 UBC credits (2 courses) per package
- On-campus accommodation (shared apartment, private room)
- Medical insurance
- Exciting socio-cultural activities and city tour

Sport and Exercise Psychology

This theory-based course offers a practical overview of sport and exercise psychology. The course is intended to develop student understanding of psychological factors that impact participation and performance in physical activity. Students will have the opportunity to participate in group activities, apply knowledge to specific scenarios, and develop mental skills to demonstrate the application of psychological approaches. In particular, students are encouraged to reflect on how they can translate theoretical concepts and models into practice.

Clinical Exercise Physiology

This theoretical and lab-based course will provide an overview of clinical exercise physiology. Diverse class activities include problem-based case studies, group projects, and hands-on labs that examine cardio-respiratory function, muscle function, and metabolism. The course will include visits to labs such as the world-renowned Physical Activity Research Centre (PARC). Upon completion of this course, students will develop an understanding of fundamental approaches to the assessment of physiological responses to exercise; altered responses in various clinical syndromes; and how exercise prescription and exercise monitoring are applied in clinical settings for health promotion. Students will also gain an appreciation of the influence of exercise and lifestyle on the prevention and treatment of chronic diseases.



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Package B - Coaching Science

Students enrolled in this package will experience interactive learning from lectures followed by practical sessions either outdoor or in the gymnasium. Students will be exposed to multiple disciplines, gaining an understanding of important mental and psychological processes within the coaching dynamic. Past participants were taken on field trips to the UBC Doug Mitchell Thunderbird Sports Centre, home to the UBC Thunderbirds men's and women's hockey teams; the Richmond Oval, a World-Class recreation facility and one of the 2010 Winter Olympic venues; and the UBC Baseball Indoor Training Centre, a \$3.5-million-dollar state-of-the-art indoor training facility.

Package C - Clinical Kinesiology

Exercise is now recognized as a fundamental lifestyle component of health promotion and an integral part of prescriptive approaches to the treatment of approximately 26 chronic diseases such as heart disease, lung disease, diabetes, cancer, dementia, and other degenerative diseases. Students enrolled in Package C will be exposed to the theoretical basis for the mechanisms of exercise as a therapeutic approach to health promotion. Concepts learned in class will be supported by lab-based sessions covering testing and monitoring of exercise training programs. Participants will have the opportunity to visit the Physical Activity Research Centre (PARC), and the UBC Allan McGavin Sports Medicine Centre, one of only two FIFA Medical Centres of Excellence in Canada.

Foundations of Coaching

This introductory course provides the foundation necessary to become a successful coach. It will enable students to define who they are as coaches and will enhance their training and development skills with supplemental knowledge in strength and conditioning, nutrition, motor learning development, and performance planning. Practical outdoor sessions are offered in conjunction with the lectures to demonstrate core concepts in coaching. Students will learn to recognize the power inherent in coaching by creating their 'coaching philosophy' and apply processes to achieve it. They will learn how to recognize common sport injuries and provide a safe training and competition environment, how to use games for learning skills and building physical condition, and how to apply basic prophylactic and supportive taping systems.

Sport Psychology for Coaching

This course provides a broad overview of major topics in Sport Psychology for Coaching. The student will learn how sport and exercise psychology knowledge can be applied in coaching and understand the importance of group dynamics, motivation, leadership, coach-athlete relationships, and mental skill training. Complementary activities including outdoor games, tours to sport training centres, sport facilities, and research labs are designed to facilitate interactive learning.

Clinical Exercise Physiology

This theoretical and lab-based course will provide an overview of clinical exercise physiology. Diverse class activities include problem-based case studies, group projects, and hands-on labs that examine cardio-respiratory function, muscle function, and metabolism. The course will include visits to labs such as the world-renowned Physical Activity Research Centre (PARC). Upon completion of this course, students will develop an understanding of fundamental approaches to the assessment of physiological responses to exercise; altered responses in various clinical syndromes; and how exercise prescription and exercise monitoring are applied in the clinical settings for health promotion. Students will also gain an appreciation of the influence of exercise and lifestyle on the prevention and treatment of chronic diseases.

Health and Physical Activity Behaviour

This psychology-based course examines how engagement in health and physical activity behaviours affects health outcomes across the lifespan, and how individual engagement can be changed by employing intervention and health promotion strategies. Upon completion of the course, students will gain an understanding of models of behavioural change that promote health and physical activity behaviours, along with their application towards intervention design, development, and evaluation to encourage adoption and maintenance of physical activity amongst special populations.

FOR MORE INFORMATION, PLEASE CONTACT

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