



THE UNIVERSITY OF BRITISH COLUMBIA  
School of Kinesiology

# MAKE THE MOVE

SCHOOL OF KINESIOLOGY CO-OP PROGRAM



## SO YOU'RE A SUCCESSFUL STUDENT, BUT WHAT ABOUT YOUR PROFESSIONAL JOB SKILLS?

The UBC Kinesiology Co-op Program is an opportunity to build on your present success in academics and prepare you for transition to the workplace in an environment focused on learning and support.

The Co-op Program will provide training and coaching before, during, and after your work terms to ensure you are not only getting work experience, but also building understanding about workplace culture and transferrable skills.

Each work term is a full-time paid position that will provide you with experience and skills to help bridge the gap between school and work.

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## KINESIOLOGY CO-OP WORK TERMS ARE AVAILABLE IN THE FOLLOWING AREAS:

- \\ Community-Based and Corporate Wellness
- \\ Exercise and Physiology Testing
- \\ High Performance and Personal Training
- \\ Rehabilitation, including Physical and Occupational Therapy
- \\ Sport Development, Marketing, and Administration

# WHAT WILL YOU GAIN?



As a co-op student, you will have access to career and job skills experts who provide support and feedback to help you determine the best path based on your interests and goals.

You will be eligible to apply to unique opportunities that allow you to apply your Kinesiology knowledge while developing essential workplace skills, such as teamwork, communication, problem solving, and client/customer service, all of which make you a more desirable candidate.

Many students also appreciate the opportunity to take a break from academics to explore work culture in a paid position, then return to academics refreshed for degree completion.



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## WHO CAN PARTICIPATE?

You are eligible to apply when you have second or third year standing in the Kinesiology program, however it is to your advantage to apply as early as you are eligible. International and transfer students are eligible to apply. Full eligibility and application details can be found at [kin.ubc.ca/apply-to-co-op](http://kin.ubc.ca/apply-to-co-op)

### **Entrance into the program is based on:**

- \\ Excellent written and verbal communication
  - \\ Demonstrated leadership, time management, and team work qualities
  - \\ Demonstrated professionalism, maturity, enthusiasm, flexibility, and career motivation
  - \\ Commitment to complete 3 co-op work terms
  - \\ Willingness to apply to a broad range of positions, regardless of location or wage
  - \\ A cumulative GPA of 70%
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## CO-OP AND YOUR DEGREE

The Kinesiology Co-op Program will add a year to your Bachelor of Kinesiology degree. The schedule on the next page shows our recommended timetable of study and work terms, however there is flexibility for you to personalize your co-op and academic plan. Three work terms are required to graduate with co-op standing, and at least one must be completed in a fall or winter term.

Prior to applying for your first work term, you will be required to participate in Co-op Pre-Employment Training that prepares you to search for, apply to, and succeed in jobs. This training is completed during the school year and your first work term is typically in the summer following your entrance to the program.

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## SAMPLE CO-OP DEGREE SCHEDULE

<b>BACHELOR OF KINESIOLOGY</b>	<b>FALL</b> (SEPT - DEC)	<b>WINTER</b> (JAN - APR)	<b>SUMMER</b> (MAY - AUG)
<b>YEAR 1</b>	Study	Study	Vacation
<b>YEAR 2</b> JUNIOR STUDENTS	Study	Study	<b>Work Term 1</b>
<b>YEAR 3</b> INTERMEDIATE STUDENTS	<b>Work Term 2</b>	Study	<b>Work Term 3</b>
<b>YEAR 4</b> SENIOR STUDENTS	Study	<b>Work Term 4</b> <i>(Optional)</i>	<b>Work Term 5</b> <i>(Optional)</i>
<b>YEAR 5</b> SENIOR STUDENTS	Study	Study	Ready to Work



# HOW WE SUPPORT YOUR CAREER DEVELOPMENT

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## PRE-EMPLOYMENT TRAINING

Once you have been accepted to the program, you will participate in a series of workshops that will provide you with the skills needed to secure your co-op work terms. You will learn how to write a professional resume and cover letter, how to conduct a successful job search, develop your interview skills, and prepare for entering the workplace.

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## JOB SEARCH AND CO-OP ADVISING

Your job search will include applying to a variety of jobs, interviewing with employers, and seeking an appropriate job fit through advising with co-op staff. Staff coaching will also include individual work term planning sessions to personalize your co-op experience.

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## WORK TERM EXPERIENCE

While on a work term, you will take a break from your studies and focus on furthering your career. Completion of a variety of assignments will expand your understanding of being in the workplace for both this and future positions. Co-op staff will continue to help you make the most of your experience and navigate any problems that may arise.

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## CONTINUED PROFESSIONAL DEVELOPMENT OPPORTUNITIES

Throughout your co-op experience, you will receive notice of volunteer and part-time opportunities, professional development workshops, and networking and mentorship events, all to support you on the bridge from academics to your future career.



"I was able to help people, who were told that they would never move their legs again, experience walking by using the Lokomat System, a robotic gait orthosis that supports body weight and facilitates leg movement to train and re-train gait patterns."

Nancy Rutherford, BKIN Student, on her co-op work experience.

"From administration to working in a lab, I was not only connected to diverse job opportunities, I was also afforded real working experiences upon which I reflect to inform my own career path."

Yingying Zhao, BKIN Student, on her Co-op Program experience.

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**UBC School of Kinesiology Co-op Program**

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