KIN-formation Student Session
Exploring Curricular and Engagement Opportunities
School of Kinesiology
We would like to acknowledge that we are gathered today on the traditional, ancestral, and unceded territory of the Musqueam people.

We also want to acknowledge that those of you joining us online may be on a different territory.

These lands have their own names and have been sites of learning for many generations.

We recognize our obligations to ensure that our work uphold the best of that longstanding learning context now and into the future.
Please Change Your Zoom Display Name

Year (Level) and first name (and last if you like)
• Example: if you are in first year, 1 John Jones

1. Click on the “Participants” icon at the bottom of the window
2. Move the cursor over to your name
3. Click on the “More” option and then select “Rename” field

We want to get a sense of who is online

Let’s get a sense of who is in the room
• What year are you in?
Before We Get Going......

• **There will be a formal questions + answers section at the end**
  • But that doesn’t mean you need to wait to ask a question

• If you are online, just type your questions in the chat
  • Some questions may be answered directly in the chat
  • Others will be brought forward for discussion

• For those of you in the room, please ask if you have a question
  • **This session is for you and to help you better plan for next year**

• The presentation will be recorded, and the information will be available on the KIN Advising website
KIN-formation Student Session
Exploring Curricular and Engagement Opportunities
School of Kinesiology
What We Have In Store for Tonight

1. Introductions
2. An Overview of the BKIN Program
3. Undergraduate Advising Office
4. What Can I Do With My KIN Degree
5. Stream Options
6. New Course Options
7. Guided Independent Learning Opportunities (KIN 490 / 492)
8. Work-Integrated Learning
9. Engagement Opportunities
10. Q & A
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Navigating the BKIN Program
The Study of Human Movement

• The Bachelor of Kinesiology program exposes students to the **physiological**, **psychological**, and **sociological** dimensions of human movement.

• To some kinesiology is an art, to others it is a science.
  • To us, it’s both.

• At UBC you will **study human movement from the cells to society**.

• The aim is to give you a broad introduction to the field and allow you to decide:
  a) Where to specialize (Neuromechanics, Physiology, Social Sciences, Behaviour)
  b) If to specialize (Multidisciplinary)
The Secret Behind KIN Course Codes

What’s a KIN 262? Are KIN 335 and 435 related to one another? Is there really a 444 course? What’s in a number?

Neuromechanics: KIN 00-19
Systems Biology: KIN 20-39
Leadership (Physical) Education: KIN 40-49
Psychology of Movement: KIN 50-59
Sociocultural Studies: KIN 60-69
Work-Integrated Learning (Placement): KIN 70-79
Seminar: KIN 80-89
Research: KIN 90-99

These broad areas of study help to define the BKin program
Kinesiology Undergraduate Advising

What can we help with?
• Course registration
• Degree/course planning
• Program/Grad Checks
• Academic Concessions
• Finding resources

When is a good time to speak with KIN Advising?
• Anytime!
• Sooner rather than later, plan ahead & make the most out of your degree
Streams & Degree Requirements

Choose between 1 of 3 streams:

- Neuromechanical & Physiological Sciences (NPSC)
- Social & Behavioural Sciences (SBSC)
- Multidisciplinary Science (MDSC)

You can choose any career path regardless of which stream you choose.

Plan ahead & include graduate/professional program requirements within whichever stream you choose.

Have space after prerequisites? Great! Use your undergrad to explore.
Courses within KIN are in the areas of:

- Neuromechanics
- Systems biology, Exercise & Health
- Sociocultural Studies
- Pedagogy & Psychology of Physical Activity and Sport

*UL = upper-level (300/400-level)
What Can I Do With My KIN Degree?
Kinesiology is......
You Can Go Anywhere From Here

The Classroom Experience

• Specialty courses such as seminars, labs, and research experiences
• Courses you take can create a narrative
• Think about your career as a continuation of your education (more to learn)

The Lessons that Happen In-Between Classes

• Highlight your skills and abilities
• Organization, time management, teamwork (skills that led to your success)

Ask yourself, what do I WANT to do?
Preparing for the Next Step

- Reach out to **KIN Advising**
- Plan out your **course schedule**
- **Student Engagement** Opportunities
- Connect with your **instructors**
- Take on a **guided independent learning opportunity**
- Look out for new courses in **work-integrated learning**
- Workshops offered by the **Centre for Student Involvement & Careers**
 Streams

- There are over 32 BKin courses offered at the 300- and 400-levels
  - It can be overwhelming to choose between all of the course options

- Streams provide a direction when choosing courses
  - The opportunity to specialize within an area (or several areas)
  - Helps you to market yourself after graduation

- Streams appear on transcript, but not on your degree parchment
  - There is a lot of flexibility within your stream

- It is important to note that you are not locked into a particular stream
  - You can always change your option (consult with KIN Advising)
# Streams (Focusing on a Concentration)

**Neuromechanical & Physiological Sciences**

**Required Courses**
- 7 of 15 options
- KIN 00-19

**KIN Elective Options**
- Any 5 upper-level courses

**Social & Behavioural Sciences**

**Required Courses**
- 7 of 17 options
- KIN 40-69

**KIN Elective Options**
- Any 5 upper-level courses

The difference between these two streams is 2 course sections.
Streams (Balancing Between the Areas)

Multidisciplinary Science

**Required Courses**
7 sections

2 courses from 3 different areas (6 sections)
1 course from the remaining area

- Neuromechanics
- Systems Biology, Exercise, & Health
- Sociocultural Studies
- Leadership Education / Psychology of Movement

**KIN Elective Options**
Any 5 upper-level courses
New Course Options
New Course Options (Winter 2022-23)

KIN 487a Advanced Seminar in Sociocultural Studies
(Sex, Gender, and Physical Activity)

To be offered in term 1

Issues around sex and gender shape the ways in which sports and physical activity are structured, experienced and represented. In our discussions we consider the significance of sex and gender in reference to the male body and competing masculinities, as well as the experiences and meanings of women’s involvement in sport over time in a variety of settings. Issues around sex and gender clearly have important implications for practicing kinesiologists, coaches, health educators and fitness professionals in their working relationships and program arrangements.

This course will be offered by Dr. Patricia Vertinsky
New Course Options (Winter 2022-23)

KIN 487b Advanced Seminar in Sociocultural Studies
(Hockey in Canadian Society, unofficial title “Hockey Night in Canada”)

To be offered in term 1

This course examines historical and contemporary issues in Canadian society through the lens of ice hockey. The course explores the deep and symbiotic relationship between the nation and the game and will use an intersectional lens to understand how gender, sexuality, race, social class, (dis)ability, and geographical location are implicated in the construction of what is commonly referred to as “our game”. This course is organized as a seminar class and will incorporate experiential learning activities.

This course will be offered by Dr. Moss Norman
KIN 483 Advanced Seminar in Systems Biology, Exercise, and Health
(Exercise, Nutrition and Metabolism)

To be offered in term 2

This course will examine the effects of, and interactions between, exercise, nutrition and pharmacological treatments on whole body carbohydrate and fat metabolism. A particular emphasis will be placed on examining the use of exercise and diet as tools to prevent and treat the development of obesity, cardiovascular disease and diabetes and the underlying mechanisms mediating these effects.

Dr. David Wright will be joining the School of Kinesiology in June and serve as a Professor in Exercise, Metabolism, Nutrition & Health
Course Options for 2022-23

- Course schedule for the 2022-23 academic year will be available by mid-spring
  - New course options will be listed at this time

- View courses, description, schedule and instructors on the Student Service Centre
  - (Last year’s) Course outlines can be found on the KIN Advising website

- Please reach out to instructors if you have any questions about the course
  - Contact information can be found below the course listing (and on School’s website)

- We encourage you to reach out early (before registration) as courses fill up quickly
  - Help you with course planning

- Please reach out to KIN Advising with any other questions
  - This is a busy time for KIN Advising so don’t wait until the last minute to ask for help
KIN 483 Advanced Seminar in Systems Biology, Exercise, and Health
(Coaching Skills for Strength and Conditioning)

To be offered in Summer 2022 term 1 (May-June)

Students will learn how the principles of strength and conditioning intersect with the foundational and fundamental movements used to compete in sport. Fundamental movements such as the squat, deadlift, hang clean and derivatives of, will be covered in this course. Students will demonstrate, teach, coach, apply, modify, and qualify for these specific movements during each lab.

Prerequisites: KIN 320 Exercise Testing and Prescription. Background in sport, general weightlifting, powerlifting, or Olympic lifting will be of great benefit.

Limit of 25 BKin students in the course

This course will be offered by Joe McCullum, Head Strength and Conditioning Coach of Varsity Athletics
New Course Options (Summer 2022)

KIN 483 Advanced Seminar in Systems Biology, Exercise, and Health  
(Coaching Skills for Strength and Conditioning)

To be offered in Summer 2022 term 1 (May-June)

Prerequisites: KIN 320 Exercise Testing and Prescription. Background in sport,  
general weightlifting, powerlifting, or Olympic lifting will be of great benefit.

Limit of 25 BKin students in the course

This course will be offered by Joe McCullum, Head Strength and Conditioning  
Coach of Varsity Athletics

Information will be sent out to students next week and registration will open shortly thereafter
Guided Independent Learning Opportunities

KIN 490 (3) Directed Studies in Kinesiology

- Explore a topic of interest under the supervision of a KIN Faculty member
- This course is open to all students with third- or fourth-year standing.

What do you do in a KIN 490?

- Conduct an independent study
- Meet regularly with your KIN faculty supervisor
- Write a review of the scientific literature revolving around a question of interest
- Could involve research or fieldwork (but not required)

The Directed Studies is for those students who would like to continue exploring topics covered in upper-level KIN courses
Guided Independent Learning Opportunities

KIN 492 (6) Undergraduate Research Experience in Kinesiology
• Perform research under the supervision of a KIN Faculty member
• This course is open to all students with third- or fourth-year standing.

What do you do in a KIN 490?
• Conduct original data collection as part of an independent study
• Meet regularly with your KIN faculty supervisor
• Conduct a literature review, do data analysis, and write a research thesis
• Will involve research and/or fieldwork

Develop and strengthen their research skills and to accommodate special research interests that cannot be met through other KIN courses
## Guided Independent Learning Opportunities

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
<th>Terms</th>
<th>Total Work Hours</th>
<th>Credits Range</th>
<th>Work Hours Range</th>
<th>Supervisor Requirement</th>
<th>Approval Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 490 (3)</td>
<td>Directed Studies in Kinesiology</td>
<td>3</td>
<td>1</td>
<td>120</td>
<td>Maximum of 6 credits</td>
<td>KIN 490a and 490b</td>
<td>Must be completed with a different faculty supervisor</td>
<td>KIN elective course</td>
</tr>
<tr>
<td>KIN 492 (6)</td>
<td>Undergraduate Research Experience</td>
<td>6</td>
<td>2</td>
<td>240</td>
<td>Maximum of 9 credits</td>
<td>KIN 490 and 492</td>
<td>Can be completed with same faculty supervisor (different topics)</td>
<td>KIN elective course</td>
</tr>
</tbody>
</table>
How Do I Register in KIN 490 or 492?

• **Students must find a KIN faculty supervisor first**
  • Students + supervisor complete a contract which must be approved by KIN Advising

• **Tips of finding a faculty supervisor include:**

  1) **Volunteer for a research study**
     • Identify what research activities interest you the most

  2) **Talk to your teaching assistants**
     • They can relate to your situation, may know of lab opportunities

  3) **Connect with your instructors**
     • Ask questions, attend office hours, learn more about their research interests
How Do I Register in KIN 490 or 492?

- Tips of finding a faculty supervisor include:

  4) **Learn more about KIN faculty members**
     - Research profiles can be found on the School’s website

  5) **Have a theme (or focus) in mind**
     - It helps if your interests overlap with current lab activities

  6) **Lookout for summer work-learn or volunteer opportunities**
     - Opportunity to develop skills and get to know faculty members better

  7) **Some instructors prefer to work with students in their courses**
     - Gain the prerequisite knowledge (familiar with the area of study)

  8) **Make a commitment**
     - Marks matter but so does work ethic
Experience a Career at Interior Health
Kinesiologists at Interior Health

Where?
- Short Stay Beds
- Tertiary Rehab
- Home Health
- Outpatient
- Group Classes
- Long Term Care

What?
- Working with PT & OT
- Identifying patient goals
- Mobilization support
- Exercise training
- Multidisciplinary Team
- Care planning
- Activity coaching

Who?
- Various Injuries
- Various Illnesses
- Surgery Recovery
- Neurological Conditions
- Dementia
- Advanced Age

For More Information Email: james.lafleur@interiorhealth.ca
Work-Integrated Learning
What is Work-Integrated Learning (WIL)?

- **Academic for-credit courses**
- Courses that tie academics to a community learning experience: research, internship, fieldwork, community service-learning, or a work opportunity
- Each course will have an academic component (class meetings + assessments)
- **WIL is not intended to provide academic credit for simply volunteer and/or work experiences students are already participating in**
- Opportunity to engage in a process of direct experience, reflection, critical analysis, and experimentation to integrate academic learning with applied experience
- Opportunity to develop professional interpersonal relationships in community settings and/or work environments
Work-Integrated Learning Course Hours

The approximate time commitments are as follows:

<table>
<thead>
<tr>
<th>Total Credits</th>
<th>Total Course Hours</th>
<th>Hours / Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>105</td>
<td>4</td>
</tr>
<tr>
<td>6</td>
<td>210</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
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<td></td>
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<tr>
<td>12</td>
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</tbody>
</table>

The time spent in the course will be broken down into three different activities:

- Work hours (WIL experience)
- Reflection Hours (keeping a journal and/or assignments)
- Student Meetings (class discussions)
Assessment in Work-Integrated Learning Courses

- Students in WIL courses will be assessed using **Pass/Fail** scale

- Students will be assigned a grade for each of the course assessments and will be required to **achieve a final grade of 70% or higher** to be assigned ‘Credit’ (pass) for the course

- This is different **NOT** credit/d/fail

- Students will **NOT** have the option to receive a course mark upon completion of the course
Credit Limits for Work-Integrated Learning Courses

• To ensure that we are providing WIL opportunities to many different BKIN students, **there will be a limit as to the number of WIL credits a student can take**

• Since these courses are pass/fail, limiting the number of WIL credits a student can take will also be important to ensure that there is a minimal effect on a student’s graduating average

• **Students will be able to take a maximum of 2 WIL courses, not to exceed a total of 9 credits**

• Students can take two 3-credit courses or 1 3-credit course and 1 6-credit course

• (Students can take a maximum of 1 WIL course if the credit total is 9 credits or more)

• (Students can take 1 9-credit course, 1 12-credit course, or 1 15-credit course)
Applying to Work-Integrated Course

- Admissions to WIL courses will be broad-based and course dependent

- Prerequisites will be unique to each WIL course and the criteria will be determined by the course instructor in collaboration with the partners (if applicable) for the WIL experience

- GPA will not be considered within the admissions process for WIL courses
  - Must be in good academic standing
  - Sessional average of 60% or greater and fail no more than 6 credits

- Students will apply to each course by emailing the instructor
  - Providing a one-page response to specific course-related questions

- Students will apply to a WIL course at the beginning of July (complete registration)
  - Instructors will make offers to students by the end of August
Work-Integrated Learning Opportunities (2022-23)

- **KIN 482 (3) Advanced Seminar in Neuromechanics**
- Exercise Management of Chronic Neurological Balance and Mobility Conditions

- Open to KIN students in years 3 and 4

- **Students will be expected to have a strong background in group exercise instruction, and demonstrated understanding of human neuroanatomy, and neurophysiology**

- Opportunity to gain hands-on experience working within an inter-professional health team to assess and rehabilitate neurological balance and mobility deficits using evidence-based group, and individualized, exercise programming

- This course will be facilitated by **Dr. Mark Carpenter**

- **Approximately 6-8 students enrolled in this 3-credit experience**

- Term 1 section and a Term 2 section
Work-Integrated Learning Opportunities (2022-23)

- **KIN 482 (3) Advanced Seminar in Neuromechanics**
- **Exercise Management of Chronic Neurological Balance and Mobility Conditions**

- Open to KIN students in years 3 and 4

- Students will work collaboratively with Physical Therapy students and supervising clinicians, within the UBC Physical Therapy and Research Clinic to **perform balance and mobility assessments and implement exercise programs** such as the Fitness and Mobility Exercise Program (FAME) for people recovering from a Stroke

- Students will also work within the Brain Wellness Program offered through the Centre for Brain Health, to **provide clinically relevant exercise programming (both online, and in-person) for people with chronic brain conditions** (such as Parkinson’s Disease, Multiple Sclerosis, Huntington’s disease, Dystonia), their caregivers, and healthy agers, to promote mobility and brain health
Work-Integrated Learning Opportunities (2022-23)

- **KIN 483 (6) Advanced Seminar in Systems Biology, Exercise and Health**
- Kinesiology in Primary Care Medicine

- Open to KIN students in years 3 and 4

- Opportunity to work in virtual setting with a team-based interprofessional primary care setting together with family physicians, a certified kinesiologist, practice support coaches and dieticians to implement exercise prescription and programming as a cornerstone of chronic disease prevention and health promotion primarily focused on patients at risk for metabolic syndrome and type 2 diabetes

- This course will be facilitated by **Dr. Robert Boushel**

- **Approximately 5 students enrolled in this 6-credit experience**

- Term 1 section and a Term 2 section
Work-Integrated Learning Opportunities (2022-23)

- **KIN 483 (6) Advanced Seminar in Systems Biology, Exercise and Health**
- **Kinesiology in Primary Care Medicine**

- Open to KIN students in years 3 and 4

- Students will work with physicians supporting patients with exercise prescriptions virtually in Pacific Northern BC communities such as Haida Gwaii, Smithers, Prince Rupert, Nisga’a Valley, Terrace, Kitsumkalum or Houston

- Gain knowledge and practical skill on patient screening and safety protocols in the primary care setting

- Gain expertise to provide exercise programming through one-on-one and group exercise instruction virtually to patients with a variety of abilities and of varying health status

- Develop education resources, with an emphasis on virtual supports for patients, assisting patients with lifestyle changes to improve health
More Information to Come on WIL Opportunities

- More details about the WIL course options will be available in May
  - Hours, responsibilities, meeting times, applications details

- If you have any questions about the course, this will be the time to connect with instructors
  - Contact information will be sent out in May

- This is just the beginning; we hope to offer more WIL courses over time
  - As new options become available, information will be sent out each spring
Imagine UBC – Orientation Leaders!

Be a part of welcoming new-to-Kin students to UBC!

Applications open up on April 21, 2022!
Must be available September 5th and 6th, 2022
Kin Lounge

Biweekly Fridays over the lunch hour (virtual)

A new Kinesiology Alumni every session who will share their experiences and career journey post graduation

Explore your career options, learn about hidden jobs and develop your network
Alumni Mentorship Program

Build relationships with Kinesiology Alumni and peers

Develop tangible networking and communication skills

Explore career journeys of Kin Alumni and prepare for what comes after graduation

Applications to join will open in September 2022
Kinesiology Peer Academic Coaching

Provide peer-to-peer support through 1-to-1 coaching conversations

Develop & Deliver Academic Success Workshops
Support students in finding effective study methods that work for them

Applications for coaches open on March 31
Year long commitment, 4-6 hours/week
A Quick Pause
Questions & Answers
Thank You!

To the Student Services Team and faculty members that helped put this presentation together

Thank you to all of you for attending and participating