



Human Kinetics (B.H.K.)

There are four different programs of study in the School of Human Kinetics: Leisure and Sport Management, Physical Education, Exercise Science, and Health and Fitness.

LEISURE AND SPORT MANAGEMENT students are leaders in the field of sport, leisure, and fitness. They would likely occupy positions such as manager, director, or program coordinator for professional sport franchises, commercial leisure or fitness organizations. They may work as facility managers at recreation centres or oversee maintenance, safety, and development of sports facilities such as sports fields, ice arenas, swimming pools, and weight rooms.

A student from the **PHYSICAL EDUCATION** program will usually find employment as a P.E. teacher in the school system, following teacher certification through the Faculty of Education. A Physical Education graduate may also work as a professional sports coach at the National or International levels.

A degree from the **EXERCISE SCIENCE** program will lead towards employment as a Personal Trainer or Fitness Consultant, where a consultant meets with a client to determine their health and fitness needs, through both interview and fitness evaluations. The consultant then designs a fitness program and helps the client to implement it and to change their lifestyle if necessary. An Exercise Science grad could also work in private industry in Pharmaceuticals, or in designing health and fitness equipment and supplies. They may work with occupational therapists in ergonomics (workplace health), or with physiotherapists to facilitate Work Conditioning programs. An exercise therapist works with clients who are recovering from illness or injury, using exercise and movement to rehabilitate.

A degree focused on **HEALTH AND FITNESS** can lead to opportunities similar to those of the Exercise Science program. Opportunities also exist in corporate fitness, encouraging and facilitating exercise among employees, and in fitness programming and management with private and community or government agencies. An exercise therapist works with clients who are recovering from illness or injury, using exercise and movement to rehabilitate. Employment also exists in cardiac rehabilitation, working with patients recovering from heart attacks and strokes, often in a hospital setting. Working in health promotion is also a possibility. This involves promoting healthy, active living to all age groups and populations at the local, provincial, or national level.

LENGTH OF PROGRAM:

4 years

NUMBER OF STUDENTS ACCEPTED AND NUMBER OF STUDENTS APPLYING EACH YEAR:

N/A

TUITION:

\$2,500 approximately each year, books run about \$1,000 dollars.





Human Kinetics



Health Sciences Students' Association

HIGH SCHOOL PRE-REQUISITES:

English 12, LPI if English mark is below an "A", a Grade twelve science and a Grade 11 language. You must also have a minimum of three government examinable Grade 12 courses in addition to English. Minimum grade point average is around 81% in your Grade twelve academic classes.

UNIVERSITY PRE-REQUISITES AND STANDARDIZED TESTS:

None exist at the present time.

REPRESENTATIVE SAMPLE OF JOBS AFTER GRADUATION:

Coaching, Phys. Ed. teacher, trainer, sports agent, entrepreneur (i.e. your own business)

INCOME:

From \$20,000 to \$100,000 per year.

FUTURE JOB DEMAND:

High demand due to an increasing aging population, and teacher shortages.

PROGRAM CONTACT INFORMATION:

UBC School of Human Kinetics website:

www.hkin.educ.ubc.ca

Undergraduate advisor

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