



## Program description

Explore the study and practice of human health and movement, and its impact on quality of life. Help people lead healthier, more active lives.

Complete your UBC degree in Health and Exercise Sciences, a discipline focused on the interdisciplinary nature of human health that includes psychological, physiological, neuromechanical and socio-cultural aspects of movement.



## Program highlights

After your second year, you can apply for a concentration in Kinesiology & Allied Health, Health Behaviour Change, or Clinical Exercise Physiology.

Register in [courses](#) such as:

- HES\_O 420 — Advanced Functional Anatomy
- HES\_O 331 — Motivational Interviewing
- HES\_O 353 — Clinical Exercise Prescription



## Your career options

Satisfy the growing demand for professionals who research and promote effective health strategies. Our graduates find opportunities in private enterprise, health care, and government. Job opportunities include kinesiologists, clinical exercise physiologists, community health promotion specialists and more.

Many of our graduates continue on to post-graduate degrees such as physiotherapy, occupational therapy, medicine and health research.



## Looking for support?



UBC Okanagan provides a broad range of support services from admission through to graduation. Visit [Student Support and Resources](#) for a full list. Some examples are included below:

- [Academic & Career Development](#) provides academic and career support for all undergraduate students
- [Indigenous Programs & Services](#) offers services including academic and career advising, experiential learning opportunities, peer mentoring and tutoring for First Nations, Métis, and Inuit students
- [International Student Advising](#) supports international students with immigration, employment in Canada, and more
- [Disability Resource Centre](#) assists with disability-related accommodations and programming initiatives to help remove barriers for students with disabilities and ongoing medical conditions
- [Counsellors](#) help students examine and explore their behaviors, relationships, feelings, or thoughts that cause concern or challenges
- [Financial support](#) is available to help students learn to [budget](#), [pay tuition](#), or apply for [awards and scholarships](#)
- The [Student Learning Hub](#) offers free learning supports such as subject tutoring, learning strategies, and writing consultations

## How to use the Program Plan:



Tuum est! This Program Plan is designed to help shape your UBC experience, challenge yourself to try new things, and become the person and scholar you want to be to help make your time at UBC Okanagan yours. The Program Plan offers suggestions – you don't have to do it all!

The Program Plan includes four categories:

- **Explore the Major:** Explore what you'll be studying and learning. Make connections between your program and future career or education opportunities and goals.
- **Connect and Build Community:** Making connections will help develop your support network throughout your studies and beyond.
- **Engage Locally and Globally:** Get ready for life beyond UBC by accessing programming and resources aligned with your goals, interests, and career pathways.
- **Develop Skills and Gain Relevant Experience:** Expand your capacity to understand the changing world and embrace different perspectives by seeking out new experiences and opportunities.

## Legend

Experiential Education opportunities are highlighted with a ➡ symbol.

Plan ahead! Statements highlighted with a ✔ symbol must be completed during a specific term(s) or have an associated deadline.

## Getting Started

First-year standing



Explore the Major

Explore the [Health and Exercise Sciences](#) program by visiting the [School of Exercise Sciences](#) website or reviewing the [Academic Calendar](#).

Learn more about your major requirements by visiting the [Degree Planning](#) webpage and reviewing the [First-Year Planning Guides](#).

Book an appointment with an advisor to discuss program or career-related questions. [Find the advisor that is right for you](#) by reviewing advising options available.

Visit the [Student Learning Hub](#) throughout your degree for free supports from peers and professionals that include tutoring in math, sciences, languages, and writing.

## Moving Through your Degree

Second-year standing

Looking for ways to tailor your academics to your interests? You may want to apply for a concentration after completing your second year. Choose between [Kinesiology Allied Health](#), [Health Behaviour Change](#) and [Clinical Exercise Physiology](#)

Meet with an instructor or TA during office hours: ask a question, discuss an assignment, or go over lecture material.

International Students: Contact [International Student Advising](#) to review your study status.

Considering further education? Find [graduate programs at UBCO](#) and beyond. Research application requirements, admissions information, and funding options.

## Moving Through your Degree

Third-year standing

Explore ✔ ➡ co-op opportunities to strengthen your skills and build your work experience by applying to the [Co-operative Education Office](#). Applications open in September to students with 3rd year standing or higher.

Explore a topic of interest in depth by participating in ✔ ➡ [Undergraduate Research](#).

Study abroad by participating in a [Go Global](#) program such as exchange, faculty-led global seminar, or research abroad.

Explore the [Certificate in Communications and Rhetoric](#).

✔ Consider applying for the [Dual Degree Master of Management](#).

## Preparing for Graduation and Your Future

Fourth-year+ standing

Apply to the [Honours program](#) once you have fourth year standing. This program enables high-achieving students in Health and Exercise Sciences to gain additional research experience through the completion of an honours thesis.

Gain practical experience working in the community as part of your concentration. ➡ [Community Placement Experience](#) is a practicum program with a health-related organization in the community.

Market yourself to employers by reflecting on your UBCO experience and identifying the skills and knowledge you developed through the activities you participated in. Meet with a [Career Development Specialist](#) for help with your resume, cover letter, and job search strategy.

[Schedule an appointment with an advisor](#) the term before you plan to graduate to ensure that you will meet all academic graduation requirements. Review graduation eligibility requirements and deadlines before you ✔ [apply to graduate](#) and [learn about convocation](#).



## Explore Experiential Education

Participate in hands-on, immersive learning experiences.



Explore high-impact, “learn-by-doing” experiences that take your education beyond the classroom. Whether in labs, practicum, or other paid or volunteer placements, the many opportunities for experiential learning help to increase knowledge, develop skills, clarify values, and build your capacity to contribute to your communities.

Experiential Education opportunities are highlighted with a ➡ symbol.

Most opportunities highlighted below can be pursued at any time. Opportunities with timelines or deadlines are noted with a ✔ symbol. Visit the [Experience & Involvement Hub](#) to explore these opportunities and more!

## Connect your experiences



Whether you’re new-to-UBCO or nearing graduation, reflect on the questions below to help connect your values, interests, and education to your future career or personal goals. Practicing reflection can help deepen your learning, strengthen your connections, and encourage life-long learning. These questions are meant to help you build a UBC Okanagan experience that is unique to you.

- What are you hoping to learn as you progress through your degree?
- What kind of career are you interested in after completing your degree?
- How will the skills and knowledge you acquire during your studies help you in your career after graduation?
- What relationships and experiences are you hoping to gain from your time at university?

A Career Development Specialist can help guide you through the reflection process to bolster the connections between your experiences, skills, and goals. For a deeper reflection, track your experiences in the [Experience & Involvement Hub](#).

## Getting Started:

Explore new opportunities and interests.

## Develop Interests and Broaden Perspectives:

Get more involved and build your skills and connections.

**Immersive Experiences:** Take part in unique opportunities and programs. Find ways to immerse yourself in your experiences.



### Connect & Build Community

New to UBC? ✔ Participate in [orientation and transition programming](#) to connect with other students and get involved in the campus community.

Find on-campus events to meet new people and get involved with the campus community using the [Events Calendar](#).

Follow @UBCOSTudents on [Instagram](#) for campus tips, opportunities, and event updates.

[Attend a Heat Varsity Athletics game](#). Admission is free with your student UBCcard.

Branch out, get involved in student life, and have fun by joining a [student association or a course union](#) to meet peers and participate in events and activities.

Get active! [UBCO Recreation](#) offers activities like intramural sports, fitness classes, and other special events and activities.

Build your networking skills with alumni working in careers in your desired industry by using [Ten Thousand Coffees](#) and [LinkedIn](#) or by attending [career events and workshops](#).

Commuting? Visit the [Collegia](#) spaces on campus to relax, study, and socialize with others.

Planning to live on campus? ✔ ➡ [Apply to join a Living Learning Community](#).

Explore professional associations such as [BC Association of Kinesiologists](#) and the [Canadian Society for Exercise Physiology](#) for more information about potential careers, networking and professional development opportunities, and more.

Give back to the campus community by volunteering or applying to work on campus: [Student & Alumni Job Board](#).

[Create your own student association](#), study group, or social club to connect with peers.



### Develop Skills & Gain Relevant Experience

Use the [Events Calendar](#) to find on-campus opportunities for personal and professional development.

Connect with the [Academic & Career Development team](#) for support with exploring opportunities that will help you achieve your career or education goals.

Looking to volunteer, intern, or gain work experience? Assess what experience you have and fill any gaps by participating in [Career Development workshops](#) and finding opportunities on the [Student & Alumni Job Board](#).

Apply to the ➡ [Work Study](#) program to build skills and grow your professional network with paid on-campus positions that work around your class schedule.

✔ Apply to [Entrepreneurship@UBCO](#) to explore your start-up ideas through mentorship and training programs.

Book an appointment with a [Learning Strategist](#) at any stage in your degree for help with study skills and learning strategies.

Investigate requirements for full-time jobs or other opportunities related to careers of interest by looking at job boards and employer websites.

Find [other work opportunities](#) or apply to the ✔ ➡ [Co-op Program](#) to strengthen your resume.

Summarize and organize your academic and out-of-classroom experiences and accomplishments in a resume, CV, or portfolio with help from a [Career Development Specialist](#).

Gain leadership experience by running for an executive position in a student association or the [Student Union Okanagan \(SUO\)](#).



### Engage Locally & Globally

Learn about [UBCO's commitments](#) to Truth and Reconciliation and Indigenous initiatives.

Explore [course options and electives](#) that broaden your own perspectives and worldviews.

Learn about programs and supports available through the [Equity & Inclusion Office](#).

Participate in cross-cultural initiatives organized by the [Global Engagement Office \(GEO\)](#) to increase cultural awareness and grow professionally.

[Get involved with Student Union Okanagan \(SUO\) resource groups:](#)

- Indigenous Peoples Collective (IPC)
- Peer Support Network (PSN)
- Pride Resource Centre (PRC)
- Women's Resource Centre (WRC)
- Sex Positivity Centre (SPC)

Attend [Kelowna community events](#) to get connected and learn about different cultures, activities, and experiences that make the Okanagan unique.

Engage with your community in a meaningful way and help to create social change by participating in the ✔ ➡ [Community Service Learning](#) program.