

The Bachelor of Health and Exercise Sciences at UBC Okanagan is a 120-credit degree program that promotes a comprehensive study of human movement and its impact on health. Student may complete the program with no concentration or can choose from one of the three concentrations available for this program. The concentrations are Kinesiology and Allied Health (KAH), Health Behaviour Change (HBC), and Clinical Exercise Physiology (CEP).

Direct admission to Year 1 of the BHES requires the following high school courses:

- One of English Studies 12 **or** English First Peoples 12
- Anatomy & Physiology (A&P) 12 **or** Biol 12
- Pre-Calculus 12
- Required but not included in admission average: One of Physics 11 **or** Chemistry 11 (CHEM 11 preferred at TRU because it is a prerequisite to BIOL 1592/1594)

Transfer students must also meet these requirements or post-secondary equivalent courses.

The following TRU courses are recommended for application and can be completed as part of the Exploratory Studies, Bachelor of Science, or Bachelor of Arts programs.

Year 1 UBC-O BHES Courses (for all concentrations)	TRU Courses	Prerequisites for TRU Courses
HES 100	PHED 1230	
HES 101	BIOL 1592 and 1594	A&P 12 or Biol 12 or BIOL 0600 (C+ minimum) AND CHEM 11 or CHEM 0500
HES 120	No equivalent offered; pick up at UBC-O *Take an extra non-HES elective to use later (no concentration, KAH, and HBC)	
HES 130	No equivalent offered; pick up at UBC-O * Take an extra elective to use later (no concentration, KAH, and HBC)	
HES 102	PHED 1000	
HES 105	No equivalent offered; pick up at UBC-O * Take an extra elective to use later (no concentration, KAH, and HBC)	
HES 111	BIOL 1692 and 1694	BIOL 1592 and 1594
HES 131	No equivalent offered; take at UBC-O	
First-year English	One of: ENGL 1100, 1110, 1120, 1140, 1210	English Studies 12 or English First Peoples 12 (73%) or equivalent
Non-HES Elective (3 credits*)		

Year 2 UBC-O BHK Courses (for all concentrations)	TRU Courses	Prerequisites for TRU Courses
HES 200	No equivalent offered; pick up at UBC-O. *Take PHED 2150 (no concentration, KAH, and HBC= HES elective 3 credits)	
HES 201	No equivalent offered; pick up at UBC-O. *Take PHED 2140 (no concentration KAH, and HBC) exempts HES 382 – will not receive U/L credit)	
HES 202	PHED 2210	
HES 203	PHED 3840	PHED 2210
HES 211	No equivalent offered; take at UBC-O;	
HES 212	No equivalent offered; take at UBC-O;	
HES 231	No equivalent offered; take at UBC-O;	
HES 240	No equivalent offered; take at UBC-O;	
HES 311	No equivalent offered; take at UBC-O;	
HES 340	No equivalent offered; take at UBCO;	
Non-HES elective (KAH AND HBC concentrations only-3 credits)		

***ELECTIVES:** Careful planning of electives is required depending on educational goals. Future enrolment in Bachelor of Education, Physical Education, Medicine, Physical Therapy, Occupational Therapy, or a minor are a few examples.

GPA REQUIREMENT: Admission is very competitive and transfer students should be prepared to have a competitive GPA of at least 3.5 (on a 4.0 scale) calculated on a minimum of 24 transferable credits or the most recent 30 credits. Transfer information for TRU PHED courses and other courses to UBC-O is available online at bctransferguide.ca.

CONCENTRATIONS: Students apply at the end of second year (April – May). Students must have a minimum GPA of 70% across core 1st and 2nd year courses:

- HES 100, 101, 102, 105, 111, 120, 130, 131
- HES 201, 202, 211, 212, 231, 311 and 6 credits from HES 200, 203, 240, or ENGL 1st
- Must maintain GPA of 75% while in a concentration.

If a student opts to not choose a concentration, they will complete a general program.

KINESIOLOGY AND ALLIED HEALTH: This concentration focuses on the role of exercise and physical activity in improving health, fitness, and performance as well as the prevention and rehabilitation of injuries.

HEALTH BEHAVIOUR CHANGE: This concentration focuses on understanding and applying evidence-informed behaviour change theory and techniques to help individuals and communities adopt and adhere to a number of health behaviours.

CLINICAL EXERCISE PHYSIOLOGY: This concentration focuses on the role of exercise and physical activity in the prevention, rehabilitation, and management of a variety of chronic conditions. At completion of this concentration, students will have a comprehensive understanding of the pathophysiology of chronic health conditions and the role of exercise in the management of these conditions.

BACHELOR OF EDUCATION, PHYSICAL EDUCATION: A teachable subject requires a minimum of 24 credits in the subject area. (To enhance employment opportunities, students should prepare a second teachable subject i.e. Physical Education and one other area.) Acceptable teachable subject areas can be viewed on the BC Teacher Regulation website:

www2.gov.bc.ca/gov/content/education-training/k-12/teach/become-a-teacher/types/coq-requirements

TRANSFER GUIDE

Sending Institution	Sending Course Code & Number	Transfer to Campus	OLD UBC-O Course Code & Number (Credit)	NEW UBC-O Course Code & Number	Credit Value
TRU	BIOL 1592/1594	UBCO	HMKN 190	HES 101	3
TRU	BIOL 1692/1694	UBCO	HMKN 191	HES 111	3
TRU	PHED 1000	UBCO	HMKN 101	HES 102	3
TRU	PHED 1230	UBCO	HMKN 100	HES 100	3
TRU	PHED 2110	UBCO	HMKN 1st	HES 1st	3
TRU	PHED 2130	UBCO	HMKN 1st	HES 1st	3
TRU	PHED 2140	UBCO	HMKN 2nd - exemption HMKN 321	HES 2 nd -exemption from HES 382	3
TRU	PHED 2150	UBCO	HMKN 2nd	HES 2nd	3
TRU	PHED 2210	UBCO	HMKN 202	HES 202	3
TRU	PHED 3840	UBCO	HMKN 203	HES 203	3

UBC-Okanagan School of Health and Exercise Science Contact Information

Okanagan Campus
ART360 (Arts Building)
1147 Research Road
Kelowna, BC V1V 1V7

Website: <https://hes.ok.ubc.ca/undergraduate/hes/> and <http://you.ubc.ca>
Email: <https://you.ubc.ca/contact-us/>
Phone: (250) 807-8521

NOTE

This information is intended as a guideline for students planning to apply for admission to the Bachelor of Health and Exercise Sciences at UBC-O. Admission requirements can change; it is the **student's** responsibility to check they have met the requirements of the institution and chosen program.