BACHELOR OF HEALTH AND EXERCISE SCIENCES

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

In Term 2, you can apply for a concentration in Kinesiology Allied Health, Health Behaviour Change, or Clinical Exercise Physiology.

Register in courses such as:
• HES 420 — Advanced Functional Anatomy
• HES 332 — Advanced Theories of Health Behaviour Change
• HES 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 range from nutritionist to kinesiologists and more.

Visit the Health and Exercise Sciences webpage and scroll down to the “Your Career Options” heading for more employment information.

Getting Started

First-year standing

Moving Through your Degree

Second-year standing

Third-year standing

Moving Through your Degree

Fourth-year+ standing

How to use the Program Plan:

Tuun es! 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.
• 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.

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 logging into Degree Navigator 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.

Looking for support?

UBC Okanagan provides a broad range of support services for students from admission through to graduation. Ranging from help with academics and careers to physical and emotional resources, visit Student Support and Resources for a full list of helpful supports. Some examples are included below:

• Academic & Career Development provides academic and career support for all undergraduate students
• Indigenous Programs & Services provides academic support to self-identified 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

Explore a co-op opportunity 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.

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.

Learn about admission requirements and apply to the Community Placement Experience, a practicum program where students are placed 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.
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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 on- or off-campus, paid or volunteer, participating in directed experiences and focused reflection helps 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.

Getting Started:
Explore new opportunities and interests.

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.
Meet a Student Connector at Student Connect for help with navigating campus and to learn more about the opportunities available at UBC Okanagan.
Follow @UBCOSA on Instagram for campus tips, opportunities, and event updates.
Attend a Heat Varsity Athletics game. Admission is free with your student UBC Card.

Develop Interests and Broaden Perspectives:
Get more involved and build your skills and connections.

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 carrusaud Coffee and LinkedIn or by attending career events and workshops.
Commute? Visit Colleges spaces on campus to relax, study, and socialize with others.
Planning to live on campus? 🌐 Apply to join a Living Learning Community.

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 reflection 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?

Use the Program Plan regularly throughout your time at UBC to build an experience that is fulfilling and rewarding.

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

Explore professional associations such as BC Association of Kinesiologists 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.
Engage with your community in a meaningful way and help to create social change by participating in the Community Service Learning program.
Create your own student association, study group, or social club to connect with peers.

Apply to the Tuum Est Initiative Fund for funding support to attend a conference, fund a student-led program, or represent UBC Okanagan at an academic competition.
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 (SUD).

Apply to the Work Study program to build skills and grow your professional network with paid off-campus positions that work around your class schedule.
Apply to Entrepreneurship@UBC 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 your career of interest by looking at job boards and employer websites.

Immersive Experiences:

• Participate in cross-cultural initiatives organized by the Global Engagement Office (GEO) to increase cultural awareness and grow professionally.
• Participate with Student Union Okanagan (SUD) 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.
• Build your cross-cultural and intercultural fluency by participating in the Intercultural Development Program.

Get Involved Program: sign up for volunteer projects in the Okanagan.

Planning to live on campus?

• Planning to live on campus? 🌐 Apply to join a Living Learning Community

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 any gaps by participating in Career Development workshops and finding opportunities on the Student & Alumni Job Board.

Learn about UBC’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.

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Undergraduate Programs and Admissions: you.ubc.ca