



11-Month Secondary Option – PHYSICAL EDUCATION
Pre-Admission Academic Self-Assessment Worksheet

Name _____
Surname
Given Name
UBC Student Number (if available)

Course Requirements (At UBC: one full year course = 6 UBC credits, one half- year course = 3 credits)	Sample UBC courses (Equivalent courses completed at other accredited institutions are also acceptable)	Courses Completed	Courses in Progress
1) 6 credits of English literature and composition 6 credits of English literature or the combination of 3 credits of English literature and 3 credits of English composition.	ENGL 110 and 112, 2xx - 6xx English grammar, linguistics, creative writing, technical or business writing or communication courses will not fulfill this requirement.		
Applicants normally have completed a Bachelor of Kinesiology (BKin) program 2) 18 credits of foundational Kinesiology courses: a. 15 credits must include active health (fitness); anatomy; physiology; growth & motor development; and human motor learning/behaviour. b. 3 credits from biomechanics; sport & exercise psychology; and exercise physiology.	a. KIN 103, 190, 191, 284, 230 b. KIN 151, 231, 275		
3) 18 credits of third/fourth year level Kinesiology courses: a. 9 credits from leadership and instruction, applied methods, and adapted physical education. b. 9 credits from coaching theory, health education, athletic injuries, and program planning and administration	a. KIN 369, 456 (454), 362 b. KIN 365, 464, 361, 400, 415		
4) 4 areas in performance analysis (a minimum of 12 credits to include one activity from each of the following 4 activity areas: (A National Coaching Certificate (NCCP) does not fulfill any of the activity area requirements: a. Alternative environments (e.g. aquatics, outdoor education, orienteering) b. Rhythmic Movement (e.g. gymnastics, dance) c. Individual and Dual Activities (e.g. target, track and field, combatives, fitness) d. Games (e.g. invasion, net/wall, fielding)	KIN 115A, 115 B, 215A, 215B		

Admission Average Calculation
A minimum average of 65% (2.5 on a 4 point scale) is required to be eligible for admission consideration.
 Calculated on 18 senior level credits of Kinesiology coursework in section 3) above.

Notes:

- Students who completed core physical education theory and/or performance analysis courses 10 or more years ago must complete at least two core theory courses at third/fourth year level and core performance analysis courses before applying.
- Degrees in recreation, leisure or health science/services will not satisfy requirements. Individuals possessing these degrees may have to take a considerable number of additional courses relevant to secondary PE to be considered for admission.
- The French immersion option is not available for Physical Education.
- Detailed UBC course information can be found at <http://students.ubc.ca/courses>.