



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.		
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 senior-level (300-600) 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 analysis⁵ (a minimum of 12 credits to include one activity from each of the following 4 activity areas: a. Alternative Environments (e.g. aquatics, outdoor education) 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:

1. 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.
2. Applicants normally have completed a Bachelor of Kinesiology (BKin) program. 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.
3. The French immersion option is not available for Physical Education.
4. Detailed UBC course information can be found at <http://students.ubc.ca/courses>.
5. A National Coaching Certificate (NCCP) does not fulfill any of the activity area requirements. The courses listed in this section are not in addition to coursework required above, but can be part of the courses used to meet the academic requirements as outlined in sections 2) and 3).