



## 11-Month Secondary Option – Health, Outdoor And Physical Education Pre-Admission Academic Self-Assessment Worksheet

Name \_\_\_\_\_  
Surname
Given Name
UBC Student Number (if available)

Preview of the new HOPE requirements, replacing the current Physical Education requirements by 2024

Course Requirements (At UBC: one full year course = 6 UBC credits, one half-year course = 3 credits)	Sample of Acceptable UBC courses	Courses Completed	Courses in Progress
<p><b>1) 6 credits of English literature and composition</b> 6 credits of English literature or the combination of 3 credits of English literature and 3 credits of English composition.</p>	<p>ENGL 110 (literature) and WRDS 150 (composition), ENGL 2xx - 6xx</p> <p>English grammar, linguistics, creative writing, technical or business writing or communication courses <b>will not</b> fulfill this requirement.</p>		
<p>2) Recommendation for foundational courses in the areas of health education, physical education and outdoor education:</p> <p>a. Health Education (Active Living, Social and Community Health, Wellbeing)</p> <p>b. Outdoor Education (Outdoor Experiential Education, Environment and Sustainability, Land-based/Place-based Learning)</p> <p>c. Physical Education (Growth and Motor Development, Anatomy, Biomechanics, Social and Cultural Issues, Health and Sport Psychology)</p>	<p><b>Health Education:</b> KIN 120, KIN 160, KIN 262, FNIS 100, HIST 240, SOCI 200</p> <p><b>Outdoor Education:</b> EOSC 223, EOSC 270, ENDS 211, ENVR 200, UFOR 200</p> <p><b>Physical Education:</b> KIN 110, KIN 140, KIN 211, KIN 232, KIN 235</p>		
<p>3) <b>18 credits</b> of third- and fourth-year academic work; credits should SPAN ALL AREAS OF THE PROGRAM (i.e. Health Education, Outdoor Education, and Physical Education):</p> <p>a. Health Education (Active Living, Social and Community Health, Wellbeing)</p> <p>b. Outdoor Education (Outdoor Experiential Education, Environment and Sustainability, Land-based/Place-based Learning)</p> <p>c. Physical Education (Growth and Motor Development, Anatomy, Biomechanics, Social and Cultural Issues, Health and Sport Psychology)</p>	<p><b>Health Education:</b> KIN 363, KIN 364, KIN 460, SOCI 384, SOCI 479, FMST 314, FMST 316, GRSJ 301, INLB 451, SPPH 381</p> <p><b>Outdoor Education:</b> ANTH 304, CONS 370, CONS 451, EOSC 310, GEOG 315, LFS 301, LFS 340, PLAN 321</p> <p><b>Physical Education:</b> KIN 322, KIN 300, KIN 311, KIN 341, KIN 344, KIN 345, KIN 355, EDCP 420</p>		



<p>4) 12 credits in experiential based learning: including 6 credits in physical education or movement education, and 6 credits in experiential-based learning in health and/or outdoor education.</p>	<p><b>Physical Education</b> KIN 341, KIN 342, KIN 345, KIN 355, KIN 442, KIN 444, EDCP 420</p> <p><b>Health Education</b> KIN 464, KIN 465, KIN 368</p> <p><b>Outdoor Education</b> INLB 401</p>		
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**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 coursework in section 3) above.

- Notes:**
- Students who completed core physical education theory and/or performance analysis courses 10 or more years ago must demonstrate experience working in the field and possibly consider taking upper-level university courses in one of the three program areas. It is recommended that applicants speak with a member of the Teacher Education Office for clarification and discussion about their individual application.
  - A professional portfolio exemplifying the work and experience in the areas of physical education, sport, recreation, health and/or leadership can be submitted to supplement course work. Experience in applied aspects of leadership including formal and informal training should be included in a professional portfolio for consideration (i.e. NCCP coaching certification, Wilderness First Aid certification, Physical Literacy certificates, Recreational Leadership, for example).
  - Applicants normally have completed a Bachelor of Physical Education (B.P.E.) or a Bachelor of Kinesiology (B. Kin) program. Degrees in recreation, leisure, adventure studies, or health science/services will be considered. Contact the Teacher Education Office to speak with an admissions officer before applying for more information.