

Re-envisioning Human Kinetics: Empowering future health and exercise professionals through skills-based competency curriculum and enhanced experiential learning opportunities

School of Health and Exercise Sciences, Faculty of Health and Social Development
Dr. Tanya Forneris, Dr. Greg duManoir, Dr. Neil Eves, Rebecca Frechette, John Sasso

Purpose & Background

4 out of every 5 Canadians are at risk of developing a chronic condition and over 150,000 Canadians die from a preventable chronic disease each year.

Exercise is a modifiable risk factor for a multitude of chronic health conditions (e.g., diabetes, heart disease). Thus, a critical need for competently trained exercise professionals in primary and secondary prevention.

Provincial and national organizations continue to advocate for competency-based curricula that integrates meaningful experiential learning



Main Project Goals

Senate and Ministry approval of curriculum revisions including a change to credential name and modification of degree concentrations.

Revised curriculum map to improve mapping of course learning outcomes to concentration and program learning outcomes.

Development of community practicums to enhance experiential learning opportunities and skills-based competency assessment protocols.



Accomplishments

Senate and Ministry approval for the revisions.

Development of learning outcomes and competencies for all three concentrations
<https://www.calendar.ubc.ca/okanagan/index.cfm?tree=18,346,1105,1483>

Development and delivery of 4 new courses

- Introduction to Human Anatomy
- Exercise Testing
- Exercise Training, Conditioning and Rehabilitation for Health, Fitness and Performance
- Clinical Exercise Physiology

Revisions to 3 additional courses

- Exercise Counselling & Behaviour Modification
- Clinical Exercise Physiology Applications in Chronic Conditions: Respiratory Disease
- Professional Ethics in Health & Exercise Sciences

Development of Additional Upper-Level Clinical Exercise Physiology courses

Accomplishments Continued

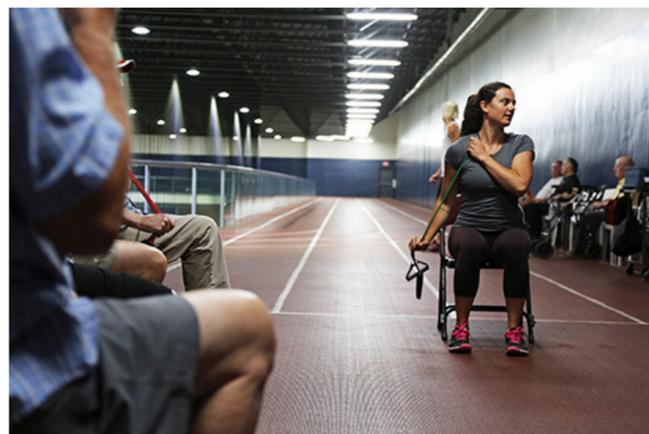
Framework for competency assessment through the curriculum as well as a pre-and post community practicums.

Increased collaboration and work with key stakeholders such as Interior Health and community and professional organizations focused on advancing Allied Health Professionals

- Goal is to have 120 community practicum placements established by Fall 2026.

Identification and adoption of new software to advance curriculum mapping and competency assessments pre, mid, and post-practicums.

Development of new space in UBC's downtown building to offer health and exercise assessments and programming to community members to enhance their health and wellbeing.



Lessons Learned

Identify campus partners and supports early in the process.

Engage students throughout the process.

Changing curriculum and workloads are challenging – finding a balance between new as a focus and keeping the current core programming as consistent as possible.

Bring in resources early to help with development (e.g., new hires).

Build off current resources and learning outcomes or competencies of the discipline-related professional organizations.

References

Raymond, et al., (2016). *Determination of clinical competencies for exercise physiology students*. From: Research To Practice 2016, 14-16 April 2016, Melbourne, VIC, Australia.

Transitional Council of the College of Kinesiologists of Ontario. *Kinesiologist Core Competency Profile*. Toronto, Canada: College of Kinesiologists of Ontario.

Canadian Society for Exercise Physiology (CSEP). *CSEP-PATH® Resource Manual Second Edition*. Ottawa, Canada: Canadian Society for Exercise Physiology, 2019.

Acknowledgements

This project was supported through the Aspire-2040 Learning Transformations (ALT-2040) Fund.

We respectfully acknowledge UBC Okanagan is located on the traditional and unceded territory of the Syilx Okanagan nation.