

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

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## Purpose & Background

To re-design the undergraduate curriculum within the School of Health and Exercise Sciences.

Currently, 4 of 5 Canadians are at risk of developing a chronic condition and over 150,000 Canadians die from a preventable chronic disease each year. The direct economic costs of treating chronic disease is over \$100 billion annually.

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

Provincial and national organizations continue to advocate for increased competency-based curriculum that better prepares graduates to work within the healthcare system to prevent and treat chronic conditions.

Timeline of Project & Funding: 2020-2023



## Specific Project Goals

Senate and Ministry approval of curriculum revisions including 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 2 community practicums:

- Community Practicum (6cr–180hrs)
- Adv. Community Practicum (15cr–500 hrs)

Building of skills-based competency assessment protocols.

Establishment of new student placement agreements with community partners and strengthen current community partnerships that support best practices within their professions.

Integration of Indigenous Health course requirement.

Integration of standardized patients into lab-based courses to enhance development and transferability of learning.

## Activities & Accomplishments

Senate Approval for all curriculum revisions. Ministry application currently under review.

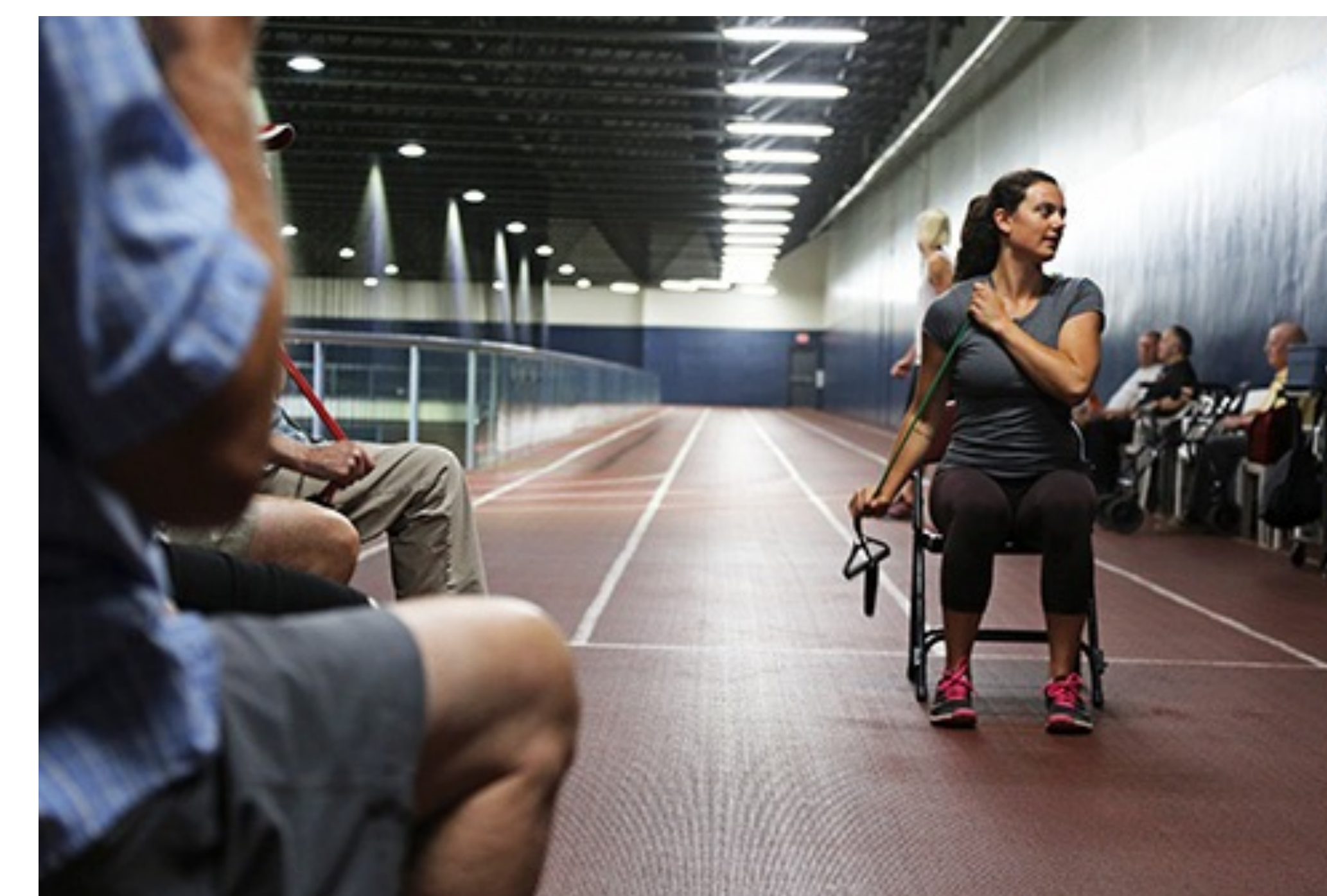
Initial curriculum mapping has begun – pilot testing a new curriculum mapping tool with the UBC Okanagan Provost's Office & CTL.

Two new hires complete: one with experience in curriculum development & EDI and one with experience in developing and testing professional competencies in undergraduate and graduate programming.

Initial conversations with the City of Kelowna, Interior Health, Kelowna General Hospital and other existing partners.

Improved relationship with provincial association of Kinesiologists.

Integration of standardized patients into lab-based courses to enhance development and transferability of learning.



## Lessons Learned

Identify campus partners and supports early in the process.

Engage students throughout the process.

Change is hard so find a balance of developing new as a focus and keep the main core 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

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## Acknowledgements

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