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.
- Development of an Indigenous Health course requirement.
- Integration of standardized patients into lab-based courses to enhance development and transferability of learning.

Activities & Accomplishments

- Ministry approval for the revisions.
- Identification of program level outcomes and three working groups have been established to map course learning outcomes to the program learning outcomes for three concentrations.
- Collaboration with Interior Health to bring Kinesiologists into the healthcare system as Allied Health Professionals.
- Successful in recruiting new faculty members with expertise in competency-based learning and assessment and EDI.
- Initial identification of key community partners with whom students will engage as part of their practicum experiences.
- Development of new space in UBC’s downtown building with a focus on community engagement.

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


Acknowledgements

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