



The University of British Columbia  
School of Human Kinetics

**HKIN 455 – Field Work and Field Research Practicum**

**Course Description**

- A 13 week, fourth year internship program open to all program streams in which students spend approximately 32 hours per week in a work placement, 8 hours per week on projects and attend a 3-hour weekly seminar at UBC (currently scheduled in Winter Term 1 only).
- Students are exposed to practices of a number of different organizations, develop their own skills and networks, and apply knowledge learned in many of their undergraduate courses. This is shared with their classmates in a weekly seminar.
- Students gain experience in applied projects by conducting a study of interest to the placement organization.
- HKIN 455 is a 15-credit course and the internship is a non-paid position.

**Broad Based Admission Criteria**

- Fourth-year standing
- Third-Year GPA - minimum of 72%
- A minimum of five third and fourth year courses
- Good interpersonal and computer skills
- Commitment and maturity
- Volunteer/work experience
- Certification for applied professional practice (e.g First aid, CPR, etc. if required by placement agency)

**Selection Process**

- Attend an information session in January
- If meet qualifications for the current placement year, submit completed application package to instructor by deadline
- Approval of instructor (based on application package and personal interview)
- Selection by a placement organization (on basis of interview determined by suitability of resume)
- A focus on HKIN 455 only (no other course work permitted while registered in HKIN 455)

**Examples of Placement Organizations**

- Community wellness (Municipal recreation, Vancouver Coastal Health, YWCA, SportMed BC, City of Vancouver, Healthy Heart Society)
- High performance/Personal training (Performance Institute Hockey Performance Centre)
- Specific population wellness (Cardiac rehabilitation – Peace Arch Hospital and VHG)
- Sport development agencies (2010 LegaciesNow, PacificSport, VANOC)
- Private health/fitness, sport ventures (Citahealth, Extremely Canadian)
- Corporate wellness/fitness (Lifeworks - BC Hydro)
- Rehabilitation/work re-conditioning (Columbia Rehabilitation)

- Sport marketing/management (New Balance, IMG, Orca Bay, Whitewater Communications, MacLaren Momentum)
- Non-profit organizations (Provincial Sport Organizations, Sport BC)
- Exercise/physiology testing (PacificSport Lab)
- Administration, instructing, coaching in physical activity settings/sport governing bodies (Action Schools! BC)

### **Examples of Job Responsibilities**

- Creating manuals, videos, resources for client use
- One on one training and group instruction
- Exercise prescription, appraisal/testing
- Programming - planning and development (seniors, children, etc.)
- Marketing, public and community relations and promotions
- Proposal development
- Needs assessments
- Participation in inter/multi-disciplinary teams
- Consumer research
- Exercise science research
- Biomechanical analysis
- Event planning
- Customer service

### **Examples of Project Work**

- Client satisfaction survey
- Resource development
- Program evaluation
- Training programs/manuals
- Feasibility studies
- Literature review
- Proposal development
- Program design, analysis and comparison

### **Role of the Placement Agency**

- To provide students with a unique and valuable learning experience
- To provide support and resources for work and projects
- To provide feedback on the student's work performance
- To coordinate with UBC to maximize learning experience

### **Program Evaluation**

- Work placement supervisor evaluates work performance on a pass/fail basis
- The students designs and signs their own learning contract with the instructor using a combination of assessment tools (journal/portfolio, projects, seminar participation, etc.)

### **How will HKIN 455 contribute to my education?**

What previous students have said about their internship experience:

“HKIN 455 has provided me with a valuable learning experience. Throughout the term I was able to build upon my knowledge base in a practical setting with many different individuals. The placement also gave me experience in the day to day training of athletes and the opportunities to grow within my placement organization as well as in the field of athletic training.”

“HKIN 455 is a learning experience that is beyond compare. I could have gone to school my whole life before I learned what I did on my placement. There is something very different about studying hypothetical situations/issues in school, and actually being there, with real people in real time; and everything you are doing is affecting someone or working towards helping them make their life better.”

“Participating in HKIN 455 has allowed me to take my education into my own hands.”

“Having this type of hands-on practical learning experience is invaluable to any student looking to develop professional skills on the job. It was the missing piece in an already great post secondary education.”

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