Complete one (1) copy of the **Academic Self Assessment Form** and submit to office@bcak.bc.ca **ONLY** after you have submitted (paid for) your application. Note that Assessment forms received with no open application accounts will be deleted.

You must provide the following information for each course:

1. If from a BC post secondary institution's four-year kinesiology degree program:
    a. Course name and number: List the courses you have completed that you believe meet each requirement. Use the Assessment Grid by University to help you place your courses.
2. If from a Canadian post secondary institution outside of British Columbia, or from an International post secondary four-year kinesiology program (or a program that is substantially equivalent):
    a. you will need to review the description of each of the topics as provided on the 14 Core Subjects (Academic Requirements) document and place your courses in the categories to the best of your ability (if none of your courses meet the description – enter the word 'none' in the category).
3. University/college name and City/Country:
    a. Write the full name of the institution where the course was completed and make sure that transfer courses are identified not as a transfer credit but as the name and number of the course at the institution where you completed that specific course or courses.
4. Evidence:
    a. Indicate the type of documentation (e.g. course syllabus/outline) you are submitting that describes the course content. This information will be reviewed to determine whether the course meets the requirements for equivalency. **NOTE** for BC applicants: if the course is listed on the Assessment Grid by University, you do NOT need to provide the course outline/syllabus as we already have it – the exception to this is where the course is listed on the assessment grid, and it is either:
        i. a practicum/placement/fieldwork course (then you need to provide a summary description of the activities, the total number of hours, and the organization/clinic and location (with contact information for verification) AND complete the Work Integrated Learning (or Volunteer) Placement form – see Application Feedback for the link

        OR

        ii. it is a seminar topic and/or directed study course: you will need to provide content details on the seminar topic(s) content and/or the directed study(ies) course content

Applicant Full Legal Name: _____ _____ Date: _____

First Name **Last Name** **(month/day/year)**

Completing the Form

1. Transfer information from your post secondary institution transcript(s) into the form. If you believe several of your courses meet one of the required courses, list each of those courses (to a maximum of four per line item/number).
2. List each course under the most appropriate heading. Credit hours counted in one area cannot be counted toward another; however, if the content of a course is addressed in more than one area, you can allocate partial credit to up to two different areas.

***One course consists of 3 credits or 36 hours of study.**

Submitting the Form

1. The academic assessment form and course outlines can be uploaded to your online application, or
2. If you are unable to upload the form to your online application, you can email it to BCAK at office@bcak.bc.ca (required format is PDF) or
3. Mail to BC Association of Kinesiologists, PO Box 64516 Coquitlam RPO Como Lake, Coquitlam, BC V3J 7V7

Required Subject Areas – Minimum of 50% content must be in the named course	Within any given required area, a maximum of 1 course/3 credits/36 hours of study will be counted. Additional courses (3 credits/36 hours) can be counted in the Other Category.			**FOR BCAK use only**
Course List the name and number of the course as it appears on your transcript – **note a course can only be used once.**	**Post Secondary Institution** List the university or college where the course was taken.	**Documentation** List the document that describes the course and that you will provide.	# of courses/ hours/ credits	
Biomechanics of Human Movement and Tissues	Fundamentals of mechanics as applied to the execution and control of human movement, including consideration of anthropometry, kinematics, and kinetics. May include application to occupational biomechanics and ergonomics.			
Clinical Kinesiology Assessment	Techniques to assess the components of physical fitness; orthopedic techniques and tests for injury/dysfunction, such as selective tissue tension testing (STT); common neurological screening tests for muscle strength, sensation, basic reflexes and gait; functional movement testing.			

Clinical (Advanced) Exercise Prescription	Basic and advanced principles of exercise prescription, including client screening, program design, implementation, and progression for enhancing and/or improving human health and performance in both non-clinical and selected clinical populations.			
Human Systems Anatomy (Applied Human Anatomy)	Systematic study of human anatomy with emphasis on functional application. A comparative study of organs, tissues and body systems using laboratory dissections/models to provide an understanding of the three-dimensional organization of the human body.			
Human Exercise Physiology	Assessment of the human physiological responses and adaptations to acute and chronic exercise, including the cardiorespiratory, cellular, and metabolic adaptations in health, disease, and performance.			
Human Motor Control and Learning (Neuroscience)	Study of the concepts in the sensorimotor planning and control of movement, including factors and disorders affecting movement, sensory and motor physiology, sensorimotor integration, current theories of motor control and motor learning.			
Human Systems Physiology	Study of human physiology and pathophysiology of the cardiovascular, respiratory, skeletal, musculotendinous, renal, reproductive, and nervous systems, as well as the mechanisms of regulation and integration by the endocrine, gastrointestinal, immune, and neurological systems. Anatomy of structures is detailed when it is critical to understanding function.			
Research Methods and Evidence-Based Practice	Knowledge of the strengths and weaknesses of qualitative and quantitative research methods, including critical analysis and evaluation of research studies and methods, with emphasis on understanding evidence-informed practice and best-practices in kinesiology.			
Human Growth and Development	Study of physiological growth and development from conception to maturity, including the factors affecting growth, physical activity behaviour, and human motor performance.			
Human Nutrition and Metabolism	Fundamentals of nutrition (macro and micro nutrient) as it relates to human health and performance, in healthy and unhealthy populations.			

Kinesiology Professional Practice & Jurisprudence	Essential aspects of medical, legal and ethical issues related to professional healthcare practice, includes charting & record keeping, interdisciplinary practice, and human rights.			
Prevention and Rehabilitation of Sports Injuries	Fundamentals of the structural and functional characteristics of the musculoskeletal and sense organs with regards to the prevention of injury in sport. Knowledge applied within a practice setting to facilitate learning of common rehabilitation treatments and modalities.			
Psychology and/or Sociology of Health & Human Movement (Behaviour Change/ Modification)	Fundamentals of the psychological and/or sociological factors that influence health behaviours in participation of physical activity for enhancement of physical wellness, sport and recreation performance, chronic disease management and injury/illness recovery.			
Special Populations Health	Knowledge and considerations essential to working with special populations, including the study of population health. Practical knowledge and understanding of the pathology/pathophysiology of common diseases or disorders including chronic disease and diseases of aging, neurological, orthopedic and/or mental health disorders, persons with disabilities, and epidemiology/population health.			
Only one course is to be allocated in each of the above topics (unless in the Post Secondary Institution Assessment Grid, the courses are linked by the word 'and'). Course not used in the core subjects are to be allocated to the electives category (minimum of 16 required). Note: A course can only be allocated once either as a Core or as an Elective (i.e. it cannot appear in multiple categories).				
OTHER Courses **List the name and number of the course as it appears on your transcript**	**Post Secondary Institution** List the university or college where the course was taken	**Documentation** List the document that describes the course and that you will provide	# of courses/hours/credits	**FOR BCAK use only**
Below List OTHER Kinesiology Subjects (by course)	Use this category to list other courses that you have completed directly related to kinesiology (a minimum of 16 courses required) – do not include any courses used above.			

Additional Note: Acceptance for the first 14 subjects as a core course does not mean that the exam questions in this subject are limited to the educational materials offered at an institution, as the examination materials will cover the core competencies for assessment, which relates to athletic and clinical populations at an acute and functional level.