

## Master of Kinesiology

The Master of Kinesiology (MKin) is a non-thesis, 30-credit course-based degree with broad course offerings, field experiences and knowledge from leading practical and theory experts. We are transitioning to a two stream model with core and recommended course offerings associated with each: *Performance and Coaching Sciences* and *Clinical Kinesiology*. The expected time to completion is 3-4 terms, with the possibility of completing the program in one year (3 terms).

***\* A thesis is not part of this program, distinguishing the MKin from the MA/MSc programs.***

The MKin program prepares students for employment in coaching and sport-science support, such as strength and conditioning, at various levels (high school, club, varsity, elite/professional sports) and/or for professional leadership and work across a range of health settings including clinical/community/corporate health and exercise promotion and chronic disease prevention programs. For over two decades, the Coaching Science program has supported the coaching careers of many different sport coaches by enhancing their theoretical knowledge and practical skill development. We are now also offering courses related to Clinical Kinesiology, to meet the growing needs of exercise specialists in various health and community arenas, which will be driven by knowledge related to exercise testing and prescription, nutrition, injury prevention and behaviour change.

No supervisor is required for admission to the MKin program. However, opportunities to work directly with a faculty supervisor will be available through field placements or directed (research) studies. Please see the [Mkin course planning guide](#) and [Mkin course template](#) in the *downloadable forms* tab for more information.

### Reference

“Prospective Graduate Students.” *School of Kinesiology*, <https://kin.educ.ubc.ca/graduate-programs/prospective-graduate/#Masters-1>.

## Cover Letter

5184 Sapphire Pl  
Richmond, BC V7C 4Z9

Apr 7, 2023

Helen L. Luk  
Graduate Program Coordinator  
School of Kinesiology, UBC  
210-6081 University Boulevard, Vancouver, BC V6T 1Z1

### **Subject: Application for the Master of Kinesiology Program**

Dear Ms. Luk,

I am excited to apply for the Master of Kinesiology program at UBC. As a dedicated fitness trainer and undergraduate kinesiology student, I am passionate about using my knowledge and experience to make a positive impact on people's lives. I am confident that the MKin program will help me achieve this goal by providing me with a deeper understanding of kinesiology's theoretical and practical aspects.

My academic journey in kinesiology began in 2018. Throughout my study, I gained valuable knowledge in exercise physiology, anatomy, biomechanics, and exercise prescription during my study. One of the highlights of my education was the opportunity to apply the knowledge to my personal training practice. Which included using the UBC evidence-based program, Fitness and Motility Exercise Program (FAME), to help my stroke patients improve their mobility. Additionally, I was part of the UBC kinesiologist team led by Dr. Boushel in the Change BC program, where I contributed to personalized lifestyle interventions for patients with metabolic syndrome.

As a personal trainer, I have worked with clients from various age groups and backgrounds. The clinical-stream model of the MKin program aligns perfectly with my interests and career goals. I believe that the MKin program will help me deepen my knowledge and develop advanced skills to create science-based training programs for my clients.

I am excited about the opportunity to work with leading experts in both practical and theoretical aspects of kinesiology, gain field experiences, and contribute to health and exercise promotion and chronic disease prevention programs. My academic background and experience as a fitness trainer make me a strong candidate for the MKin program at UBC.

Thank you for considering my application. I look forward to hearing from you soon.

Sincerely,

Long You

## Resume

### Long You

5184 Sapphire Pl

Richmond, BC

[Longfitness@gmail.com](mailto:Longfitness@gmail.com)

Tel: 604-644-2210

[linkedin.com/in/youlong/](https://www.linkedin.com/in/youlong/)

<b>Objective</b>	The Application for the Master of Kinesiology Program
<b>Education</b>	
2021 – 2023	<i>The University of British Columbia</i> Bachelor of Kinesiology, GPA:3 of a possible 4
2018 – 2021	<i>Langara College</i> Diploma in Kinesiology, GPA:3.37 of a possible 4
<b>Employment</b>	
2016 – 2023	<i>Richmond/Vancouver Community Centers</i> Fitness Attendant/Personal Trainer Started as a Fitness Attendant and progressed to become a top-ranked Personal Trainer with expertise in athletic strength and conditioning training, rehabilitation, and older adult fitness. Recognized for delivering effective training sessions and achieving high customer satisfaction. Committed to professional development and volunteer service in fitness conferences. Skilled in minimizing injury risks and providing emergency medical support to patrons.
<b>Leadership</b>	
	<i>Awards</i> <i>Ike Barber Transfer Scholarship for academic achievement (UBC)</i> Dr. Sandra Hartley Award for good academic standing while managing increased responsibilities as a parent (UBC) Dean's Honor Roll Student (Langara) Faculty of Kinesiology Leadership Award for Outstanding Leadership and Community Involvement (Langara)
	<i>Languages</i> Fluent in English, Chinese, and Russian
	<i>Activities</i> Engaged in recreational soccer as a player in Richmond Soccer League, including participation in the Provincial Nation's Cup held in Richmond, BC. Also actively contributed to the fitness community through blogging, providing valuable insights on fitness training and exercise research to help individuals identify correct and safe workout routines.
<b>References</b>	Available on request

## Reference Request Letter 1

5184 Sapphire Pl  
Richmond, BC V7C 4Z9

Apr 12, 2023

Dr. Robert Boushel  
School of Kinesiology, UBC  
210-6081 University Boulevard,  
Vancouver, BC V6T 1Z

Dear Dr. Boushel,

This is Long from your KIN 438D class. I am reaching out to request a reference letter for my application to the Master of Kinesiology program at UBC.

As an undergraduate Kinesiology student in your Changing BC program, I had the privilege of gaining invaluable knowledge and skills under your guidance. The program provided me with the opportunity to apply my learning in personalized lifestyle interventions for patients with metabolic syndrome, and I found this experience particularly rewarding. I believe that the clinical stream of the MKin program is perfectly aligned with my interests and career goals, and I am confident that my academic background, combined with my extensive work experience in the fitness industry, will enable me to make meaningful contributions to the program.

I understand that writing a letter of recommendation takes time and effort, and I appreciate any support you can offer in this regard. Please let me know if there is any additional information I can provide to help you with the letter.

Thank you very much for your time and consideration.

Sincerely,

Long You

## Reference Request Letter 2

5184 Sapphire Pl  
Richmond, BC V7C 4Z9

Apr 12, 2023

Nelson Chiu  
Fitness Coordinator, City Center Community Center  
5900 Minoru Blvd  
Richmond, BC V6X 0L9

Dear Nelson,

I hope you are doing well. As my supervisor at City Center Community Center, I am writing to request a reference letter for my application to the UBC MKin program.

As you know, I have been working as a fitness attendant and personal trainer under your guidance and supervision. I have learned a great deal from you, including effective training methods, client management skills, and how to ensure the safety and well-being of our patrons.

The MKin program has always been my academic aspiration, and I am excited about the opportunity to continue my education in Kinesiology at UBC. The program's focus on clinical kinesiology aligns perfectly with my career goals and our clinical clients' interests. I am confident that the MKin program will allow me to develop new skills, gain a deeper understanding of Kinesiology, and make valuable contributions to our fitness center. I am also confident that my academic background, combined with my practical work experience, will allow me to excel in the program.

I would be grateful if you could provide a letter of reference that highlights my skills, work ethic, and accomplishments. If it would be helpful, I can provide you with my resume and a summary of my academic achievements and extracurricular activities.

Thank you for considering my request. I look forward to hearing from you soon.

Sincerely,

Long You

### Reference Request Letter 3

5184 Sapphire Pl  
Richmond, BC V7C 4Z9

Apr 12, 2023

Melanie Archer  
Recreation clerk, City Center Community Center  
5900 Minoru Blvd  
Richmond, BC V6X 0L9

Dear Mel,

As my colleague at City Center Community Center, I am writing to request a reference letter from you to support my application to the UBC Master of Kinesiology program.

I am applying to the program because of my passion for Kinesiology and my desire to further develop my knowledge and skills in this field. I believe that the MKin program will provide me with a rigorous and comprehensive education that will help me achieve my professional goals.

I would be grateful if you could provide a reference letter that speaks to my work ethic, academic achievements, and other factors related to Kinesiology. I would appreciate it if you could touch on my ability to work effectively in a team environment, my commitment to providing excellent customer service, and my strong analytical skills.

I believe that your perspective as a coworker will be invaluable in highlighting my potential to succeed in the MKin program.

If you require any further information from me to assist in writing this letter, please let me know. I can provide you with my resume, academic transcripts, and a summary of my extracurricular activities and community involvement.

Thank you in advance for your time and support.

Sincerely,

Long You