

Cover Letter

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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