



PROJECT SNAPSHOT

Remodeling Honours Bachelor of Kinesiology Pathways

Type: Pathway Development

Project Number: P2223

Project Lead: Lakehead University

Collaborators: Cambrian College, Canadore College, Collège Boréal, Confederation College, Georgian College, Sault College

Project Summary

Through this project, Lakehead University will update and re-model pathways to reflect changes in curriculum and accreditation/quality assurance standards so that they continue to align with the Honours Bachelor of Kinesiology (HBK) degree program.

Furthermore, this project represents an opportunity to combine similar pathways into multilateral pathways, thus making them more efficient, consistent, and transparent.

With financial support from the Ontario Council on Articulation and Transfer (ONCAT), the Lakehead University School of Kinesiology has developed 12 bi-directional transfer pathways between the Honours Bachelor of Kinesiology (HBK) degree and related diploma programs at Collège Boréal, Cambrian College, Canadore College, Georgian College, and Sault College. After receiving approval from Lakehead University Senate, 11 of the pathways into the HBK program were first offered in September 2020, with one additional pathway pending approval.

The HBK program currently requires students to complete 22 Full Course Equivalents (FCE) to obtain the degree. However, following recommendations from the 2019 Quality Assurance Undergraduate Program Review, and in an effort to better align with undergraduate program requirements at Lakehead and other Ontario universities, the School of Kinesiology has decided to revise the HBK program to require 20 FCE rather than 22 FCE.

This change has major implications for the existing transfer pathways, which were all developed based on the 22 FCE program. A review and revision of course equivalencies, prerequisite considerations and program mapping for each bi-directional pathway is necessary to maintain current pathway offerings and availability for students. The revised curriculum also presents an opportunity to increase the efficiency, consistency, and transparency of pathways into the HBK program by exploring the viability of multilateral pathways. For example, there are currently four separate pathways from Occupational Therapist Assistant & Physiotherapist Assistant (OTA/PTA) diploma programs at four Ontario colleges (Canadore, Sault, Boréal, and Georgian). Because these pathways were developed at different times, each is considered a separate program. As part of the review and revision process, they could be combined into one multilateral pathway, reducing potential confusion between programs and simplifying the application process for students and faculty advisors.

Similarly, the School of Kinesiology offers three pathways from Fitness and Health Promotion (FHP) diploma programs (Sault, Boréal, and Georgian) and one pathway from a Physical Fitness Management (FLBU) diploma program (Cambrian College). These pathways also represent an opportunity to develop one multilateral pathway, particularly since the 3-year FLBU program was recently reorganized as a 2-year FHP program. Furthermore, Confederation College –located in the same city as Lakehead’s Thunder Bay Campus – will launch its own FHP program in 2021-2022. Establishing a partnership with this program and including it in a new multilateral agreement is a logical and viable way to create a transfer opportunity with an added geographical advantage.

Additionally, an important consideration in this pathway development process is that the pathways meet the same accreditation, quality assurance, and professional designation requirements as the 4-year HBK program. For example, the HBK program is accredited through the Canadian Council of University Physical Education and Kinesiology Administrators (CCUPEKA), and the program is reviewed through the Institutional Quality Assurance Process (IQAP) under the guidance of the provincial Quality Assurance Framework for all Ontario universities. Program content also equips graduating students with the prerequisites for achieving professional designations such as Registered Kinesiologist (RKin) and Certified Exercise Physiologist (CSEPCEP).

The most recent program reviews took place in 2019-20, just prior to the final approval and implementation of the pathways; therefore, the pathways have yet to be formally evaluated regarding their ability to meet these requirements. There is a need to ensure that the pathways achieve outcomes consistent with the 4-year HBK program.

The main purpose of this project is to revise the existing pathways to and from the School of Kinesiology to reflect curriculum changes in the 4-year HBK degree; however, this project also presents a valuable opportunity to (a) increase the efficiency, consistency, and transparency of the existing pathways by exploring the possibility of multilateral agreements, (b) revise the current Cambrian FLBU – Lakehead HBK pathway to reflect curriculum changes in both the diploma and degree programs, and (c) incorporate the new Confederation FHP program into a multilateral FHP pathway to enhance the relationship between our institutions and add a geographically-beneficial transfer option.

This project will also seek accreditation of the pathways through CCUPEKA, ensure that they meet the most recent IQAP standards, and confirm that they are providing the prerequisites for professional designations including RKin and CSEP-CEP. By achieving these objectives, this project will position Lakehead University as having the most accessible and high-quality accredited pathways in health and fitness education in Ontario.

Project Rationale

This project was needed because of the decision to revise the Honours Bachelor of Kinesiology (HBK) program from 22 Full Course Equivalents (FCE) to 20 FCE. Because existing pathways were developed based on the 22 FCE program, it was necessary to review prerequisites, course equivalencies, elective requirements, and other considerations for all pathways to ensure that they continue to accurately reflect and represent the content of both the college diploma programs and the HBK program.

Main Collaborators

The main collaborators were representatives from Lakehead University, Cambrian College, Canadore College, Collège Boréal, Confederation College, Georgian College, and Sault College.

Results

The top outcomes for this project were the following:

- Existing pathways within the School of Kinesiology were updated to reflect the current 20 FCE HBK program
- Multilateral agreements were established for both Occupational Therapist Assistant / Physiotherapist Assistant (OTAPTA) and Massage Therapy (MT) programs
- A new pathway was created between the HBK program and the 2-year Fitness and Health Promotion program at Cambrian College (formerly 3-year Physical Fitness Management (FLBU) program)
- A detailed overview of the status of pathways and their eligibility for meeting the same accreditation, quality assurance, and professional designation standards as the 4-year HBK program was produced

Key Steps

This project determined viability and developed pathways through the following process:

- Confirmed all curriculum changes for the Honours Bachelor of Kinesiology (HBK) program and determined how those changes influenced pathway organization and delivery
- Collected relevant data required for transfer credit assessment (i.e., course outlines, learner outcomes, credit hours, etc.)
- Conducted initial data analysis/transfer credit assessment
- Re-mapped all existing pathways according to HBK curriculum changes and any other relevant considerations
- Confirmed revised curriculum maps with Lakehead School of Kinesiology undergraduate committee and college partners
- Submitted documentation of revised pathways to Lakehead University Senate for approval

Overall, this process was effective in successfully revising the pathways through discussion and collaboration within and across partner institutions.

Pathways Created

The following pathways were created:

- Collège Boréal Fitness and Health Promotion Diploma – Lakehead University Honours Bachelor of Kinesiology Degree
- Collège Boréal Occupational Therapy Assistant / Physiotherapy Assistant Diploma – Lakehead University Honours Bachelor of Kinesiology Degree
- Collège Boréal Massage Therapy Diploma – Lakehead University Honours Bachelor of Kinesiology Degree
- Cambrian College Fitness and Health Promotion Diploma – Lakehead University Honours Bachelor of Kinesiology Degree
- Cambrian College Massage Therapy Diploma – Lakehead University Honours Bachelor of Kinesiology Degree
- Canadore College Occupational Therapist and Physiotherapist Assistant Diploma – Lakehead University Honours Bachelor of Kinesiology Degree
- Georgian College Fitness and Health Promotion Diploma – Lakehead University Honours Bachelor of Kinesiology Degree
- Georgian College Occupational Therapist and Physiotherapist Assistant Diploma
- Lakehead University Honours Bachelor of Kinesiology Degree
- Sault College Fitness and Health Promotion Diploma – Lakehead University Honours Bachelor of Kinesiology Degree
- Sault College Occupational Therapist Assistant / Physiotherapist Assistant Diploma – Lakehead University Honours Bachelor of Kinesiology Degree

Incompleted Pathways

The following pathways were not revised during this project:

- Canadore College Recreation Therapy Diploma – Lakehead University Honours Bachelor of Kinesiology Degree
- Canadore College Strength and Sport Conditioning Diploma – Lakehead University Honours Bachelor of Kinesiology Degree

Due to limited demand as well as scheduling challenges, we determined that it would be most effective to focus on the remaining pathways at this time and potentially revisit the above pathways if and when they are considered more viable.

We also did not create a new pathway with the Confederation College Fitness and Health Promotion (FHP) program; instead, we determined that further discussion and consultation would be required to identify the best approach to developing a pathway due to the unique format and delivery of the FHP program.

Challenges

This project did not face any challenges with the exception of not being able to establish a pathway with Confederation College; however, preliminary information was gathered and discussion

continues regarding the best approach to future pathway development.

Student Outcomes

Students will benefit from this project because they will continue to have opportunities to complement their existing education with additional qualifications within a related field of interest. Furthermore, they will be able to do so while meeting the same overall program requirements (i.e., a total of 20 FCE) as students enrolled in the 4-year HBK degree.

Additionally, students will benefit from the greater consistency and transparency across pathways from different colleges; they will also benefit from programming that achieves the same quality assurance and professional designation standards as the 4-year HBK program.

Student Credential

Students will benefit from this project because they will continue to have opportunities to complement their existing education with additional qualifications within a related field of interest. Furthermore, they will be able to do so while meeting the same overall program requirements (i.e., a total of 20 FCE) as students enrolled in the 4-year HBK degree.

Additionally, students will benefit from the greater consistency and transparency across pathways from different colleges; they will also benefit from programming that achieves the same quality assurance and professional designation standards as the 4-year HBK program.

Student Time Savings

The revised pathways provide substantial time savings when compared to completing the diploma (2-3 years) followed by the degree (4 years) with no pathway. Following completion of the diploma program, the estimated time to completion for the pathways is as follows:

- Fitness and Health Promotion (FHP) - 2 years
- Occupational Therapist Assistant and Physiotherapist Assistant (OTAPTA) - 3 years
- Massage Therapy (MT) - 3 years

Student Financial Savings

This pathway represents potential financial savings of between \$7,384 - \$14,720 for students. This calculation is based on the annual tuition for the HBK program. Pathways students are able to complete the HBK program in 2-3 years rather than 4 years.

Student Flexibility

The revised pathways make things easier for students in a number of ways. First, multilateral agreements will allow students who graduate from different colleges to follow the same program requirements to complete the HBK degree. This consistency increases the clarity and transparency of the pathway process. Additionally, because the HBK program was revised from 22 to 20 FCE, students are required to take fewer courses to graduate. Finally, program maps were designed to provide students with greater flexibility to reflect their own goals, interests, and

schedules in their academic experience.

Student Work Alignment

The revised pathways meet the same institutional quality assurance standards (IQAP) and professional designation standards (CSEP-CEP, RKin) as the 4-year HBK program.

Institutional Outcomes

There are no changes to practices or policies; however, this project contributes to meeting Lakehead University's Strategic Plan (2018-2023). The theme of Social Responsibility is met through strategies such as, "improving student mobility through transfer agreements/programs, flexible degrees, stacked credentials, certificate programs, part-time undergraduate and graduate opportunities, and transitional programming" (p. 15). This project also contributes to the Faculty of Health and Behavioural Sciences Strategic Plan (2021- 2025), which aims to "increase accessibility of our programs (e.g., transfer/transition program, explore flexible entry requirements)" (p. 14).

Sector or System Implications

This project highlighted the importance of effective collaboration and communication across institutions. We highly value our partnerships and the opportunities to work together with the goal of providing enhanced opportunities for our collective students. We also hope to further develop and refine our process as an effective and transferable model for effective pathway development.

Tips

Collaboration is key. Establishing relationships with partners is a valuable endeavor and will contribute to the current and future success of pathways.

Tools and Resources

We used surveys to gather data for course equivalency assessment. We also developed program maps and articulation agreements for approval by Lakehead University's Senate. Pathway information will also be incorporated into a transfer-specific link on the School of Kinesiology website.

