


HIRING CO-OP STUDENTS

Recreation/Health Education and Kinesiology

You can hire Uvic co-op students studying recreation and health education (RHED), kinesiology and many other programs for work terms beginning in January, May and September.

Students are skilled, enthusiastic and ready to work for organizations like yours!

A photograph showing three young women and two children sitting around a blue table. The women are smiling and looking towards the camera. One woman is wearing glasses and a striped shirt. The children are looking at something on the table. The background is a colorful mural of a snake.

Recreation and health education students Becky Wilder (left) and Ali Funk (middle) worked as summer program leaders at James Bay Community School Centre. Supervisor Kaitlan Hamm (right) is also a former Uvic RHED co-op student.

How our students stand out

RHED (BA) and kinesiology (BSc) co-op students study what helps us engage in healthy living, movement and rehabilitation, community recreation and administration to prepare for a wide range of careers.

Students learn to:

- + Design exercise and healthy lifestyle programs
- + Plan, implement, assess and supervise recreation, sport, fitness and health policies and programs
- + Think critically and analyze information
- + Manage people, events, programs and services
- + Develop administrative policy
- + Promote employee and community wellness
- + Teach physical literacy skills
- + Design environments that promote healthy living

Where our students work

Our co-op students put their skills to work in community organizations, youth and seniors' centres, schools, health clinics, fitness and rehabilitation centres, parks and recreation facilities and government agencies.

Employers often hire RHED and kinesiology students to:

- + Build the capacity of others for healthy living
- + Use communication tools to encourage physical activity
- + Coordinate project meetings and events
- + Plan, implement and evaluate fundraising, health promotion or sporting events
- + Facilitate physical activities for children, youth and adults
- + Guide groups on tours or activities
- + Work alongside athletic and recreational facility staff
- + Manage databases, analyze statistics and prepare reports
- + Work with therapists to assess and assist clients in rehabilitation
- + Encourage individuals with disabilities to pursue physical activity
- + Help with research projects related to individual and community health

Learn more about hiring a co-op student and how it can benefit your organization!

UVic Exercise Science, Physical and Health Education Co-op | ephecoop@uvic.ca | 250-721-4690 | uvic.ca/employers



**University
of Victoria**