

CO-OP + CAREER

Recreation/Health Education and Kinesiology

Through Recreation/Health Education (RHED) and Kinesiology Co-op, you can try different jobs, meet employers, earn a salary and gain relevant work experience. During your degree, you'll complete co-op terms working for exciting employers in a range of positions related to recreation, exercise, health promotion, rehabilitation and wellbeing.

All RHED students participate in co-op as a required part of your academic program. For kinesiology students, co-op is optional and a great way to bring life to your degree!



University
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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.

Recreation/Health Education and Kinesiology Co-op

Prepare for diverse careers

A RHED or kinesiology degree prepares you for a wide range of careers—in human movement, recreation, health, sport, fitness, education, administration and more. Through co-op, you'll gain practical work experience and skills to complement your classroom learning.

What you could do on your co-op terms

You could work for community organizations, youth and seniors' centres, schools, health clinics, fitness and rehabilitation centres, parks and recreation facilities and government agencies.

On the job, you could:

- + Build the capacity of others for healthy life choices
 - + Use communication, planning and engagement tools to encourage physical literacy
 - + Plan, implement and evaluate health promotion, sporting or fundraising events
 - + Facilitate physical activities for children, youth and adults
 - + Guide, direct and support groups on tours or in activities
- + Coordinate projects, meetings and events
 - + Work with rehabilitation therapists to assess and assist clients
 - + Work alongside athletic and recreational staff to build strong communities
 - + Support individuals with disabilities to pursue active lives
 - + Help with research projects related to individual and community health
 - + Manage information and databases, analyze statistics and prepare reports

How to apply

- + To apply for the UVIC RHED or Kinesiology programs, find your program at uvic.ca/education/exercise/undergraduate and select "Ready to apply".
- + RHED Co-op: You'll be automatically enrolled in co-op as part of your program.
- + Kinesiology Co-op: Make sure to opt into co-op when you apply to enter your Kinesiology program.

Learn more about co-op and how it can help you launch your career!

Exercise Science, Physical/Health Education Co-op | ephecoop@uvic.ca | 250-472-4690 | MCK 119 | uvic.ca/ephecoop



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