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!

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.
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