

# What can I do with a degree in ...

## Recreation and Health Education?

The Bachelor of Arts Recreation and Health Education program in UVic's School of Recreation and Health Education is an interdisciplinary program that prepares students to enter the fields of recreation, wellness and health promotion, leadership and administration. This degree is an excellent foundation to work in the public and not for profit sectors as it provides graduates with a foundation that supports social change. Course work focuses on planning, implementing, evaluating and supervision recreation, leisure, fitness, wellness and health promotional programs, services and policies.

### What competencies will I develop?

As a Recreation and Health Education student, you will develop several essential competencies to help you pursue your dream job. If you choose to participate in UVic's co-operative education program and engage in other experiential learning opportunities, you'll gain hands-on experience in your field before you graduate and develop the following core competencies:

- Personal management
- Research and problem solving
- Communication
- Information management
- Project, task and organization skills
- Teamwork
- Commitment to quality
- Workplace behaviour
- Social responsibility
- Continuous learning

### What work may be possible after my degree?

There are many options and we have listed some possibilities below. Your qualifications will depend on the specific courses and projects you complete as well as your work, volunteer and extra-curricular experiences. For some careers, additional education or training may be helpful or required.

Industry/area	Type of work
<b>Health</b>	<ul style="list-style-type: none"> <li>▪ Program coordinator - physical activity</li> <li>▪ Health promotion planner</li> <li>▪ Healthy child development specialist</li> <li>▪ Seniors' wellness specialist</li> <li>▪ Sport and recreation management</li> <li>▪ Community development</li> <li>▪ Cultural services manager</li> <li>▪ Adult/comunity services</li> </ul>
<b>Recreation, sport</b>	<ul style="list-style-type: none"> <li>▪ Community recreation director</li> <li>▪ Personal trainer/fitness instructor</li> <li>▪ Camp leader/director</li> <li>▪ Event management/promotions</li> <li>▪ Campus recreation/athletics</li> <li>▪ Athletic coach</li> <li>▪ Youth agency director</li> <li>▪ Outdoor education/park interpreter</li> <li>▪ Cruise ship recreation director</li> </ul>
<b>Education, government</b>	<ul style="list-style-type: none"> <li>▪ Teacher/lecturer (BEd, MEd, PhD)</li> <li>▪ Health promotion/public health consultant</li> <li>▪ Workplace wellness specialist</li> <li>▪ Military fitness, recreation and health promotion</li> <li>▪ Physical activity advisor</li> <li>▪ Outdoor recreation planner</li> </ul>

For more information, visit us in the Campus Services Building (next to the Bookstore) or online at [www.careerservices.uvic.ca/resources/career\\_exploration.html](http://www.careerservices.uvic.ca/resources/career_exploration.html).

