This worksheet is for PLANNING PURPOSES ONLY and does not replace your Degree Evaluation. In the event of any discrepancy, your Degree Evaluation and the Academic Calendar will be considered the authority. Recreation and Health Education students are not required to declare their program. A student's Recreation and Health Education major is automatically declared for them when they are admitted to their program.

Recreation & Health Education Major (BA)

Faculty of Health

School of Exercise Science, Physical and Health Education

YEAR 1

SEP-DEC	JAN-APR	MAY-AUG
ATWP 135	EPHE 104–137 (0.5 units - SPA)	EPHE 145 (Online course)
EPHE 104–137 (0.5 units - SPA)	EPHE 142	WORK TERM OPPORTUNITY (1)
EPHE 104–137 (0.5 units - SPA)	EPHE 144	
EPHE 141	EPHE 160	
EPHE 143	EPHE 200	
PSYC 100A	100-level or above elective	
EPHE 100 (Option 1)		

YEAR 2

SEP-DEC	JAN-APR	MAY-AUG
CSC 105	ENSH 202	WORK TERM OPPORTUNITY (2)
EPHE 243	EPHE 244	
EPHE 252	EPHE 253	
EPHE 260	EPHE 271	
SOCI 100A	PSYC 100B	
EPHE 100 (Option 2)		

YEAR 3

SEP-DEC	JAN-APR	MAY-AUG
EPHE 270	WORK TERM OPPORTUNITY (3)	EPHE 356
EPHE 345		EPHE 359
EPHE 351		WORK TERM OPPORTUNITY (4)
EPHE 358		
300- or 400-level ADMN		

YEAR 4

SEP-DEC	JAN-APR	MAY-AUG
CNPY 417	EPHE 402	100-level or above elective
EPHE 453	EPHE 445	100-level or above elective

Have questions regarding this worksheet? Email: EPHE Academic Adviser (templeb@uvic.ca)

100-level or above elective	EPHE 454	
300- or 400-level elective	300- or 400-level elective	
300- or 400-level elective	300- or 400-level elective	
WORK TERM OPPORTUNITY (5)		

Note 1: EPHE 437 (Net Games), or EPHE 487 (Rhythmic Movement Activities), or EPHE 487 (Yoga: In these bodies, on these lands) can be used in place of three, 0.5-unit EPHE activity courses (EPHE 104 – 137).

Note 2: The suggested sequence overview highlights five potential work term times, but only three are required.

Note 3: The blue arrows show how you can change your course sequence if you didn't want to use work term opportunity three.

Note 4: New students officially enter their program in the Sep-Dec term. EPHE 145 is typically reserved for admitted Recreation and Health Education students and is not available to new students in the summer directly after application. However, transfer students who have already completed 12 or more units can request an override to register in EPHE 145. Submit override requests using a course registration override form to McKinnon Building Room 120 or email to the EPHE program assistant.

IMPORTANT!

This program planning worksheet is a guide for prospective and newly admitted students. The worksheet suggests a course sequence, but you may need to adjust it based on your individual circumstances, elective choices, schedule, or course availability. Once you begin your program, you should use your Degree Evaluation to plan your registrations and track your progress.

If you can't register for a listed course, join the waitlist. Most courses see movement from the waitlist, especially in the first week or two. Consider registering for a backup course as well, such as a course recommended for the same term in a later year, or an elective. Sometimes, you can take the same course in a different term. Keep in mind prerequisites and restrictions which may limit your options.

If you plan to apply to the Recreation and Health Education program as a transfer applicant, ensure you complete all required prerequisites by April 30th of your application year.

A Recreation and Health Education student's major is automatically declared for them when they are admitted to their program.

PATHWAYS TO RECREATION & HEALTH EDUCATION

To join the Recreation and Health Education program, you can:

- Apply directly from high school after completing required coursework (Year 1 entry).
- If you aren't eligible for admission directly from high school, begin study at UVic as an undeclared student, complete the necessary Recreation and Health Education prerequisite courses, and apply for internal transfer into Year 2.
- Begin as a student at UVic, complete Recreation and Health Education prerequisites, and apply for internal transfer (Year 2 entry).
- Transfer from another college or university after completing the Recreation and Health Education prerequisites (Year 2 entry). Use the BC Transfer Guide to check course equivalencies.

ELECTIVE COURSES

The Recreation and Health Education major requires completion of several categories of electives: These include:

- EPHE activity and Skill and Performance Analysis (SPA) courses: 1.5 units from EPHE 104-137 (three 0.5-unit courses), EPHE 437 (Net Games), or EPHE 487 (Rhythmic Movement Activities), or EPHE 487 (Yoga: In these bodies, on these lands).
- Public Administration: a 1.5 unit 300- or 400-level ADMN course (offered by the School of Public Administration).
- General Electives: 6.0 units of any 100-level or higher courses.
- Upper-Level Electives: 6.0 units of any 300- or 400-level courses.

An elective course can be any course you meet the prerequisites for, has no enrollment restrictions, and is at the required level (100, 300, or 400). Your choice of 100-level electives can impact your ability to enroll in desired 300- and 400-level electives. You'll want to plan to meet all prerequisites.

EPHE ACTIVITY AND SKILL AND PERFORMANCE ANALYSIS (SPA) COURSES

EPHE 104-137 activity courses, EPHE 437 (Net Games), and EPHE 487 (Rhythmic Movement Activities), and EPHE 487 (Yoga: In these bodies, on these lands) SPA courses all involve physical activity.

- EPHE 104-137 activity courses are worth 0.5 units.
- EPHE 437 (Net Games), and EPHE 487 (Rhythmic Movement Activities), and EPHE 487 (Yoga: In these bodies, on these lands) SPA courses have a 1.5-unit weighting.
- EPHE 437 (Net Games), or EPHE 487 (Rhythmic Movement Activities), or EPHE 487 (Yoga: In these bodies, on these lands) can be used in place of three, 0.5-unit EPHE activity courses.
- If you decide to take EPHE 437 (Net Games), or EPHE 487 (Rhythmic Movement Activities), or EPHE 487 (Yoga: In these bodies, on these lands) you will need to adjust you term courseload. This may require you to depart from the sequence overview.
- Some EPHE activity/SPA courses involve non-standard class scheduling (for example EPHE 137 (Experiential Outdoor Education) includes field experiences).
- Not all EPHE activity/SPA courses are offered every term or every year. The university timetable lists EPHE activity/SPA courses that are currently offered.

CONCENTRATIONS & MINORS

Enhance your Recreation and Health Education degree by specializing! Use your electives to concentrate on a specific area within the field. Explore recommended concentrations on the School of Exercise Science, Physical and Health Education website.

Looking for a more structured focus? Consider adding a minor. Minors provide a formal way to deepen or broaden your studies, although they may require additional coursework. Find minor requirements in the Academic Calendar and popular minor options for Recreation and Health Education students on the school website. You can add only one minor.

CO-OPERATIVE EDUCATION

The Recreation and Health Education program is a mandatory co-op program that includes work terms. You may receive credit for one work term based on prior relevant work experience. The sequence overview highlights five potential work term times, but only three are required.

Work term scheduling can influence your course selection. EPHE 100 must be completed before starting any work terms. To maximize your scheduling options, it's strongly recommended you register for EPHE 100 early in your program (usually Year 2 if you entered directly from high school, or Year 1 if you transferred). Consult the EPHE Co-operative Education Coordinator if you are unsure. Most students can manage EPHE 100 alongside their regular course load.

EPHE 100 will cover all the requirements for completing work terms and will help you create a personalized plan for your academic studies and work terms.

TRANSFERRING INTO THE PHYSICAL & HEALTH EDUCATION MAJOR

The Recreation and Health Education and Physical and Health Education majors share a common first-year curriculum.

The Physical and Health Education major prepares students to become secondary school physical education teachers.

Direct admission to the Physical and Health Education major is not available. Students must first be admitted to the Recreation and Health Education major and then request an internal transfer. This transfer is automatic and does not require additional admission requirements.

PROGRAM & COURSE NOTES

This worksheet serves as a suggested timeline for your courses. Flexibility is important, and you might need to adjust this schedule. Remember, some courses have prerequisites (certain courses must be taken before others) and some courses may only be offered in specific semesters. If you deviate from the suggested plan, carefully consider these restrictions when changing your registration intentions.

If you receive financial aid (scholarship, bursary, student loan) or are a Vikes athlete, you might have minimum course load requirements. Confirm these requirements with your funding provider before dropping courses.

FACULTY & UNIVERSITY REQUIREMENTS

In addition to the courses listed for the Recreation and Health Education major, you must complete at least 30 of the minimum 60 required units required for your degree at UVic. Within these 60 units, 21 units must be 300- or 400-level courses, and 18 of those 21 units must be taken at UVic. Most students automatically fulfill these requirements when completing their Recreation and Health Education major.

All UVic undergraduate students must maintain a sessional grade point average of at least 2.00. Students completing a Recreation and Health Education major must maintain a sessional grade point average of at least 3.00. You can find more information about minimum grade point average requirements in the Academic Calendar.

STUDENT RESPONSIBILITIES

This worksheet is a planning tool, not a substitute for your official Degree Evaluation. In case of discrepancies, your Degree Evaluation and the Academic Calendar take precedence.

You are accountable for the accuracy and completeness of your course registrations and for understanding your program's requirements.

Always consult the Academic Calendar and course timetable descriptions to verify prerequisites and any restrictions before registering. Pay close attention to notes on mutually exclusive and cross-listed courses (course pairs where credit is awarded for only one).