



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.

Physical Education (Minor)

Faculty of Health

School of Exercise Science, Physical and Health Education

The Minor in Physical Education includes the following requirements:

7.5 units of:
EPHE 201 (Qualitative Analysis on Human Movement) - 1.5 units
EPHE 245 (Motor Learning) - 1.5 units
EPHE 246 (Strategies for Active Health) - 1.5 units
EPHE 352 (Introduction to Physical Activity Instructional Techniques) - 1.5 units
EPHE 452 (Strategies for Games in Physical Education) - 1.5 units

1.5 units of:
EPHE 345 (Health Education for Children and Youth) - 1.5 units
EPHE 260 (Exercise Prescription) - 1.5 units

1.5 units of:
EPHE 350 (Children and Youth with Special Needs in Physical Activities) - 1.5 units
EPHE 346 (Motor Development and Physical Maturation) - 1.5 units

4.5 units as a combination of any EPHE Activity or Skill and Performance Analysis (SPA) courses:
EPHE 104 – 137 (Activities) - 0.5 units each
EPHE 437 (Net Games) - 1.5 units
EPHE 439 (Gymnastics and Circus Arts for Agility, Balance and Coordination)
EPHE 487 (Yoga: In these bodies, on these lands) - 1.5 units

Note 1: Students in programs offered by the School of Exercise Science, Physical and Health Education cannot add the Minor in Physical Education to their degree program.

Note 2: To be able to register in EPHE 260 you must have completed EPHE 141 and EPHE 160. As a result, many students completing the Minor in Physical Education take EPHE 345 instead of EPHE 260 (to reduce the number of courses that they need to take).

Note 3: Not all EPHE activity/SPA courses are offered every term or every year. The university timetable lists EPHE activity/SPA courses that are currently being offered. Some EPHE activity/SPA courses involve non-standard class scheduling (for example EPHE 137 (Experiential Outdoor Education) includes field experiences).

ADDING THE MINOR IN PHYSICAL EDUCATION

To add the Minor in Physical Education, submit a program declaration request through your faculty advisor. Your advisor will forward your request to the EPHE academic advisor. The EPHE advisor will add the minor and notify your faculty advisor. Your faculty advisor will update your degree evaluation and inform you.

EPHE ACTIVITY AND SKILL AND PERFORMANCE ANALYSIS (SPA) COURSES

EPHE 104-137 activity courses, 437 (Net Games), and EPHE 439 (Gymnastics and Circus Arts for Agility, Balance and Coordination), and EPHE 487 (Yoga: In these bodies, on these lands) SPA courses all involve physical activity.

- EPHE 104-137 activity courses have a 0.5-unit weighting.
- EPHE 437 (Net Games), and EPHE 439 (Gymnastics and Circus Arts for Agility, Balance and Coordination), and EPHE 487 (Yoga: In these bodies, on these lands) SPA courses have a 1.5-unit weighting.
- EPHE 437 (Net Games), or EPHE 439 (Gymnastics and Circus Arts for Agility, Balance and Coordination), or EPHE 487 (Yoga: In these bodies, on these lands) SPA courses can be used in place of three, 0.5-unit EPHE activity courses.
- If you decide to take EPHE 437 (Net Games), or EPHE 439 (Gymnastics and Circus Arts for Agility, Balance and Coordination), or EPHE 487 (Yoga: In these bodies, on these lands) SPA courses you will need to adjust your term course load. 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.

PROGRAM & COURSE NOTES

This worksheet outlines the requirements for the Physical Education minor. Remember that course scheduling requires flexibility. Some courses have prerequisites and others are offered only in specific semesters.

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

Remember, you must fulfill your major requirements in addition to the Physical Education minor courses. Whether you can use minor courses to satisfy major requirements depends on your major's rules. Consult your faculty advisor to discuss potential double-counting of courses.

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).