



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.

Physical and Health Education students are not required to declare their program. A student's Physical and Health Education major is automatically declared for them when they are transferred to their program.

Physical & Health Education Major (BA)

Faculty of Education

School of Exercise Science, Physical and Health Education

YEAR 1

SEP-DEC
ATWP 135
EPHE 104 – 137 (0.5 units - SPA)
EPHE 104 – 137 (0.5 units - SPA)
EPHE 141
EPHE 143
PSYC 100A

JAN-APR
EPHE 104 – 137 (0.5 units - SPA)
EPHE 142
EPHE 144
EPHE 160
EPHE 200
1 x elective or 2nd teaching area

MAY-AUG

YEAR 2

SEP-DEC
EPHE 201
EPHE 245
EPHE 252
EPHE 260
1 x 2 nd teaching area

JAN-APR
EPHE 104 – 137 (0.5 units - SPA)
EPHE 246
EPHE 271
EPHE 439 (1.5 units - SPA)
1 x 2 nd teaching area
1 x 2 nd teaching area

MAY-AUG

YEAR 3

SEP-DEC
EPHE 270
EPHE 345
EPHE 352
1 x 2 nd teaching area
1 x 2 nd teaching area

JAN-APR
ENGL 146 or ENGL 147
EPHE 104 – 137 (0.5 units - SPA)
EPHE 104 – 137 (0.5 units - SPA)
EPHE 346 or EPHE 350
1 x 2 nd teaching area
1 x 2 nd teaching area

MAY-AUG

YEAR 4

SEP-DEC
ED-D 417
1 x 2 nd teaching area
1 x 2 nd teaching area
1 x 2 nd teaching area
1 x elective or 2 nd teaching area

JAN-APR
EPHE 402
EPHE 452
1 x 2 nd teaching area
1 x 2 nd teaching area
1 x elective or 2 nd teaching area

MAY-AUG

ADMISSION TO THE RECREATION AND HEALTH EDUCATION MAJOR

The Recreation and Health Education major is intended for people who wish to become a secondary school physical education teacher.

The Recreation and Health Education major and the Physical and Health Education major share a common first year. You cannot apply for direct admission to the Physical and Health Education major. You must first be admitted to the Recreation and Health Education major and then request to transfer into the Physical and Health Education major. Transfer into the Physical and Health Education major is automatic upon request.

The Recreation and Health Education major fulfills all of the requirements of the physical and health education teaching area and includes electives that can be used to meet the requirements of a second teaching area.

ELECTIVE COURSES

There are several categories of electives that must be fulfilled in the Recreation and Health Education major. These include:

- 16.5 units of 100 or above electives
- 6.0 units of 300- or 400-level electives

All 22.5 units of electives can be used to meet the requirements of a second teaching area. The number of units required in a teachable subject area varies depending on the teaching area that is selected. You must fulfill all 22.5 units of electives in the Recreation and Health Education major even if your selected second teaching area includes less than 22.5 units. If your selected second teaching area includes more than 22.5 units, the units not used as electives will show as surplus to your degree.

Electives can be filled with any course for which you have the necessary prerequisites and that is at the designated level. You should note that depending on your elective selections, you may need to take specific courses to be able to register in your preferred electives. You are strongly encouraged to choose your 100 and above electives with a view to meeting prerequisite requirements associated with your preferred 300- or 400-level electives.

CONCENTRATIONS AND MINORS

It is possible to add a minor to your degree program. A minor may be an alternative way of taking courses to meet the requirements of a second teaching area. The requirements of various minors are listed in the [Academic Calendar](#). You can obtain information about second teaching areas on the [Education Advising website](#).

CO-OPERATIVE EDUCATION

Co-operative education is an optional addition to the Physical and Health Education major (NB, most people who progress to a teacher education program gain workplace experience through placements associated with that program). Co-operative education involves alternating academic terms in class with terms in paid employment related to your studies. You can add or remove co-operative education from your degree program at any time.

Students participating in co-operative education must add EPHE 100 to their degree program. EPHE 100 is a short duration seminar in which the requirements for completing work terms are discussed. EPHE 100 involves minimal course work. To maximize scheduling opportunities for completing your work terms you are strongly encouraged to register in EPHE 100 as soon as you are admitted to your program (i.e., in Year 1), however, EPHE 100 may also be taken in the Sep-Dec term of Year 2 (i.e., depending on when you intend to complete your work terms).

Further information about co-operative education is available from the [EPHE Co-operative Education Coordinator](#).

PROGRAM & COURSE NOTES

This worksheet is provided as a guide to when you might take specific courses. However, you may need to depart from the recommended sequence for a variety of reasons. You should note that some courses must be taken before other courses and some courses may only be offered in specific terms. If you depart from the recommended sequence you need to take account of these constraints when planning your registrations.

If you have a scholarship, bursary, student loan or a Vikes athlete you may be required to maintain registration in a minimum number of courses in a term or session. You should check these requirements with the body providing the aid before reducing your course load.

FACULTY & UNIVERSITY REQUIREMENTS

In addition to the courses listed for the Physical 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 Physical and Health Education major.

All UVic undergraduate students must maintain a sessional grade point average of at least 2.00. Students completing a Physical 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

You are responsible for the completeness and accuracy of your registrations and for determining the requirements of your program.

Always read the Academic Calendar and timetable descriptions associated with a course before you attempt to register in that course to determine if you have any necessary prerequisites and to determine if there are any restrictions associated with registering in the course. Pay particular attention to notes on mutually-exclusive and cross-listed courses (i.e., pairs of courses in which credit will be awarded for only one course).