



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. 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. 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 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 104–137 (0.5 units - SPA)	EPHE 142	
EPHE 104–137 (0.5 units - SPA)	EPHE 144	
EPHE 141	EPHE 160	
EPHE 143	EPHE 200	
PSYC 100A	1 x elective or 2nd teaching area	

YEAR 2

SEP-DEC	JAN-APR	MAY-AUG
EPHE 201	EPHE 104–137 (0.5 units - SPA)	
EPHE 245	EPHE 246	
EPHE 252	EPHE 271	
EPHE 260	EPHE 439 (1.5 units - SPA)	
1 x 2 nd teaching area	1 x 2 nd teaching area	
	1 x 2 nd teaching area	

YEAR 3

SEP-DEC	JAN-APR	MAY-AUG
EPHE 270	ENSH 101 or ENSH 102	
EPHE 345	EPHE 104–137 (0.5 units - SPA)	
EPHE 352	EPHE 104–137 (0.5 units - SPA)	
1 x 2 nd teaching area	EPHE 346 or EPHE 350	
1 x 2 nd teaching area	1 x 2 nd teaching area	
	1 x 2 nd teaching area	

YEAR 4

SEP-DEC	JAN-APR	MAY-AUG
ED-D 417	EPHE 402	
1 x 2 nd teaching area	EPHE 452	
1 x 2 nd teaching area	1 x 2 nd teaching area	
1 x 2 nd teaching area	1 x 2 nd teaching area	

1 x elective or 2nd teaching area

1 x elective or 2nd teaching area

Note 1: EPHE 437 (Net Games) 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).

IMPORTANT!

This program planning worksheet is intended for prospective and newly admitted students. Current students should use their Degree Evaluation to plan their registrations and monitor their progress in completing their degree requirements. This worksheet provides one recommendation of when you should take courses, however, you may need to depart from the recommended sequence due to your personal circumstances, elective selections, overall schedule, or the availability of places in some courses in specific terms.

If you are intending to apply for admission to the Physical and Health Education program as a transfer applicant and need to depart from the recommended sequence, you should ensure that you still complete all the required prerequisites by April 30 of your application year.

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

ADMISSION TO THE PHYSICAL & HEALTH EDUCATION MAJOR

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

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. The Recreation and Health Education major and the Physical and Health Education major share a common first year. Transfer into the Physical and Health Education major is automatic upon request.

The Recreation and Health Education major fulfills all 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.

PATHWAYS TO PHYSICAL EDUCATION & HEALTH

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.

To join the Recreation and Health 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 prerequisite courses, and apply for internal transfer into Year 2.
- Begin as a student at UVic, complete Recreation and Health prerequisites, and apply for internal transfer (Year 2 entry).
- Transfer from another college or university after completing Kinesiology prerequisites (Year 2 entry). Use the BC Transfer Guide to check course equivalencies.

ELECTIVE COURSES

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

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

These electives can fulfill requirements for a second teaching area. While the required units for a teaching area vary, you must complete all 22.5 elective units within the Recreation and Health Education major, even if your chosen teaching area needs fewer. Any excess units from a teaching area requiring more than 22.5 will appear as surplus to your degree.

Electives can be any course meeting prerequisites at the designated level. Plan your 100-level electives strategically to ensure you meet prerequisites for your desired 300- or 400-level electives.

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 are worth 0.5-unit weighting.
- EPHE 437 (Net Games), 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 487 (Yoga: In these bodies, on these lands) can be used in place of three, 0.5-unit EPHE activity courses.

EFFECTIVE SEPTEMBER 2025

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



- If you decide to take EPHE 437 (Net Games), or EPHE 487 (Yoga: In these bodies, on these lands) you will need to adjust your term courseload. This may require you to depart from the sequence overview.
- Some EPHE activity/SPA courses involve non-standard class scheduling (e.g., 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.

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 add only one minor. You can obtain information about second teaching areas on the [Education Advising website](#).

CO-OPERATIVE EDUCATION & WORK EXPERIENCE

You have the option to add valuable work experience to your Physical and Health Education major through co-operative education or work experience placements. These additions allow you to alternate academic study with paid, relevant work terms. Co-operative typically involves three work terms, providing a substantial period of practical experience. If you prefer one or two work terms, you can opt for work experience instead of the full co-op program. These work terms are recorded on your transcript, but you won't receive the co-op designation on your degree. You can add or remove co-operative education or work experience from your degree program at any time.

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.

You should note that Teaching practicums are required in the [Secondary Post Degree Professional program](#), so co-operative education and work experience may not be a priority for you.

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 plan.

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).