



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 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
EPHE 100

JAN-APR
EPHE 104 – 137 (0.5 units - SPA)
EPHE 142
EPHE 144
EPHE 160
EPHE 200
100-level or above elective

MAY-AUG
EPHE 145 (Online course)
WORK TERM OPPORTUNITY (1)

YEAR 2

SEP-DEC
CSC 105
EPHE 243
EPHE 252
EPHE 260
SOCI 100A

JAN-APR
ENGL 225
EPHE 244
EPHE 253
EPHE 271
PSYC 100B

MAY-AUG
WORK TERM OPPORTUNITY (2)

YEAR 3

SEP-DEC
EPHE 270
EPHE 345
EPHE 351
EPHE 358
300- or 400-level ADMN

JAN-APR
WORK TERM OPPORTUNITY (3)

MAY-AUG
EPHE 356
EPHE 359
WORK TERM OPPORTUNITY (4)

YEAR 4

SEP-DEC
ED-D 417
100-level or above elective
300- or 400-level elective
300- or 400-level elective
300- or 400-level elective
WORK TERM OPPORTUNITY (5)

JAN-APR
EPHE 402
EPHE 445
EPHE 453
EPHE 454
300- or 400-level elective

MAY-AUG
100-level or above elective
100-level or above elective



ELECTIVE COURSES

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

- 1.5 units of EPHE 104 – 137 (3 x 0.5 units – Skill and Performance Analysis)
- 1.5 units of 300- or 400-level ADMN (i.e., a 300- or 400-level course offered by the School of Public Administration)
- 6.0 units of 100 or above electives
- 6.0 units of 300- or 400-level electives

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 or 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 use your electives to concentrate your studies on a specific sub-area within the field of recreation and health education. You can find information about recommended concentrations related to recreation and health education on the [School of Exercise Science, Physical and Health Education website](#). It is also possible to add a minor to your degree program. A minor is a more formal way of focusing or extending your studies. Adding a minor to your degree program may require you to take additional courses. The requirements of various minors are listed in the [Academic Calendar](#). You can also find information about minors commonly completed by Recreation and Health Education students on the [School of Exercise Science, Physical and Health Education website](#).

CO-OPERATIVE EDUCATION

The Recreation and Health Education major includes mandatory co-operative education. Co-operative education involves alternating academic terms in class with terms in paid employment related to your studies. Three work terms must be completed. You may be granted credit for one work term based on previous paid work experience. Potential times for completing a work term are highlighted in this worksheet. The scheduling or work terms may affect when courses are taken.

Students participating in co-operative education must complete EPHE 100. 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](#).

TRANSFERRING 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.

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. Transfer into the Physical and Health Education major is automatic upon request.

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 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

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).