**Recreation & Health Education Major (BA)**

**Faculty of Education**
School of Exercise Science, Physical and Health Education

### YEAR 1

<table>
<thead>
<tr>
<th>SEP-DEC</th>
<th>JAN-APR</th>
<th>MAY-AUG</th>
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</thead>
<tbody>
<tr>
<td>ATWP 135</td>
<td>EPHE 104 – 137 (0.5 units - SPA)</td>
<td>EPHE 145 (Online course)</td>
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<tr>
<td>EPHE 104 – 137 (0.5 units - SPA)</td>
<td>EPHE 142</td>
<td>WORK TERM OPPORTUNITY (1)</td>
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<tr>
<td>EPHE 141</td>
<td>EPHE 144</td>
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<td>EPHE 143</td>
<td>EPHE 160</td>
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<td>PSYC 100A</td>
<td>EPHE 200</td>
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<td>EPHE 100 (Option 1)</td>
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### YEAR 2

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<tbody>
<tr>
<td>CSC 105</td>
<td>ENSH 202</td>
<td>WORK TERM OPPORTUNITY (2)</td>
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<td>EPHE 243</td>
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<td>EPHE 252</td>
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<td>EPHE 260</td>
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<td>SOCI 100A</td>
<td>PSYC 100B</td>
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### YEAR 3

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<tr>
<td>EPHE 270</td>
<td>WORK TERM OPPORTUNITY (3)</td>
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<td>EPHE 345</td>
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<td>WORK TERM OPPORTUNITY (4)</td>
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<td>EPHE 351</td>
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<td>EPHE 358</td>
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<td>300- or 400-level ADMN</td>
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### YEAR 4

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<tr>
<td>ED-D 417</td>
<td>EPHE 402</td>
<td>100-level or above elective</td>
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<td>100-level or above elective</td>
<td>EPHE 445</td>
<td>100-level or above elective</td>
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<td>300- or 400-level elective</td>
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<td>300- or 400-level elective</td>
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<tr>
<td>WORK TERM OPPORTUNITY (5)</td>
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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 BSc (Kinesiology) program and need to depart from the recommended sequence, you should ensure that you still complete all the program applicant prerequisites by April 30 of your application year.

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, for which there are not restrictions, 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 & 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 prior to undertaking a work term. To maximize scheduling opportunities for completing your work terms you are strongly encouraged to register in EPHE 100 early in your program (i.e., in your second year in the program if you were admitted to the program directly from high school; or in your first year in the program if you transferred into the program from UVic or another college or university). Most students can manage taking EPHE 100 in addition to their preferred course load. The requirements for completing work terms will be discussed in EPHE 100. In EPHE 100 you will also develop a personalized plan for completing your academic requirements and work terms.

Further information about co-operative education is available from the EPHE Co-operative Education Coordinator.

TRANSFERRING INTO THE PHYSICAL & 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. There are no additional admission requirements.

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).