

# Physical Education (BA)

**Dive into the dynamic relationship** between health, physical activity and recreation. Explore sport and wellness to inspire healthy living for all. Gain a deep understanding of how the human body works, master proper movement techniques, discover the link between performance and injury, and study historical trends in sports. Learn more at [uab.ca/AugPrograms](http://uab.ca/AugPrograms)

YEAR 1	YEAR 2	YEAR 3	YEAR 4
<ul style="list-style-type: none"> <li>• AIDS 101</li> <li>• AUPED 112</li> <li>• AUPED 160</li> <li>• AUSTA 153</li> <li>• AUPSY 103</li> <li>• 1-3 units AUPAC or AUPED 184 or 180</li> <li>• 3-6 units in AUCRI, AUECO, AUHIS, AUIND, AUMGT, AUSSC or AUSOC</li> <li>• 3 units Fine Arts</li> <li>• 3 units Humanities</li> <li>• Options</li> </ul>	<ul style="list-style-type: none"> <li>• AIDS 201</li> <li>• AUPED 215</li> <li>• AUPED 293</li> <li>• 1-3 units AUPAC</li> <li>• 3-9 units Historical and Cultural Perspective               <ul style="list-style-type: none"> <li>◦ i.e.) AIDS 302, AUPED 266</li> </ul> </li> <li>• 3-9 units Scientific and Performance Perspectives               <ul style="list-style-type: none"> <li>◦ i.e.) AUPED 180, 216, 232, 251</li> </ul> </li> <li>• 0-3 units Ethics and Philosophy from:               <ul style="list-style-type: none"> <li>◦ AUREL 257, 259, AUPHI 260</li> </ul> </li> <li>• Options</li> </ul>	<ul style="list-style-type: none"> <li>• AIDS 301</li> <li>• AUPED 314</li> <li>• AUPED 393</li> <li>• 1-3 units AUPAC</li> <li>• 3-9 units Historical and Cultural Perspective               <ul style="list-style-type: none"> <li>◦ i.e.) AUHIS 212, AUHIS 368, AUMGT 360</li> </ul> </li> <li>• 3-9 units Scientific and Performance Perspectives               <ul style="list-style-type: none"> <li>◦ i.e.) AUPED 216, 220, 317, 343</li> </ul> </li> <li>• 0-3 units Ethics and Philosophy from:               <ul style="list-style-type: none"> <li>◦ AUREL 257, AUPHI 260, 350</li> </ul> </li> <li>• Options</li> </ul>	<ul style="list-style-type: none"> <li>• AIDS 401</li> <li>• AUPED 462</li> <li>• 1-3 units AUPAC</li> <li>• 3-9 units Historical and Cultural Perspective               <ul style="list-style-type: none"> <li>◦ i.e.) AIDS 302, AUPED 469</li> </ul> </li> <li>• 3-9 units Scientific and Performance Perspectives               <ul style="list-style-type: none"> <li>◦ i.e.) AUPED 220, 275, 317, 344, 414</li> </ul> </li> <li>• 0-3 units Ethics and Philosophy from:               <ul style="list-style-type: none"> <li>◦ AUREL 257, AUPHI 260, 350</li> </ul> </li> <li>• Options</li> </ul>

## AUGUSTANA PROJECT-BASED CORE:

Learn the skills needed to succeed in university and create projects while gaining real working experience. Learn more at [uab.ca/AugCore](http://uab.ca/AugCore)

<p><b>AIDS 101</b> (Fall 3-week)</p> <p>The First-Year Seminar prepares students for university by teaching critical analysis, improving academic writing, fostering community involvement and introducing career skills.</p>	<p><b>AIDS 201</b> (Fall 11-week)</p> <p>Option: AIDS 301 (Winter 3 &amp; 11)</p> <p>Develops teamwork skills through multidisciplinary projects, enhancing career readiness in project management, communication and teamwork.</p>	<p><b>AIDS 301</b> (Fall or Winter)</p> <p>Option: AIDS 201 (Fall 11-week)</p> <p>Cultivate teamwork by partnering with a local organization to address a need. Gain practical experience, and enhance career skills crucial for industry, client relations and community engagement.</p>	<p><b>AIDS 401</b> (Winter 11-week)</p> <p>Option: AIDS 301 (Fall 3 &amp; 11)</p> <p>Prepare for career success by tackling social issues through team projects. Practice interviewing, networking, proposal writing, budgeting for projects and data analysis.</p>
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Your Academic Requirement Report in Bear Tracks shows your progress and provides complete details on your program. Not every student's path will be this linear. You may choose to take a lighter course load, take time off or participate in extracurriculars that will extend your program time. We recommend speaking to a student advisor about planning your degree. **Learn more at [uab.ca/AugSAS](http://uab.ca/AugSAS)**

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## Check out these degree-enhancing opportunities:

Make the most of your degree by taking advantage of these unique opportunities:

### Semester Exchange to University of Southeastern Norway

Thrive globally, connect with international students and impress employers and grad schools with unique skills and experiences.

### Community Service-Learning

Gain real-world experience and professional competencies volunteering with local organizations as part of credit courses.

### Vikings Athletics Student Trainer

Work day-to-day with a varsity team assisting on the prevention, management and care of illness and injury of our athletes.

### Short-term Trips

Explore and connect with individuals from around the world with trips to places like India, Greece and the USA.

## Career development:

Build your career knowledge, skills and connections throughout your degree. More ideas at [uab.ca/AugCS](http://uab.ca/AugCS)

### YEAR 1

- Create your first professional resume
- Explore potential career pathways

### YEAR 2

- Attend seminars on managing your career and job search
- Participate in the Job Shadow Program or Career Conversations

### YEAR 3

- Get curious at Employer Information Sessions, Career Fairs, Mixers, Lunch and Learns

### YEAR 4

- Refine your job interview skills
- Seek out networking opportunities on or off campus

## GET INVOLVED ON CAMPUS

Athletics & Campus Rec  
Augustana Chaplaincy  
Augustana Students' Association Executive  
Campus Clubs  
The Augustana Choir

Learn more by contacting us at:

[uab.ca/AugSAS](http://uab.ca/AugSAS)