

Physical Education (BSc)

Dive into the dynamic relationship between health, physical activity and recreation. Gain a deep understanding of how the human body works, master the application of exercise principles to improve physical and mental health, discover the link between performance and injury, and study historical trends in sports. Learn more at uab.ca/AugPrograms.

YEAR 1	YEAR 2	YEAR 3	YEAR 4
<ul style="list-style-type: none"> • AUIDS 101 • AUPED 112 • AUPED 160 • AUBIO 111 • AUSTA 153 • AUPSY 103 • 3-6 units from 100-level AUBIO, AUCHE, AUMAT, AUPHY • 1-3 units AUPAC • 3 units Fine Arts • 3 units Humanities 	<ul style="list-style-type: none"> • AUIDS 201 • AUPED 215 • AUPED 216 • AUPED 293 • 0-3 units Historical and Cultural Perspectives: <ul style="list-style-type: none"> ◦ i.e.) AUHIS 212, AUIDS 302 • 3-6 units Scientific Perspectives <ul style="list-style-type: none"> ◦ i.e.) AUPED 232, 251 • 6-9 units Broader Scientific Perspectives <ul style="list-style-type: none"> ◦ i.e.) AUBIO 230, 260, AUENV 120 • 0-3 units Ethics and Philosophy: <ul style="list-style-type: none"> ◦ i.e.) AUREL 257, AUPHI 260 • Options 	<ul style="list-style-type: none"> • AUIDS 301 • AUPED 314 • AUPED 393 • 0-3 units Historical and Cultural Perspectives: <ul style="list-style-type: none"> ◦ i.e.) AUHIS 312, 368 • 3-6 units Scientific Perspectives <ul style="list-style-type: none"> ◦ i.e.) AUPED 317, 343 • 6-9 units Broader Scientific Perspectives <ul style="list-style-type: none"> ◦ i.e.) AUPSY 263, 275 • 0-3 units Ethics and Philosophy: <ul style="list-style-type: none"> ◦ i.e.) AUREL 257, AUPHI 260 • Options 	<ul style="list-style-type: none"> • AUIDS 401 • AUPED 462 • 0-3 units Historical and Cultural Perspectives: <ul style="list-style-type: none"> ◦ i.e.) AUHIS 312, AUPED 469 • 3-6 units Scientific Perspectives <ul style="list-style-type: none"> ◦ i.e.) AUPED 375, 414 • 6-9 units Broader Scientific Perspectives <ul style="list-style-type: none"> ◦ i.e.) AUPSY 263, 275 • Options

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

<p>AUIDS 101 (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>AUIDS 201 (Fall 11-week)</p> <p>Option: AUIDS 301 (Winter 3 & 11)</p> <p>Develops teamwork skills through multidisciplinary projects, enhancing career readiness in project management, communication and teamwork.</p>	<p>AUIDS 301 (Fall or Winter)</p> <p>Option: AUIDS 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>AUIDS 401 (Winter 11-week)</p> <p>Option: AUIDS 301 (Fall 3 & 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**

Physical Education (BSc)

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

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

Viking Athletics
Campus Rec
Augustana Students' Association Executive
Campus Clubs
Music & Drama productions

Learn more by contacting us at:

uab.ca/AugSAS