

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

| YEAR 1 | YEAR 2 | YEAR 3 | YEAR 4 |
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| <ul style="list-style-type: none"> • AUIDS 101 • AUPED 112 • AUPED 160 • AUSTA 153 • AUPSY 103 • 0-3 units AUPAC or AUPED 184 or 180 • 3-6 units Social Sciences • 3 units Fine Arts • 3 units Humanities • Options | <ul style="list-style-type: none"> • Collaborative Seminar • AUPED 215 • AUPED 293 • 0-3 units AUPAC • 6-18 units from: <ul style="list-style-type: none"> ◦ Historical and Cultural Perspective ◦ Scientific and Performance Perspectives ◦ Ethics and Philosophy • Options | <ul style="list-style-type: none"> • AUIDS 301 • AUPED 314 • AUPED 393 • 0-3 units AUPAC • 6-18 units from: <ul style="list-style-type: none"> ◦ Historical and Cultural Perspective ◦ Scientific and Performance Perspectives ◦ Ethics and Philosophy • Options | <ul style="list-style-type: none"> • AUIDS 401 • AUPED 462 • 0-3 units AUPAC • 6-18 units from: <ul style="list-style-type: none"> ◦ Historical and Cultural Perspective ◦ Scientific and Performance Perspectives ◦ Ethics and Philosophy • 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

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| <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>Collaborative Seminar (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***

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Check out some degree-enhancing opportunities:

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

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.

Prepare for your career:

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

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

Learn more by contacting us at:

uab.ca/AugSAS