

# 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](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>• AUBIO 111</li> <li>• AUSTA 153</li> <li>• AUPSY 103</li> <li>• 3-6 units from 100-level AUBIO, AUCHE, AUENV, AUMAT, AUPHY</li> <li>• 1-3 units AUPAC or AUPED 184</li> <li>• 3 units Fine Arts</li> <li>• 3 units Humanities</li> </ul>	<ul style="list-style-type: none"> <li>• Collaborative Seminar</li> <li>• AUPED 215</li> <li>• AUPED 216</li> <li>• AUPED 293</li> <li>• 1-3 units AUPAC or AUPED 284</li> <li>• 0-3 units Historical and Cultural Perspectives</li> <li>• 3-6 units Scientific Perspectives</li> <li>• 6-9 units Broader Scientific Perspectives</li> <li>• 0-3 units Ethics and Philosophy</li> <li>• Options</li> </ul>	<ul style="list-style-type: none"> <li>• AIDS 301</li> <li>• AUPED 314</li> <li>• AUPED 393</li> <li>• 0-3 units Historical and Cultural Perspectives</li> <li>• 3-6 units Scientific Perspectives</li> <li>• 6-9 units Broader Scientific Perspectives</li> <li>• 0-3 units Ethics and Philosophy</li> <li>• Options</li> </ul>	<ul style="list-style-type: none"> <li>• AIDS 401</li> <li>• AUPED 462</li> <li>• 0-3 units Historical and Cultural Perspectives</li> <li>• 3-6 units Scientific Perspectives</li> <li>• 6-9 units Broader Scientific Perspectives</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>Collaborative Seminar</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 some 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.

## Prepare for your career:

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, etc.

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