

# Sport and Exercise Science (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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| <ul style="list-style-type: none"> <li>• AIDS 101</li> <li>• AUSES/AUPED 112</li> <li>• AUSES/AUPED 160</li> <li>• AUSTA 153</li> <li>• AUPSY 103</li> <li>• 1-3 units AUPAC or AUSES/AUPED 184 or 180</li> <li>• 0-6 units Social Science</li> <li>• 3 units Fine Arts</li> <li>• 3 units Humanities</li> <li>• Options</li> </ul> | <ul style="list-style-type: none"> <li>• AUSES/AUPED 215</li> <li>• AUSES/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, AUSES/AUPED 266</li> </ul> </li> <li>• 3-9 units Scientific and Performance Perspectives <ul style="list-style-type: none"> <li>◦ i.e.) AUSES/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>• 0-6 units Social Science</li> <li>• 0-3 units Fine Arts or Humanities</li> <li>• Options</li> </ul> | <ul style="list-style-type: none"> <li>• AUSES/AUPED 314</li> <li>• AUSES/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.) AUSES/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>• 0-6 units Social Science</li> <li>• 0-3 units Fine Arts or Humanities</li> <li>• Options</li> </ul> | <ul style="list-style-type: none"> <li>• AIDS 401</li> <li>• AUSES/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, AUSES/AUPED 469</li> </ul> </li> <li>• 3-9 units Scientific and Performance Perspectives <ul style="list-style-type: none"> <li>◦ i.e.) AUSES/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>• 0-6 units Social Science</li> <li>• 0-3 units Fine Arts or Humanities</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 and see courses at [uab.ca/AugCore](http://uab.ca/AugCore)

### AIDS 101 (3 units, Fall)

The First-Year Seminar prepares students for university by teaching critical analysis, improving academic writing, fostering community involvement, and introducing career skills.

### AIDS 401 (6 units, Fall & Winter)

Students gain the skills and knowledge needed to work professionally with community partners, while reinforcing their ability to work collaboratively on a project. Students will also gain the skills and tools to market the knowledge acquired in their degree in competitive job markets.



*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)*

# Sport and Exercise Science (BA)

## Degree-Enhancing Experiences:

Make the most of your time at university - take advantage of these opportunities and more!

### Exchange to University of Southeastern Norway

Study Exercise and Health Management, Nordic Backcountry Skiing and Outdoor Leadership, and much more. Exchanges may be a semester or a year.

### Community Service-Learning

Connect classroom theory and practice and develop professional competencies through a volunteer placement that benefits the community.

### Vikings Athletics Student Trainer

Work day-to-day with a varsity team assisting with 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 yourself for a successful future:

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
- Join student groups and volunteer

### 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)



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