

Sport and Exercise Science (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
- AUIDS 101 - AUSES/AUPED 112 - AUSES/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	- AUSES/AUPED 215 - AUSES/AUPED 216 - AUSES/AUPED 232 - AUSES/AUPED 293 0-3 units Historical and Cultural Perspectives: - i.e.) AUHIS 212, AIDS 302 3-6 units Scientific Perspectives - i.e.) AUSES/AUPED 251 6-9 units Broader Scientific Perspectives - i.e.) AUBIO 230, 260, AUENV 120, etc. 0-3 units Ethics and Philosophy: - ie) AUREL 257, AUPHI 260, etc. - Options*	- AUSES/AUPED 314 - AUSES/AUPED 393 0-3 units Historical and Cultural Perspectives: - i.e.) AUHIS 312, 368, etc. 3-6 units Scientific Perspectives - i.e.) AUSES/AUPED 317, 343, etc. 6-9 units Broader Scientific Perspectives - i.e.) AUPSY 263, 275, etc. 0-3 units Ethics and Philosophy: - i.e.) AUREL 257, AUPHI 260, etc. - Options*	- AUIDS 401 - AUSES/AUPED 462 0-3 units Historical and Cultural Perspectives: - i.e.) AUHIS 312, AUSES/AUPED 469, etc. 3-6 units Scientific Perspectives - i.e.) AUSES/AUPED 375, 414, etc. 6-9 units Broader Scientific Perspectives - i.e.) AUPSY 263, 275, etc. - Any remaining requirements - Options*

*The bachelor of science degree consists of 120 units, including **at least 66 units** in Science. Beyond specific major requirements, the bachelor of science in sport and exercise science requires 12 units of Science 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

AUIDS 101 (Fall)

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

AUIDS 401 (Fall & Winter)

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.



*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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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 on the prevention, management and care of illness and injury of our athletes.

Undergraduate Research

Work one-on-one with professors on research topics and gain valuable experience to help you prepare for graduate school.

Prepare yourself for a successful future:

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
- 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

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

Learn more by
contacting us at:

uab.ca/AugSAS



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