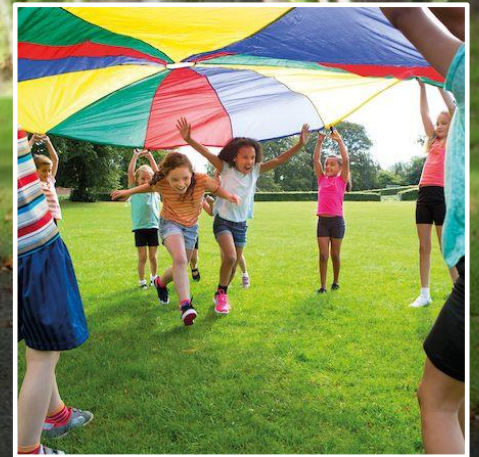


# PHYSICAL EDUCATION

SCHOOL OF EXERCISE SCIENCE, PHYSICAL AND HEALTH EDUCATION



Last updated: June 2022

## PHYSICAL & HEALTH EDUCATION PROGRAM

HEALTHY PEOPLE. HEALTHY PLACES. HEALTHY SOCIETY.

Are you passionate about recreation, wellness and health? Interested in exercise science or teaching physical education?

The School of Exercise Science, Physical and Health Education is all about movement and the key role that it plays in our lives and in a healthy, active society. We focus on the interdisciplinary study of human movement blending theory with active, dynamic learning—in the lab, through co-op and practicum, and in the field.

The Physical and Health Education program is an interdisciplinary program that prepares you to help others to develop the knowledge, skills and attitudes they need to lead active, healthy lives. Physical educators work in schools, as well as in public policy, event promotion, coaching, and international development via sport.



### TOPICS YOU WILL STUDY

- > Anatomy
- > Physiology
- > Motor learning
- > Biomechanics
- > Program planning
- > Physical literacy
- > Motor development
- > Instructional techniques
- > Children and adolescents with special needs
- > Exercise prescription
- > Skill performance and analysis

## TEACHER CERTIFICATION

To become a secondary school physical education teacher, you need to complete an undergraduate degree, then a secondary post degree professional program, and then apply for certification as a teacher in British Columbia. As part of your undergraduate studies, you need to take courses that enable you to teach physical education, and preferably a second teaching area of your choice. Teachable subject areas include Art, Biology, Chemistry, Computer Science, English, French, General Science, Mathematics, English, Physical and Health Education, Physics, Social Studies, Spanish, and Theatre. Admission to a secondary post degree professional program is dependent upon the prior completion of courses associated with one or two approved teachable subject areas.

## APPLY FROM SECONDARY SCHOOL

You cannot apply for direct admission to the University of Victoria's Physical and Health Education program. You must apply for initial admission to the Recreation and Health Education program. The Recreation and Health Education program and the Physical and Health Education (PHE) program have a common first year. At the end of your first year of study you can choose to opt-in to the Major in Physical and Health Education. The Recreation and Health Education program and the Physical and Health Education program have a common first year. At the end of your first year of study you can choose to opt-in to the Major in Physical and Health Education. Please refer to the Recreation and Health Education program information sheet for detailed information about the secondary school admission requirements for the Recreation and Health Education program.

## TRANSFER INTO PHE WITHIN UVIC

You can undertake studies at UVic and apply for admission to the Recreation and Health Education program for your second year and then subsequently opt-in to the Major in Physical and Health Education. Please refer to the Recreation and Health Education program information sheet for detailed information about the UVic transfer requirements for the Recreation and Health Education program. You can combine a PHE minor with any degree at UVic. The minor degree enables you to apply for the secondary post degree professional program with PHE as a teachable area.

## TRANSFER FROM ANOTHER COLLEGE OR UNIVERSITY

If you are interested in transferring to the Physical and Health Education program from another college or university, you need to apply for admission using the standard UVic procedures (i.e., both admission to UVic, initial admission to the Recreation and Health Education program, and then opt-in to the Major in Physical and Health Education). College or university transfer applicants must have completed the same program admission prerequisites or their transfer equivalents as UVic students. You can find-out how courses from another college or university transfer to UVic using the BC Transfer Guide. Once you have been admitted to the Recreation and Health Education program you can opt-in to the Major in Physical and Health Education

## UNSUCCESSFUL APPLICANTS

If your application for admission to the Recreation and Health Education program is unsuccessful you can continue to take many courses related to the degree without being formally in the program and lodge another application in a subsequent application round. You can apply for admission to the Recreation and Health Education program as many times as you wish.

**30 places**

WE RECEIVE APPROXIMATELY  
40 APPLICATIONS

### APPLICATIONS

- > Secondary school applicants apply by January 31
- > Transfer applicants apply by January 31
- > All applicants apply online via "My UVic application"

