STEP 1  ACCEPT OFFER
Sign in to your Student Service Centre (SSC). Click on Admissions, then Accept My Offer and pay the acceptance fee.

STEP 2  CHECK REGISTRATION DATE
Sign in to the SSC and click on Registration to find your registration date. Be sure to register as soon as your registration opens as courses fill up quickly. Registration is online only.

View registration times, based on year level.

STEP 3  CREATE A WORKLIST
In your SSC, access the Worklist tool to draft your timetable and ensure there are no conflicts. Make sure to create at least one Worklist for Terms 1 and 2. Need help? A video tutorial is available on your SSC homepage.

STEP 4  REGISTER
On your registration date, sign in to your SSC and register for the courses listed in your preferred Worklist(s) for both Term 1 and Term 2. Verify that you have registered in all required components of the course (lecture, lab, tutorial, and seminar) by clicking the Registered Courses button. When registering for courses, you may see a course listed as Full, Blocked, or Restricted. For more information on what to do if you see these class statuses, look for a Section Comment as these provide further registration instructions.

RESOURCES

Academic Calendar
Think of this as the official rulebook for the University. Learn about your important dates, degree requirements, UBC policies, deadlines and more: Academic calendar.

Degree Navigator
This tool can show you how your courses fit into the various degrees/majors offered at UBC Okanagan. You can access this program through your SSC under the Registration tab. Click on Degree Navigator, Okanagan. Video tutorials are available on your SSC Homepage.

UBC 101
Our online orientation is designed to provide a general introduction for new students to all things UBCO. From textbooks to housing, medical insurance to degree planning, UBC 101 provides a critical foundation of university and campus knowledge to help you succeed once you arrive on campus. All new-to-UBC students are pre-enrolled in UBC 101, which can be accessed on your canvas dashboard.

Student Learning Hub
UBCO offers a variety of free learning support resources, including supplemental learning, learning coaches, French and English language tutoring, subject-specific tutoring in math and science, and support for course-related writing and research.

For a complete list of available learning supports, visit the Student Learning Hub.
FIRST-YEAR PLANNING GUIDE

Welcome to the Bachelor of Human Kinetics program in the Faculty of Health and Social Development. This guide has been designed to help you register for your first-year courses.

<table>
<thead>
<tr>
<th>Term 1 (Sept–Dec)</th>
<th>Term 2 (Jan–April)</th>
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</thead>
<tbody>
<tr>
<td>HES 100 (previously HMKN 100): Health, Fitness, and Lifestyle</td>
<td>HES 102 (previously HMKN 101): Biomechanics</td>
</tr>
</tbody>
</table>
| ENGL 1XX
  Choose one: ENGL 109/112/114, 150, 151, 153, 154, 155 or 156                  | HES 108 (previously HMKN 105): Canadian Health Care System                        |
| Elective                                                                        | Elective                                                                        |
| Elective                                                                        | Elective                                                                        |

Elective courses can be taken from any subject area you’re interested in, provided you meet the course prerequisites. To explore your course options, log in to your SSC and view the Course Schedule to see what’s available.

Questions? Contact Academic Advising.