



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 each 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 Health and Exercise Sciences program in the Faculty of Health and Social Development. This guide has been designed to help you register for your first-year courses.

Term 1 (Sept–Dec)	Term 2 (Jan–April)
HES 100: Foundations of Health and Exercise Science	HES 102: Biomechanics
HES 101: Human Physiology I	HES 105: Exercise Physiology I
HES 120: Introduction to Human Anatomy	HES 111: Human Physiology II
HES 130: Social Determinants of Health	HES 131: Exercise Psychology
ENGL 1XX Choose one: ENGL 109, 112/114, 150, 151, 153, 154, 155 or 156	Non-HES 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.

Need help choosing an ENGL course? [Learn more](#) about our first-year ENGL courses.

Questions? Visit the [FAQs](#) or contact an [advisor](#).