

Mount Royal University
Bachelor of Health and Physical Education
ECOTOURISM AND OUTDOOR LEADERSHIP MAJOR

Academic Year 2024-2025



Please use this Planning Guide in conjunction with [mruGradU8](#), the [Academic Calendar](#), [MyMRU](#), [My Schedule Builder](#), [mtroyal.ca](#) and the [BHPE Degree Planner](#).

Semesters: Fall = F, Winter = W, Spring = S (Course offerings are subject to change from semester to semester)
A maximum of 16 courses (48 credits) may be completed at the 1000-level

***IMPORTANT NOTE:** To be eligible to graduate, Bachelor of Health and Physical Education students must achieve a minimum final grade of “C” in each core and major course. This means that any courses outside of your General Education and Elective requirements must have a minimum grade of “C”. If you receive a grade below “C” you must retake the course and achieve the minimum grade.

Year 1:

Register for these Year 1 courses first, then register for courses from the list titled “Courses that can be taken in either Year 1 or Year 2”

HPED 1000* – Introduction to Health and Physical Education	F (MUST take in Fall of 1st Year)
HPED 1070* (Section 001) – Foundations of Outdoor Leadership	F (MUST take in Fall of 1st Year)
ETOL 2230* – Sustainable Tourism	W (MUST take in Winter of 1st Year)
HPED 1020* – Introduction to Leadership and Communication for Recreation, Health, Sport, Physical Literacy and the Outdoors	F/W
HPED 1040* – Wellness & the Student: From Personal Health to Community Action	F/W
HPED 1640* – Program Planning	F/W
GNED 11XX – General Education, Cluster 1 Foundation Tier	F/W/S
GNED 12XX – General Education, Cluster 2 Foundation Tier	F/W/S
GNED 13XX – General Education, Cluster 3 Foundation Tier	F/W/S
GNED 14XX – General Education, Cluster 4 Foundation Tier	F/W/S
HPED 2870* – Intro Backpacking (1.5 Credits)	<i>(Block week course in June or August)</i>
HPED 2880* – Intro Canoeing (1.5 Credits) <i>(prereq: must be able to swim 100 m)</i>	<i>(Block week course in June or August)</i>

June courses can be found under the Spring semester and August courses can be found under the Fall semester for registration for Year 2.

Year 2:

Register for these Year 2 courses first and then add from the list titled “Courses that can be taken in either Year 1 or Year 2”.

ETOL 2270* – Theory and Practice in Leadership	F
HPED 2884* - Intro Winter Travel (1.5 Credits)	W
HPED 2030* – Statistics and Research Methods	F/W
HPED 2050* – Professional Practice <i>(prereq: HPED 1000 & HPED 1020)</i>	F/W/S and Summer (May-August)
ETOL 3270* – Expedition <i>(prereq: HPED 1070 & HPED 2870 & HPED 2880)</i>	<i>(Offered in May or August)</i>

Courses that can be taken in either Year 1 or Year 2:

ECOL 1210* – Ecology	F
HPED 2010* – Historical Foundations of Recreation, Health, Sport, Physical Literacy and the Outdoors <i>(prereq: HPED 1040)</i>	F/W
GEOG 1101* – The Physical Environment	F/W/S
MKTG 2150* – Introduction to Marketing	F/W/S
General Education Cluster 1 Tier 2	F/W/S
General Education Tier 2	F/W/S
General Education Tier 2	F/W/S

If you have questions about mruGradU8 or this Planning Guide, please email your Academic Advisor with your full name, student number and your questions at hpedadvising@mtroyal.ca.

Mount Royal University
Bachelor of Health and Physical Education
ECOTOURISM AND OUTDOOR LEADERSHIP MAJOR

Academic Year 2024-2025



Year 3:

Register for these Year 3 courses first, if you have not completed all of the courses listed in Year 1 and Year 2, complete them in Year 3.

HPED 3630* – Recreation and Sport Tourism	F
ETOL 3230* – Ecotourism Facilitation Skills (prereq: ETOL 2230 & ETOL 2270 & HPED 1020)	W
HPED 3050* – Practicum (prereq: HPED 2030 & HPED 2050)	F/W/S and Summer (May - August)

Year 4:

If you have not completed all of the courses listed in Year 1, Year 2 or Year 3, complete them in Year 4.

ETOL 4270* – Applied Leadership (prereq: HPED 1640, ETOL 3230, & 40-hour Wilderness First Aid)	F
ETOL 5200* – Issues in Ecotourism and Outdoor Leadership (prereq: HPED 3230 & HPED 3050)	W

Courses that can be taken in either Year 3 or Year 4:

HPED 3010* – Sociological Perspectives of Recreation, Health, Sport, Physical Literacy and the Outdoors (prereq: HPED 2010)	F/W
ENTR 2301* – Innovation and the Entrepreneurial Experience	F/W
General Education Tier 3 (please check for prerequisites)	F/W/S
General Education Tier 3 (please check for prerequisites)	F/W/S
General Education Tier 3 (please check for prerequisites)	F/W/S

Courses that can be taken anytime between Year 1 and Year 4:

Elective 1 (please check for prerequisites)	F/W/S
Elective 2 (please check for prerequisites)	F/W/S
Elective 3 (please check for prerequisites)	F/W/S
Elective 4 (pick electives from the 2000 level or higher) (please check for prerequisites)	F/W/S
Elective 5 (pick electives from the 2000 level or higher) (please check for prerequisites)	F/W/S

Activity Courses - Pick 5 of 8 (7.5 credits total) You can take these 1.5 credit courses between Year 1 and Year 4:

HPED 2860* - Introductory Fly Fishing (Valid Alberta basic recreation fishing license is required)	F
HPED 2871* – Introductory Mountain Travel	W
HPED 2872* – Wilderness Survival Techniques	W
HPED 2873* – Introductory Rock Climbing	F/W
HPED 2875* – Introductory Mountain Biking	F
HPED 2881* – Introductory Kayaking	W
HPED 3820* - Outdoor Adapted Physical Activity (prereq: HPED 2010)	W
HPED 3884* – Winter Backcountry Travel (recommended prereq: HPED 2884)	W

Extra Curricular Graduation Requirements (More information can be found on the HPED D2L site):

Expedition II – Unguided 8 day Expedition	Anytime after ETOL 3270
40hr Wilderness First Aid (must be current at time of graduation)	Anytime Year 1-3
Advanced Certification (must be current at time of graduation)	Anytime Year 1-4

Thinking about doing a minor? For a full list of available minors please refer to the current [Academic Calendar](#).

- A minor is a prescribed set of no less than six courses and no more than eight courses (or 18 credits).
- The designation for minor will appear on the transcript but not on the degree parchment.
- No more than 50% of courses, up to a maximum of four courses, can be used to satisfy both the minor and the major.
- Courses used to satisfy a General Education or Elective requirement can also be used to satisfy a requirement for a minor.
- Minors are not required so it's up to the student to declare their intention to complete a minor.
- The "Declaration of Minor" form is available at the Office of the Registrar or [online](#).

Students in the ETOL major are NOT eligible for the Outdoor Leadership minor .

If you have questions about mruGradU8 or this Planning Guide, please email your Academic Advisor with your full name, student number and your questions at hpedadvising@mtroyal.ca.