

Mount Royal University
Bachelor of Health and Physical Education
ATHLETIC THERAPY MAJOR - 4 YEAR PLAN

Academic Year 2023-2024



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

Semesters: F=Fall, W=Winter, S=Spring, Su=Summer 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, you must achieve a minimum final grade of "C" in each course listed here with an asterisk. If you receive a grade below "C" you must retake the course to achieve the minimum grade.
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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* – Foundations of Outdoor Leadership	F (MUST take in Fall of 1st Year)
PHYL 1512 – Human Anatomy (B grade minimum required)	F (MUST take in Fall of 1st Year)
BIOL 1216* – Human Physiology (equivalent to PHYL 2514 - Human Physiology)	W (MUST take in Winter of 1st Year)
HPED 2830* – Introductory Flexibility and Relaxation (1.5 Credits) (prereq: PHYL 1512)	W (MUST take in Winter of 1st Year)
HPED 2850* – Introductory Strength Training (1.5 Credits) (prereq: PHYL 1512)	W (MUST take in Winter of 1st Year)
HPED 1020* – Leadership and Communication	F/W
HPED 1040* – Wellness and the Student: From Personal Health to Community Action	F/W
GNED 11XX – General Education, Cluster 1 Foundation Tier	F/W/S/Su
GNED 14XX – General Education, Cluster 4 Foundation Tier	F/W/S/Su

Year 2:

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

ATTH 2112 – Clinical Musculoskeletal Anatomy (B- grade minimum required) (prereq: "B" in PHYL 1512)	F
PHYL 3516* – Biomechanics (prereq: "C" in PHYL 1512)	F/W
PHYL 3514* – Exercise Physiology (prereq: BIOL 1216 or PHYL 2514)	F/W
HPED 2030* – Statistics and Research Methods	F/W
ATTH 2505 – Prevention and Care of Athletic Injuries (B- grade minimum required) (prereq: "C" in PHYL 1512)	F/W
ATTH 2050* – Professional Practice (prereq: HPED 1000 & HPED 1020)	F/W/Su

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

HPED 1010* – Historical and Philosophical Foundations	F/W
PHYL 1530* – Movement Education	F/W
PHYL 1550* – Individual Activities	F/W
GNED 12XX – General Education, Cluster 2 Foundation Tier	F/W/S/Su
GNED 13XX – General Education, Cluster 3 Foundation Tier	F/W/S/Su

First Responder for AT (May or August prior to year 3) and Taping (August prior to year 3) are non-credit courses offered by designated external providers. More information about these courses will be communicated to students in the Winter semester of Year 2. Proceeding to Year 3 AT courses is dependent on the successful completion of First Responder and Taping.

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Year 3:

Register for these Year 3 courses first, then register for courses from the list titled "Courses that can be taken in either Year 3 or Year 4." Plan to register for 2000/3000 level courses in Year 3 and 3000/4000/5000 level courses in Year 4.

HPED 3030* – Research Methods and Statistics for Health Professionals (prereq: HPED 2030)	F
ATTH 3110* – Musculoskeletal Assessment - Peripheral (prereq: ATTH 2050, HPED 2830 & 2850. PHYL 3514 & 3516. "B-" grade in ATTH 2505 & ATTH 2112)	F
ATTH 3120* – Therapeutic Modalities (prereq: ATTH 2050, HPED 2830 & 2850. PHYL 3514 & 3516. "B-" grade in ATTH 2505 & ATTH 2112)	F
ATTH 3150* – Clinical Practicum I (1.5 Credits) (prereq: ATTH 2050, HPED 2830 & 2850. PHYL 3514 & 3516. "B-" grade in ATTH 2505 & ATTH 2112)	F
ATTH 3160* – Field Practicum I (1.5 Credits) (prereq: ATTH 2050, HPED 2830 & 2850. PHYL 3514 & 3516. "B-" grade in ATTH 2505 & ATTH 2112)	F
ATTH 3130* – Rehabilitation Techniques I (prereq: HPED 3030 & ATTH 3110 & 3120 & 3150 & 3160)	W
ATTH 3152* – Clinical Practicum II (1.5 Credits) (prereq: ATTH 3110 & 3120 & 3150)	W
ATTH 3162* – Field Practicum II (1.5 Credits) (prereq: ATTH 3110 & 3120 & 3160)	W
PHYL 3518* – Physical Growth and Development	F/W

Year 4:

ATTH 4110* – Musculoskeletal Assessment - Spinal (prereq: ATTH 3130 & 3152 & 3162)	F
ATTH 4130* – Rehabilitation Techniques II (prereq: ATTH 3130 & 3152 & 3162)	F
ATTH 4150* – Clinical and Field Practicum III (prereq: ATTH 3110 & 3130 & 3152 & 3162)	F
ATTH 4140* – Practical Clinical Management and Administration (prereq: ATTH 4110 & 4130 & 4150)	W
ATTH 4152* – Clinical and Field Practicum IV (prereq: ATTH 4110 & 4130 & 4150)	W
ATTH 5100* – Issues in Athletic Therapy (prereq: ATTH 4150)	W
PHYL 4518* – Motor Learning (prereq: PHYL 3518)	F/W

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

PHYL 2510* – Sport and Exercise Psychology	F/W
PHYL 2520* – Introductory and Intermediate Coaching	F/W
HPED 3010* – Sociological Perspectives	F/W
PHYL 3320* – Adapted Physical Activity	F/W
HPED 2507* – Nutrition and Health	F/W/S
General Education Tier 2 (one course from any cluster)	F/W/S/Su

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