

Please use this Planning Guide in conjunction with [mruGradU8](#), the [Academic Calendar](#), MyMRU 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**

### 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	<b>F (MUST take in Fall of 1st Year)</b>
HPED 1070* – Foundations of Outdoor Leadership	<b>F (MUST take in Fall of 1st Year)</b>
HPED 1020* – Leadership and Communication	<b>F/W</b>
HPED 1040* – Wellness & the Student: From Personal Health to Community Action	<b>F/W</b>
PHYL 1310* – Teaching Games for Understanding	<b>F/W</b>
PHYL 1512* – Human Anatomy (Gen. Ed. Tier 2, Cluster 1)	<b>F/W</b>
GNED 11XX – General Education, Cluster 1 Foundation Tier	<b>F/W/S</b>
GNED 12XX – General Education, Cluster 2 Foundation Tier	<b>F/W/S</b>
GNED 13XX – General Education, Cluster 3 Foundation Tier	<b>F/W/S</b>
GNED 14XX – General Education, Cluster 4 Foundation Tier	<b>F/W/S</b>

### 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".

BIOL 1216* – Human Physiology (meets PHYL 2514 - Human Physiology)	<b>F/W</b>
HPED 2030* – Statistics and Research Methods	<b>F/W</b>
ATTH 2505* – Prevention and Care of Athletic Injuries ( <i>prereq: PHYL 1512 w/ min. "C" grade</i> )	<b>F/W</b>
HPED 2507* – Nutrition and Health	<b>F/W/S</b>
HPED 2050* – Professional Practice ( <i>prereq: HPED 1000 &amp; HPED 1020</i> )	<b>F/W/S and Summer (May-August)</b>

**Courses that can be taken in either Year 1 or Year 2** (Plan to register for 1000 level courses in Year 1 and 2000 level courses in Year 2.)

PHYL 1530* – Movement Education	<b>F/W</b>
PHYL 1550* – Individual Activities	<b>F/W</b>
PHYL 2510* – Sport and Exercise Psychology	<b>F/W</b>
PHYL 2520* – Introductory and Intermediate Coaching	<b>F/W</b>
HPED 1010* – Historical and Philosophical Foundations	<b>F/W</b>
HPED Major Activity Elective* (see back page for a list of options)	<b>F/W/S</b>
General Education Tier 2 (2000 level or higher)	<b>F/W/S</b>
General Education Tier 2 (2000 level or higher)	<b>F/W/S</b>

### 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 3050* – Practicum ( <i>prereq: HPED 2030 &amp; HPED 2050</i> )	<b>F/W/S and Summer (May-August)</b>
PHYL 3514* – Exercise Physiology ( <i>prereq: BIOL 1216 or PHYL 2514 w/min. "C" grade</i> )	<b>F/W</b>
PHYL 3516* – Biomechanics ( <i>prereq: PHYL 1512 w/ min. "C" grade</i> )	<b>F/W</b>
PHYL 3518* – Physical Growth and Development	<b>F/W</b>

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](mailto:hpedadvising@mtroyal.ca).

## 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.

PHYL 4340* – Health Promotion ( <i>prereq: HPED 1040 &amp; HPED 2507 &amp; PHYL 2510</i> )	F/W
PHYL 4518* – Motor Learning ( <i>prereq: PHYL 3518</i> )	F/W
PHYL 5300* – Issues in Physical Literacy ( <i>prereq: HPED 2030, HPED 2050 &amp; 90 credits completed</i> )	W

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

HPED 3010* – Sociological Perspectives	F/W
PHYL 3320* – Adapted Physical Activity	F/W
Major Elective* - HPED, PHYL, ETOL, SRMG, or ATTH @ 2000, 3000, or 4000 level ( <i>check for prereqs</i> )	F/W
Elective 1 (may need to pick electives from the 2000 level or higher)	F/W/S
Elective 2 (may need to pick electives from the 2000 level or higher)	F/W/S
Elective 3 (pick electives from the 2000 level or higher)	F/W/S
Elective 4 (pick electives from the 2000 level or higher)	F/W/S
General Education Tier 3 ( <i>please check for prerequisites</i> )	F/W/S
General Education Tier 3 ( <i>please check for prerequisites</i> )	F/W/S
General Education Tier 3 ( <i>please check for prerequisites</i> )	F/W/S

## Major Activity Elective Options\* - (3 credits total):

HPED 2810 - Invasion Games	3 credits	S
HPED 2830 - Introductory Flexibility and Relaxation ( <i>prereq: PHYL 1512</i> )	1.5 credits	F/W
HPED 2832 - Functional Gymnastics	3 credits	W or S
HPED 2850 - Introductory Strength Training ( <i>prereq: PHYL 1512</i> )	1.5 credits	F/W
HPED 2851 - Cardiovascular Training	1.5 credits	W
HPED 2852 - Net and Implement Games	3 credits	S
HPED 2873 - Introductory Rock Climbing	1.5 credits	F/W
HPED 2875 - Introductory Mountain Biking	1.5 credits	F
HPED 2881 - Introductory Kayaking ( <i>prereq: must be able to swim 100m</i> )	1.5 credits	W
HPED 2883 - Recreational Aquatic Games ( <i>prereq: must be able to swim 100m</i> )	3 credits	W
HPED 3850 - Advanced Strength Training ( <i>prereq: HPED 2850</i> )	3 credits	W

**These activity courses are subject to change the semester they are offered in. The semesters listed are when they are offered the most but this is not a guarantee. Some are only offered every other year. Refer to MyMRU when registration opens for the most up to date offerings.**

<b>General Education Requirements:</b> <i>Foundation Tier (4 courses total)</i> <ul style="list-style-type: none"> <li>Choose one course from each Cluster</li> </ul> <i>Tier 2 (3 courses total)</i> <ul style="list-style-type: none"> <li>One course must be from Cluster 1 (PHYL 1512* fulfills this requirement and is a major requirement)</li> <li>Remaining two courses must be from two <i>different</i> clusters (2, 3, or 4)</li> </ul> <i>Tier 3 (3 courses total)</i> <ul style="list-style-type: none"> <li>Must choose from a minimum of two different clusters</li> </ul>	<b>*IMPORTANT NOTE:</b> 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. If you receive a grade below "C" you must retake the course to achieve the minimum grade.
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**Students in the Physical Literacy major are NOT eligible for the Physical Literacy for Education minor.**