

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

Academic Year 2021-22



Please use this Advising 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  
 If you have any registration concerns, please meet with an academic advisor or email [hpedadvising@mtroyal.ca](mailto:hpedadvising@mtroyal.ca)

**You are expected to complete all of the courses on this page by the beginning of Year 3.**

**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 – Issues in 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>
PHYL 1512 – Human Anatomy (B grade minimum required)	<b>F (MUST take in Fall of 1st Year)</b>
BIOL 1216 – Human Physiology (equivalent to PHYL 2514 - Human Physiology)	<b>W (MUST take in Winter of 1st Year)</b>
HPED 2830 – Introductory Flexibility and Relaxation (1.5 Credits) (prereq: PHYL 1512)	<b>W (MUST take in Winter of 1st Year)</b>
HPED 2850 – Introductory Strength Training (1.5 Credits) (prereq: PHYL 1512)	<b>W (MUST take in Winter of 1st Year)</b>
HPED 1020 – Leadership and Communication	<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 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)	<b>F</b>
PHYL 3516 – Biomechanics (prereq: "C" in PHYL 1512)	<b>F</b>
PHYL 3514 – Exercise Physiology (prereq: BIOL 1216 or PHYL 2514)	<b>W</b>
HPED 2030 – Statistics and Research Methods	<b>F/W</b>
ATTH 2505 – Prevention and Care of Athletic Injuries (B- grade minimum required) (prereq: "C" in PHYL 1512)	<b>F/W</b>
ATTH 2050 – Professional Practice (prereq: HPED 1000 & HPED 1020)	<b>F/W</b>

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

HPED 1010 – Historical & Philosophical Foundations	<b>F/W</b>
HPED 1040 – Wellness & the Student: From Personal Health to Community Action	<b>F/W</b>
PHYL 1530 – Movement Education	<b>F/W</b>
PHYL 1550 – Individual Activities	<b>F/W</b>

**August before Year 3:**

First Responder for AT and Taping (non credit courses offered by designated external provider)*	<b>May or August</b>
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\*More information about these courses will be communicated with students in the Winter semester of Year 2.

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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 & 2830 & 2850. PHYL 3514 & 3516. "B-" grade ATTH 2505)	F
ATTH 3120 – Therapeutic Modalities (prereq: ATTH 2050 & 2830 & 2850 & PHYL 3514. "B-" grade ATTH 2505 & "B-" grade ATTH 2112)	F
ATTH 3150 – Clinical Practicum I (1.5 Credits) (prereq: ATTH 2050 & 2830 & 2850 & PHYL 3514. "B-" grade ATTH 2112 & "B-" grade ATTH 2505)	F
ATTH 3160 – Field Practicum I (1.5 Credits) (prereq: ATTH 2050 & 2830 & 2850 & PHYL 3514 & "B-" grade ATTH 2112 & "B-" grade ATTH 2505)	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 & 3150)	W
PHYL 3518 – Physical Growth and Development	F/W

**Year 4:**

ATTH 4110 – Musculoskeletal Assessment - Spinal	F
ATTH 4130 – Rehabilitation Techniques II (prereq: ATTH 3130 & 3152 & 3162)	F
ATTH 4150 – Clinical and Field Practicum III (prereq: ATTH 3110 & 3152 & 3162)	F
ATTH 4140 – Practical Clinical Management and Administration	W
ATTH 4152 – Clinical and Field Practicum IV (prereq: ATTH 4110 & 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	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