

Mount Royal University
Bachelor of Health and Physical Education
ATHLETIC THERAPY MAJOR - 4 YEAR PLAN
 Academic Year 2022-2023



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
A maximum of 16 courses (48 credits) may be completed at the 1000-level
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	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
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

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
PHYL 3514 – Exercise Physiology (prereq: BIOL 1216 or PHYL 2514)	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

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

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

May or August before Year 3:

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

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

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

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