

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

Academic Year 2026-2027



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, Ecotourism and Outdoor Leadership students must achieve a minimum final grade of "C" in each major course. If you receive a grade below "C" you must retake the course and achieve the minimum grade. Business (MKTG and ENTR), General Education and Elective requirements DO NOT require a minimum "C" grade - you must pass the courses to count them towards graduation.

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 only) – Foundations of Outdoor Leadership	F (MUST take in Fall of 1st Year)	
ETOL 2230* – Foundations of Sustainable Tourism	W (MUST take in Winter of 1st Year)	
HPED 1040* – Wellness & the Student: From Personal Health to Community Action	W (MUST take in Winter of 1st Year)	
HPED 1020* – Foundations of Leadership and Communication for Recreation, Health, Sport, Physical Literacy and the Outdoors	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 (prereq: HPED 1070)	1.5 Credits	(Block week course in June or August)
HPED 2880* – Intro Canoeing (prereq: HPED 1070 & must be able to swim 100 m)	1.5 Credits	(Block week course in June or August)
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* - Nordic Skiing & Winter Camping (prereq: HPED 1070)	1.5 Credits	W (Formally Intro to Winter Travel)
HPED 2010* – Historical Foundations of Recreation, Health, Sport, Physical Literacy and the Outdoors (prereq: HPED 1040)	F/W (formally HPED 1010)	
HPED 2030* – Statistics and Research Methods	F/W	
HPED 2050* – Professional Practice (prereq: HPED 1000 & HPED 1020)	F/W/S and Summer (May-August)	
ETOL 3270* – Expedition (prereq: HPED 1070 & HPED 2870 and HPED 2880)	(Offered in May or August)	

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

ECOL 1210* – Ecology	F
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

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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* – Relevant Topics in Sustainable Tourism (prereq: ETOL 2230 & 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 (try to pick electives from the 2000 level or higher) (please check for prerequisites)	F/W/S
Elective 5 (try to 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* – Technical Mountain Skills (prereq: HPED 1070)	W (formally Introductory Mountain Travel)
HPED 2872* – Wilderness Survival (prereq: HPED 1070)	W (formally Wilderness Survival Techniques)
HPED 2873* – Introductory Rock Climbing	F/W
HPED 2875* – Introductory Mountain Biking (prereq: HPED 1070 & competently ride mt. bike off-road)	F
HPED 2881* – Introductory Kayaking (must be able to swim 100 m)	W
HPED 3820* – Outdoor Adapted Physical Activity (prereq: HPED 2010)	W
HPED 3884* – Backcountry Touring & Avalanche Awareness (prereq: HPED 1070)	W (formally Winter Backcountry Travel)

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

40hr Wilderness First Aid (must be current for ETOL 4270 and at the time of graduation)	Anytime Year 2-3
Expedition II – Unguided 8 day Expedition	Anytime after ETOL 3270
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](#).

- 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.