

**Mount Royal University**  
**Bachelor of Health and Physical Education**  
**SPORT AND RECREATION MANAGEMENT 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, Sport and Recreation Management 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 (ACCT, HRES, MKTG, ENTR, MGMT, SINV), 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” below. As much as possible, plan to register for 1000 level courses in Year 1 and 2000 level courses in Year 2.

|  |  |
|--|--|
| HPED 1000* – Introduction to Health and Physical Education   | <b>F (MUST take in Fall of 1st Year)</b>   |
| HPED 1070* (Section 002 or 103 only) – Foundations of Outdoor Leadership   | <b>F (MUST take in Fall of 1st Year)</b>   |
| SRMG 1400* – Organization and Administration of Sport  | <b>F (MUST take in Fall of 1st Year)</b>   |
| HPED 1040* – Wellness & the Student: From Personal Health to Community Action  | <b>W (MUST take in Winter of 1st Year)</b> |
| HPED 1020* – Foundations of Leadership and Communication for Recreation, Health, Sport, Physical Literacy and the Outdoors | <b>F/W</b>                                 |
| HPED 1640* – Program Planning  | <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” below.

|  |                                      |
|--|--------------------------------------|
| SRMG 2440* – Community Development (prereq: HPED 1640)   | <b>F</b>                             |
| SRMG 2400* – Commercial Recreation (prereq: SRMG 1400)   | <b>W</b>                             |
| HPED 2010* – Historical Foundations of Recreation, Health, Sport, Physical Literacy and the Outdoors (prereq: HPED 1040) | <b>F/W</b> (formally HPED 1010)      |
| HPED 2030* – Statistics and Research Methods   | <b>F/W</b>                           |
| ACCT 2121 – Financial Accounting Concepts  | <b>F/W</b>                           |
| HPED 2050* – Professional Practice (prereq: HPED 1000 & HPED 1020)   | <b>F/W/S and Summer (May-August)</b> |

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

|  |              |
|--|--------------|
| HRES 2170 – Introduction to Human Resources                            | <b>F/W</b>   |
| MKTG 2150 – Introduction to Marketing                                  | <b>F/W</b>   |
| Management and Innovation Option (options listed below)                |              |
| <b>Management and Innovation Option - choose one of:</b>               |              |
| → ENTR 2301 – Innovation and the Entrepreneurial Experience            |              |
| → MGMT 2130 - Management Principles and Practices                      |              |
| → SINV 2201 - Changing the World: An Introduction to Social Innovation |              |
| General Education Cluster 1 Tier 2                                     | <b>F/W/S</b> |
| General Education Tier 2   | <b>F/W/S</b> |
| General Education Tier 2   | <b>F/W/S</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 [hceadvising@mtroyal.ca](mailto:hceadvising@mtroyal.ca).

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

|  |                                 |
|--|---------------------------------|
| HPED 3630* – Recreation and Sport Tourism                                | F                               |
| SRMG 3400* – Facility and Event Planning (prereq: SRMG 2400 & SRMG 2440) | W                               |
| ACCT 3224 – Management Accounting I (prereq: ACCT 2121)                  | F/W/S                           |
| 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.

|  |   |
|--|---|
| SRMG 5400* – Issues in Sport and Recreation Management (prereq: HPED 2030, HPED 2050 & 90 credits completed) | 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   |
| PHYL 3320* - Adapted Physical Activity  | F/W   |
| ENTR 3331 - Law for Sport and Recreation Management   | F/W   |
| MKTG 3258 – Evidence-Based Marketing (prereq: MKTG 2150)  | F/W   |
| SRMG Business Senior Option (options listed below, listed in mruGradU8 as "Additional Option")                              | F/W/S |

**SRMG Business Senior Option - choose one of:**

- HRES 3277 - Organizational Learning and Development (prereq: HRES 2170)
- HRES 3278 - Employee Relations (prereq: HRES 2170)
- INBU 2201 - Cross-Cultural Management
- MGMT 4402 - Corporate Social Responsibility (Recommended Preparation: At least two courses at 3000 level or higher)
- MGMT 4407 - Governance and Ethical Issues in Organizations (Recommended Preparation: At least two courses at 3000 level or higher)
- PHIL 2229 - Business Ethics (Recommended Preparation: Any Philosophy course)
- SINV 3305 - Agents of Social Change

|   |       |
|---|-------|
| 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:**

|   |       |
|---|-------|
| Sport and Rec Major Elective* (see options listed on the next page, check for prereqs)            | F/W/S |
| Elective 1 (please check for prerequisites)   | F/W/S |
| Elective 2 (please check for prerequisites)   | F/W/S |
| Elective 3 (try to pick electives from the 2000 level or higher) (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 |

**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 Sport and Recreation Management major are NOT eligible for the Business minor or the Business of Sport and Recreation minor.**

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| Sport and Rec Major Elective Options (3 credits total required)  | Credits | Semester Available          |
|--|---------|-----------------------------|
| PHYL 2520* - Introductory and Intermediate Coaching  | 3       | F/W                         |
| HPED 2507* - Nutrition and Health  | 3       | F/W/S                       |
| PHYL 3510* - Psychology of Exercise (prereq: HPED 1000, HPED 1040, HPED 2030)  | 3       | F/W (formally PHYL 2510)    |
| PHYL 1512* - Human Anatomy   | 3       | F/W                         |
| PHYL 2530* - Foundations of Physical Literacy (prereq: HPED 1000 & HPED 1040)  | 3       | F/W                         |
| PHYL 2514* - Human Physiology (prereq: BIOL 30 or equivalent and PHYL 1512)  | 3       | F/W                         |
| HPED 2832* - Functional Gymnastics   | 3       | F/W/S                       |
| HPED 2851* - Cardiovascular Training   | 1.5     | F/W                         |
| HPED 2883* - Recreational Aquatic Games  | 3       | W                           |
| PHYL 4720* - Advanced Coaching (prereq: PHYL 2520 or the NCCProgram Part A and B of the Competition Introduction Stream.)  | 3       | W                           |
| ETOL 2270* - Theory and Practice in Leadership   | 3       | F                           |
| HPED 2860* - Introductory Fly Fishing (Valid Alberta basic recreation fishing license is required)   | 1.5     | F                           |
| HPED 2870* - Introductory Backpacking  | 1.5     | June or August (Block week) |
| HPED 2875* - Introductory Mountain Biking (prereq: HPED 1070 & competently ride mt. bike off-road)   | 1.5     | F                           |
| HPED 2880* - Introductory Canoeing (prereq: HPED 1070 & must be able to swim 100 m)  | 1.5     | June or August (Block week) |
| ETOL 2230* - Sustainable Tourism   | 3       | W                           |
| HPED 2871* - Technical Mountain Skills (prereq: HPED 1070) (formally Introductory Mountain Travel)   | 1.5     | W                           |
| HPED 2872* - Wilderness Survival (prereq: HPED 1070)   | 1.5     | W                           |
| HPED 2881* - Introductory Kayaking (prereq: must be able to swim 100 m)  | 1.5     | W                           |
| HPED 2884* - Nordic Skiing and Winter Camping (prereq: HPED 1070) (formally Intro Winter Travel)   | 1.5     | W                           |
| HPED 3820* - Outdoor Adapted Physical Activity (prereq: HPED 2010)   | 1.5     | W                           |
| HPED 3884* - Backcountry Touring & Avalanche Awareness (prereq: HPED 1070)   | 1.5     | W                           |
| HPED 2873* - Introductory Rock Climbing  | 1.5     | F/W                         |
| ETOL 3230* - Relevant Topics in Sustainable Tourism (prereq: HPED ETOL 2230, ETOL 2270, and HPED 1020)   | 3       | W                           |
| ETOL 3270* - Expedition (prereq: HPED 1070 and HPED 2870 and HPED 2880 or consent of the department)   | 3       | VARIES                      |
| <p><i>These 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 and/or My Schedule Builder when registration opens for the most up to date offerings. Highlighted courses are restricted to ETOL, PHYL and ATTH major students first, but restrictions will be adjusted at a later date if there are seats available.</i></p> |         |                             |
| Field Schools  | Credits | Semester Available          |
| HPED 3709* - Field School A  | 3       | VARIES                      |
| HPED 3711* - Field School B (prereq: one of GNED 1301, GNED 1303, GNED 1304, or approval of the department)  | 6       | VARIES                      |

**Restriction Override Requests:**

The Department of Health and Physical Education will review and adjust restrictions each year in July for the Fall and Winter semesters. If by August 1st and November 1st the restrictions remain on the courses that you wish to register in you may make a request using this form, <https://forms.gle/ZK2mfMkNPkDpsLNG6> This is only a guarantee of your request being reviewed, this is not a guarantee of a restriction override.

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