

Mount Royal University
Bachelor of Health and Physical Education Advising Guide
ATHLETIC THERAPY MAJOR - 4 YEAR PLAN
 Academic Year 2025-2026



Please use this Planning Guide in conjunction with [mruGradU8](#), [the Academic Calendar](#), MyMRU and the [BHPE Degree Planner](#).

Semesters: F=Fall, W=Winter, S=Spring, Su=Summer 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, you must achieve a minimum final grade of "C" in each course listed here with an * asterisk. If you receive a grade below "C" you must retake the course to achieve the minimum grade.
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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)
PHYL 1512 – Human Anatomy (B grade minimum required)	F (MUST take in Fall of 1st Year)
HPED 1040* - Wellness and the Student: From Personal Health to Community Action	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)
PHYL 2530* - Foundations of Physical Literacy (<i>prereq: HPED 1000 and HPED 1040</i>)	W (MUST take in Winter of 1st Year)
HPED 2830* – Introductory Flexibility and Relaxation (1.5 Credits) (<i>prereq: PHYL 1512</i>)	W (MUST take in Winter of 1st Year)
HPED 2850* – Introductory Strength Training (1.5 Credits) (<i>prereq: PHYL 1512</i>)	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
PHYL 2520* - Introductory and Intermediate Coaching	F/W
GNED 11XX – General Education, Cluster 1 Foundation Tier	F/W/S/Su
GNED 14XX – General Education, Cluster 4 Foundation Tier	F/W/S/Su

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) (<i>prereq: "B" in PHYL 1512</i>)	F/Su (two weeks)
HPED 2010* - Historical Foundations of Recreation, Health, Sport, Physical Literacy and the Outdoors (<i>Prereq: HPED 1000, HPED 1040</i>)	F
HPED 2030* – Statistics and Research Methods	F
PHYL 3516* – Biomechanics (<i>prereq: "C" in PHYL 1512</i>)	F/W
PHYL 3514* – Exercise Physiology (<i>prereq: BIOL 1216 or PHYL 2514 w/min. "C" grade</i>))	F/W
ATTH 2505 – Prevention and Care of Athletic Injuries (B- grade minimum required) (<i>prereq: "C" in PHYL 1512</i>)	F/W
ATTH 2050* – Professional Practice (<i>prereq: HPED 1000 & HPED 1020</i>)	F/W/Su (Students will declare in April of their 1st year)
PHYL 3510* - Exercise Psychology (<i>prereq: HPED 1000, HPED 2010, HPED 2030 and PHYL 2530</i>)	W

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

GNED 12XX – General Education, Cluster 2 Foundation Tier	F/W/S/Su
GNED 13XX – General Education, Cluster 3 Foundation Tier	F/W/S/Su
HPED 2507* – Nutrition and Health	F/W/S

First Responder for AT (May or August prior to year 3) and Taping (August prior to year 3) are non-credit courses offered by designated external providers. More information about these courses will be communicated to students in the Winter semester of Year 2. Proceeding to Year 3 AT courses is dependent on the successful completion of First Responder and Taping.

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.

ATTH 3110* – Musculoskeletal Assessment - Peripheral (prereq: ATTH 2050 & 2830 & 2850. PHYL 3514 & 3516. "B-" grade in ATTH 2505 and ATTH 2112)	F
ATTH 3120* – Therapeutic Modalities (prereq: ATTH 2050 & 2830 & 2850. PHYL 3514 & 3516. "B-" grade in ATTH 2505 and ATTH 2112)	F
ATTH 3150* – Clinical Practicum I (1.5 Credits) (prereq: ATTH 2050 & 2830 & 2850. PHYL 3514 & 3516. "B-" grade in ATTH 2505 and ATTH 2112)	F
ATTH 3160* – Field Practicum I (1.5 Credits) (prereq: ATTH 2050 & 2830 & 2850. PHYL 3514 & 3516. "B-" grade in ATTH 2505 and ATTH 2112)	F
ATTH 3130* – Rehabilitation Techniques I (prereq: 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
HPED 3030* – Research Methods and Statistics for Health Professionals (prereq: HPED 2030)	W
PHYL 3320* – Adapted Physical Activity	F/W
PHYL 3518* - Physical Growth and Development (prereq: PHYL 2530)	F/W
HPED 3010* – Sociological Perspectives of Recreation, Health, Sport, Physical Literacy and the Outdoors. (prereq: HPED 2010)	F/W

Year 4:

ATTH 4110* – Musculoskeletal Assessment - Spinal (prereq: ATTH 3130, 3152, 3162)	F
ATTH 4130* – Rehabilitation Techniques II (prereq: ATTH 3130, 3152, 3162, and HPED 3030)	F
ATTH 4150* – Clinical and Field Practicum III (prereq: ATTH 3110, 3130, 3152, 3162 and HPED 3030)	F
ATTH 4140* – Practical Clinical Management and Administration (prereq: ATTH 4110, ATTH 4130, ATTH 4150 and HPED 3030)	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 4550* - Social & Emotional Domains of Physical Literacy (prereq: PHYL 3510 & HPED 3010)	F/W
PHYL 4518* - Motor Learning (prereq: PHYL 3518)	F/W

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

	General Education Tier 2 (one course from any cluster)	F/W/S
	PHYL 4203* - Fitness Assessment and Prescription (<i>prereq: PHYL 3510, HPED 2850, PHYL 3514</i>)	W/S

Canadian Society for Exercise Physiology - Certified Personal Trainer (CSEP - CPT)

The Canadian Society for Exercise Physiology (CSEP) is the principal body for physical activity, health and fitness research and personal training in Canada. CSEP is a national voluntary organization composed of professionals interested and involved in the scientific study of exercise physiology, exercise biochemistry, fitness, and health. The CSEP Professional Standards Program sets the highest standards for qualified exercise professionals across Canada through certification and evidence-informed practice. CSEP's standard core competencies, theory and practical exams, continued professional development and renewal requirements ensure CSEP's certified members' knowledge and skills align with cutting edge research in exercise science, physiology, health and fitness. Learn more about the [application process](#) or [apply](#) to challenge the exams.

CSEP certifications have specific academic requirements that need to be met to be eligible to challenge the exams. CSEP-Certified Personal Trainer (CPT) applicants must show they have, at a minimum, the equivalent of two years of full-time study (or 60 credits) at the post-secondary level, in a related field. CSEP Recommended Course Maps aligns academic courses offered by post-secondary institutions with the core competencies of the CSEP certifications. CSEP Recommended [Course Maps](#) for Mount Royal University.

Questions about CSEP:

For information on: your membership, benefits, questions about your application, or the status of your registration, please contact memberships@csep.ca or Toll-Free: 1-877-651-3755. See also: [Membership FAQs](#) or [Certification FAQs](#).

Questions about Health and Physical Education Course Planning:

athletic.therapy@mtroyal.ca

Choosing a minor allows students to focus on a secondary area of interest to their major. Students should consider a minor if they have more than one main interest or if they want to connect two areas of study. Completing a minor in the BHPE - Athletic Therapy major will add extra time to your degree and extra courses. To learn more about your choices, click here, [Minors](#). Please see your advisor if this interests you.



CATA oversees the certification process of Certified Athletic Therapists in Canada. The BHPE - AT major at Mount Royal University is a CATA-accredited institution in Canada. Certification Candidates must hold a valid Canadian Red Cross BLS (or CATA equivalent) Certificate and, after graduating, must successfully pass the National Certification Examination.

To become a Certification Candidate, an individual must:

- Be enrolled at a CATA accredited institution
- Complete the Online Application for Certification Candidate Membership.

Anyone wishing to attempt the National Certification Exam must maintain their membership status with the CATA for a minimum of 18 months immediately preceding attempting the CATA NCE.