

Mount Royal University
Bachelor of Health and Physical Education
PHYSICAL LITERACY MAJOR

Academic Year 2024/2025



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, Bachelor of Health and Physical Education students must achieve a minimum final grade of “C” in each core and major course. This means that any courses outside of your General Education and Elective requirements must have a minimum grade of “C”. If you receive a grade below “C” you must retake the course and achieve the minimum grade.

Year 1:

Register for these Year 1 courses first, if they are full or don't fit in your schedule then register for courses from the lists titled “Courses that can be taken in either Year 1 or Year 2” and/or “Courses that can be taken anytime between Year 1 and Year 4”.

HPED 1000* – Introduction to Health and Physical Education	F (MUST take in Fall of 1st Year)
HPED 1040* – Wellness & the Student: From Personal Health to Community Action	F (MUST take in Fall of 1st Year)
PHYL 2530* - Foundations of Physical Literacy (prereq: HPED 1000 & HPED 1040)	W (MUST take in Winter of 1st Year)
HPED 1020* – Introduction to Leadership and Communication for Recreation, Health, Sport, Physical Literacy and the Outdoors	F/W
PHYL 1512* – Human Anatomy (Gen. Ed. Tier 2, Cluster 1)	F/W
PHYL 2520* – Introductory and Intermediate Coaching	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 add from the lists titled “Courses that can be taken in either Year 1 or Year 2” and/or “Courses that can be taken anytime between Year 1 and Year 4”.

BIOL 1216* – Human Physiology (meets PHYL 2514 - Human Physiology)	F/W
HPED 2030* – Statistics and Research Methods	F/W
ATTH 2505* – Prevention and Care of Athletic Injuries (prereq: PHYL 1512 w/ min. “C” grade)	F/W
HPED 2507* – Nutrition and Health	F/W/S
HPED 2050* – Professional Practice (prereq: HPED 1000 & HPED 1020)	F/W/S and Summer (May-August)

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

HPED 2010* – Historical Foundations of Recreation, Health, Sport, Physical Literacy and the Outdoors (prereq: HPED 1040)	F/W
HPED 2850* - Introductory Strength Training (prereq: PHYL 1512)	1.5 credits F/W
One of:	
HPED 2830* - Introductory Flexibility and Relaxation (prereq: PHYL 1512)	1.5 credits F/W/S
HPED 2851* - Cardiovascular Training	1.5 credits F/W
General Education Tier 2 (2000 level or higher)	F/W/S
General Education Tier 2 (2000 level or higher)	F/W/S

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Year 3:

Register for these Year 3 courses first, then add from the lists titled “Courses that can be taken in either Year 3 or Year 4” and/or “Courses that can be taken anytime between Year 1 and Year 4”.

HPED 3050* – Practicum (prereq: HPED 2030 & HPED 2050)	F/W/S and Summer (May-August)
PHYL 3514* – Exercise Physiology (prereq: BIOL 1216 or PHYL 2514 w/min. “C” grade)	F/W
PHYL 3516* – Biomechanics (prereq: PHYL 1512 w/ min. “C” grade)	F/W
PHYL 3518* – Physical Growth and Development (prereq: PHYL 2530)	F/W

Year 4:

Register for these Year 4 courses first, then add from the lists titled “Courses that can be taken in either Year 3 or Year 4” and/or “Courses that can be taken anytime between Year 1 and Year 4”.

PHYL 4340* – Health Promotion (prereq: HPED 1040 & HPED 2507 & PHYL 3510)	F/W
PHYL 4518* – Motor Learning (prereq: PHYL 3518)	F/W
PHYL 4550* - Social and Emotional Domains of Physical Literacy (prereq: HPED 3010 & PHYL 3510)	
PHYL 5300* – Issues in Physical Literacy (prereq:HPED 2030, HPED 2050 & 90 credits completed)	F/W

Courses that can be taken in either Year 3 or 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
PHYL 3510* – Exercise Psychology (prereq: HPED 1000 & HPED 2010 & PHYL 2530)	F/W

One of:

PHYL 4700* - Physical Activity and the Older Adult (prereq: PHYL 3518)	F/W
PHYL 4203* - Fitness Assessment and Prescription (prereq: HPED 2850, PHYL 3510 & PHYL 3514)	W/S

PHYL Major Elective* (check for prereqs)	F/W/S
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PHYL Major Elective could include one of: PHYL 4203* - Fitness Assessment and Prescription (prereq: HPED 2850, PHYL 3510 & PHYL 3514) PHYL 4700* - Physical Activity and the Older Adult (prereq: PHYL 3518) PHYL 4720* - Advanced Coaching (prereq: PHYL 2520 or the NCCProgram Part A and B of the Competition Introduction Stream.) HPED 3850 - Advanced Strength Training (prereq: HPED 2850) HPED 5000* - HPED Honours Thesis (Must be approved HPED Honours Candidate and meet all prerequisites) Or any other course at the 3000-level or higher in HPED, ATTH, ETOL, OR SRMG (3-credit or equivalent).	
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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:

PHYL Major Activity Elective* (see option list on 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 (pick electives from the 2000 level or higher) (please check for prerequisites)	F/W/S
Elective 4 (pick electives from the 2000 level or higher) (please check for prerequisites)	F/W/S

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PHYL Major Activity Elective Options* (3 credits total):

HPED 1070* - Foundations of Outdoor Leadership	3 credits	F
PHYL 1310* - Teaching Games for Understanding	3 credits	F/W/S
HPED 2810* - Invasion Games	3 credits	S
HPED 2830* - Introductory Flexibility and Relaxation (<i>prereq: PHYL 1512</i>)	1.5 credits	F/W/S
HPED 2832* - Functional Gymnastics	3 credits	W or S
HPED 2851* - Cardiovascular Training	1.5 credits	F/W
HPED 2852* - Net and Implement Games	3 credits	S
HPED 2860* - Introductory Fly Fishing (<i>Valid Alberta basic recreation fishing license is required</i>)	1.5 credits	F
HPED 2870* - Introductory Backpacking	1.5 credits	June or August
HPED 2871* - Introductory Mountain Travel	1.5 credits	W
HPED 2872* - Wilderness Survival Techniques	1.5 credits	W
HPED 2873* - Introductory Rock Climbing	1.5 credits	F/W
HPED 2875* - Introductory Mountain Biking	1.5 credits	F
HPED 2880* - Introductory Canoeing (<i>prereq: must be able to swim 100m</i>)	1.5 credits	June or August
HPED 2881* - Introductory Kayaking (<i>prereq: must be able to swim 100m</i>)	1.5 credits	W
HPED 2883* - Recreational Aquatic Games (<i>prereq: must be able to swim 100m</i>)	3 credits	W
HPED 2884* - Introductory Winter Travel	1.5 credits	W
HPED 3820* - Outdoor Adapted Physical Activity (<i>prereq: HPED 2010</i>)	1.5 credits	W
HPED 3850* - Advanced Strength Training (<i>prereq: HPED 2850</i>)	3 credits	W
HPED 3884* - Winter Back Country Travel (<i>Recommended Preparation: HPED 2884</i>)	1.5 credits	W

These activity 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 Ecotourism & Outdoor Leadership major students first, but restrictions will be adjusted at a later date if there are seats available.

Certification Opportunity

Students in the Physical Literacy Major have the opportunity to become a Certified Personal Trainer (CPT) through the [Canadian Society for Exercise Physiology](#) (CSEP). In order to obtain this certification students need to complete the required courses for the Physical Literacy major and the following course work:

	Credits	Semester Available*
PHYL 4203 - Fitness Assessment and Prescription	3	W/S
HPED 2850 - Introductory Strength Training	1.5	F/W

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](#) can help align academic courses offered by post-secondary institutions with the core competencies of the CSEP certifications.

Thinking about doing a minor? For a full list of available minors please refer to the current [Academic Calendar](#).

- A minor is a prescribed set of no less than six courses and no more than eight courses (or 18 credits).
- The designation for minor will appear on the transcript but not on the degree parchment.
- 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 Physical Literacy major are NOT eligible for the Physical Literacy for Education minor.

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