

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, Physical Literacy students must achieve a minimum final grade of "C" in each major course. This means that any courses outside of your General Education (*excluding PHYL 1512*) 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 (<i>prereq: HPED 1000 & HPED 1040</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 1512* – Human Anatomy (<i>counts as Gen Ed Tier 2, Cluster 1 - minimum "C" grade required</i>)	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 (<i>meets PHYL 2514 - Human Physiology</i>)	F/W
HPED 2030* – Statistics and Research Methods	F/W
ATTH 2505* – Prevention and Care of Athletic Injuries (<i>prereq: PHYL 1512 w/ min. "C" grade</i>)	F/W
HPED 2507* – Nutrition and Health	F/W/S
HPED 2050* – Professional Practice (<i>prereq: HPED 1000 & HPED 1020</i>)	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 (<i>prereq: HPED 1040</i>)	F/W	(formally HPED 1010)
HPED 2850* - Introductory Strength Training (<i>prereq: PHYL 1512</i>)	1.5 credits	F/W
One of:		
HPED 2830* - Introductory Flexibility and Relaxation (<i>prereq: PHYL 1512</i>)	1.5 credits	F/W/S
HPED 2851* - Cardiovascular Training	1.5 credits	F/W
General Education Tier 2 (try to pick 2000 level or higher)		F/W/S
General Education Tier 2 (try to pick 2000 level or higher)		F/W/S

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 3510* – Psychology of Exercise (prereq: HPED 1000 & HPED 2010, HPED 2030 & PHYL 2530)	F/W (formally PHYL 2510)
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)	F/W (formally PHYL 1550)
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

One of:

PHYL 4700* - Physical Activity and the Older Adult (prereq: PHYL 3518)	F
PHYL 4203* - Fitness Assessment and Prescription (prereq: HPED 2850, PHYL 3510 & PHYL 3514)	W/S
PHYL Major Elective* (options listed below, check for prereqs)	F/W/S

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 & recommended PHYL 1512)
- PHYL 4720* - Advanced Coaching (prereq: PHYL 2520 or the NCCProgram Part A and B of the Competition Introduction Stream.)
- HPED 3711* - Field School B (One of GNED 1301, GNED 1303, GNED 1304, or approval of the department)
- HPED 3850* - Advanced Strength Training (prereq: HPED 2850)
- HPED 4500* - Special Topics (prereq: HPED 2030)
- HPED 5000* - HPED Honours Thesis I (prereq: HPED 2030, HPED 3050 and one of CRJS 3005, HPED 3030, PSYC 221, POST 2208, SLGY 3323 & must be approved HPED Honours Candidate)
- HPED 5500* - HPED Honours Thesis II (prereq: HPED 2030 & must be approved HPED Honours Candidate)

Or any other course at the 3000-level or higher in HPED, ATTH, ETOL, or SRMG (3-credit total) that is not already a required core/major course.

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:

Major Activity 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

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

Academic Year 2025/2026



Major Activity Elective Options (3 credits total required)	Credits	Semester Available
HPED 1070* (Section 003 only) - Foundations of Outdoor Leadership	3	F
HPED 2830* - Introductory Flexibility and Relaxation (prereq: PHYL 1512)	1.5	F/W/S
HPED 2832* - Functional Gymnastics	3	W or S
HPED 2851* - Cardiovascular Training	1.5	F/W
HPED 2852* - Net and Implement Games	3	S
HPED 2883* - Recreational Aquatic Games (prereq: must be able to swim 100m)	3	W
HPED 3850* - Advanced Strength Training (prereq: HPED 2850)	3	W
HPED 2860* - Introductory Fly Fishing (Valid Alberta basic recreation fishing license is required)	1.5	F
HPED 2870* – Intro Backpacking (1.5 Credits) (prereq: HPED 1070)	1.5	June or August
HPED 2871* - Technical Mountain Skills (prereq: HPED 1070)	1.5	W (formally Introductory Mountain Travel)
HPED 2872* - Wilderness Survival (prereq: HPED 1070)	1.5	W (formally Wilderness Survival Techniques)
HPED 2873* - Introductory Rock Climbing	1.5	F/W
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
HPED 2881* - Introductory Kayaking (prereq: must be able to swim 100m)	1.5	W
HPED 2884* - Nordic Skiing and Winter Camping (prereq: HPED 1070)	1.5	W (formally Intro Winter Travel)
HPED 3820* - Outdoor Adapted Physical Activity (prereq: HPED 2010)	1.5	W
HPED 3884* - Backcountry Touring & Avalanche Awareness (prereq: HPED 1070)	1.5	W (formally Winter Backcountry Travel)
<p><i>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.</i></p>		

Restriction Override Requests:
<p>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 email hpedadvising@mtroyal.ca to request a restriction override review.</p> <p>This is only a guarantee of your request being reviewed, this is not a guarantee of a restriction override.</p>

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 (<i>prereq: HPED 2850, PHYL 3510 & PHYL 3514</i>)	3	W/S
HPED 2850 - Introductory Strength Training (<i>prereq: PHYL 1512</i>)	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 .
<ul style="list-style-type: none"> 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.
<p>Students in the Physical Literacy major are NOT eligible for the Physical Literacy for Education minor.</p>

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 hpedadvising@mtroyal.ca.