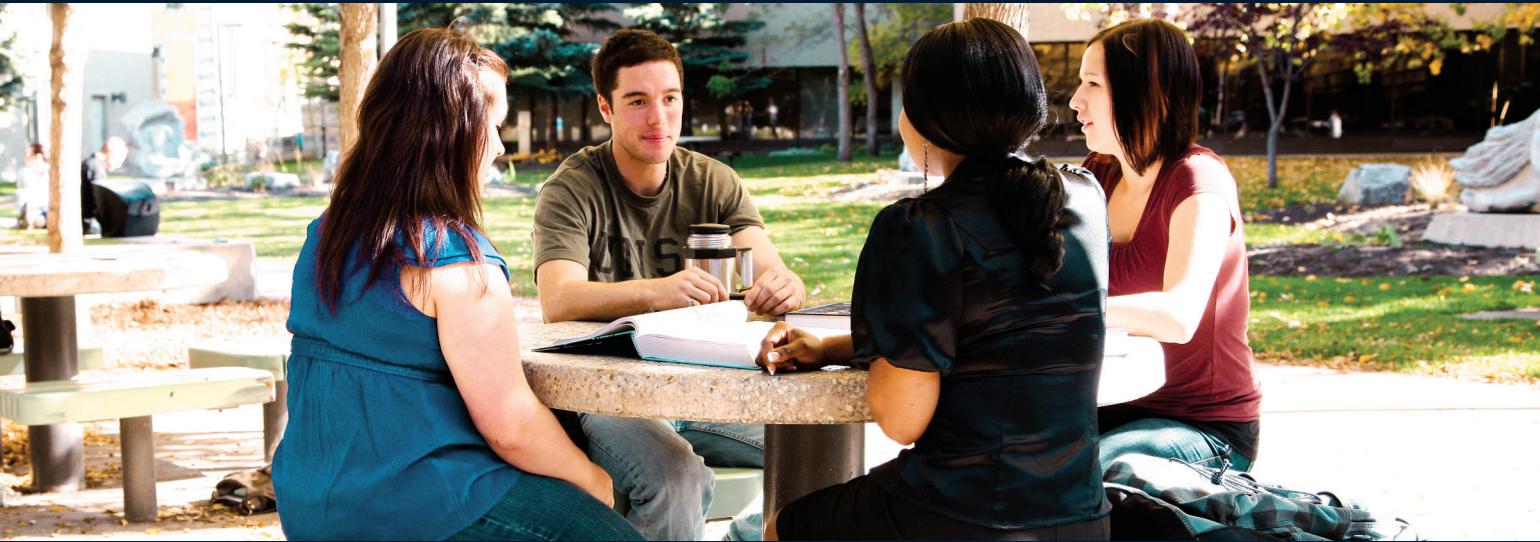


# MOUNT ROYAL UNIVERSITY



MOUNT ROYAL  
UNIVERSITY  
1910



## New Degree Calendar 2014-15

# BACHELOR OF CHILD STUDIES

## GENERAL INFORMATION

The Bachelor of Child Studies (BCST) is a four (4) year baccalaureate degree. This unique interdisciplinary program draws on the disciplines of Child and Youth Care and Early Learning by offering a choice of two majors; Child and Youth Care Counsellor (CYCC) or Early Learning and Child Care (ELCC). The Bachelor of Child Studies combines theoretical knowledge with practical skills to prepare students to take leadership roles in the provision of services for children, youth and families in community settings. Course work will focus on the development of knowledge and abilities that support an understanding of leadership, interdisciplinary collaboration, policies and systems, and mentoring skills. Course work will also build upon individual and group programming skills by facilitating a greater understanding of assessment and behavioral strategies, mental health interventions and collaborations with families. Community-based experiences, in the form of fieldwork and practicum, are key components of this program - where experiential learning in the first three years of the degree will provide students with opportunities to integrate theoretical concepts with practical applications. The fourth year of the program will offer students a capstone course in which they will participate in a faculty-supervised, collaborative project that may include applied research, a community development project and /or unique applied practical experience.

The Bachelor of Child Studies degree will develop reflective practitioners to meet the ever-growing labour market demand for professionals to work with children and youth. The degree will prepare graduates who are highly-qualified for direct employment in a vast array of community-based settings. Graduates will be able to develop and support individualized program needs or make referrals to services required by children, staff and families, as well as understand how to work collaboratively from an interdisciplinary perspective. Graduates of the degree will meet the professional requirements for certification as an early learning practitioner (Child Development Supervisor) or with the Alberta Association for Child and Youth Care.

### Continuance in the Program

A student who remains in Good Standing is eligible to continue in their program of studies.

### Police Security Clearance

Police Information Check (with a vulnerable sector search) and a Child Intervention Record Check Students will be required to present a current Police Information Check (with a vulnerable sector search) and a Child Intervention Record Check, prior to the fieldwork course and all practicum placements. It is each practica agency's decision to accept or reject a student for placement or observation experience based upon the results of either Record Checks.

Students may be required to complete more than one clearance letter during their program of studies. Since both completion of course requirements and eventual employment in the community may be dependent upon the results of such checks, students who have concerns should discuss the matter with the department chair prior to applying for admission or as needed through the course of studies.

All costs related to the clearance letter(s) are the responsibility of the student. Students are strongly advised to apply as early as possible for these letters to avoid any delay. For application details, Please refer to: [calgarypolice.ca/faq.html#1](http://calgarypolice.ca/faq.html#1).

## GENERAL ADMISSION REQUIREMENTS

All students must meet the general admission requirements for Mount Royal University programs, as indicated in the Admission section of this calendar.

## ADDITIONAL ADMISSION REQUIREMENTS – BACHELOR OF CHILD STUDIES

In addition to meeting the general admission requirements indicated in the Admission section of this calendar, applicants must also satisfy the following criteria:

### Academic Course Requirements

The following specific courses (or equivalencies) with the specified minimum grades are required for admission into the Bachelor of Child Studies program:

- English Language Arts 30-1 – 60%

### CYCC or ELCC Diploma Graduate Entrance Option

Students possessing a completed CYCC or ELCC diploma from an accredited post-secondary institution, may apply through a competitive process directly into the third year of the BCST. Students accepted with a post-secondary diploma will normally receive transfer credit for up to 60 credits (20 courses) towards the Bachelor of Child Studies. Students who possess previous post-secondary credit but have not completed a diploma, will be assessed on a course-by-course basis. Please consult an Advisor for details.

### Aboriginal Student Admission

Each year up to 15% of the seats in the Bachelor of Child Studies program will be reserved for Aboriginal applications through an Aboriginal admission target. To be considered for admission under the Aboriginal admission target, the applicant must:

- a. self-identify as an Aboriginal applicant on the Application for Admission
- b. meet the definition of an Aboriginal Applicant
- c. meet the minimum admission requirements as indicated in the general admission requirements for Mount Royal University as well as any program level admission requirements

Designated seats for this special consideration target will be filled by aboriginal applicants on a competitive basis. Applicants are encouraged to apply during early admission December 1 – February 1. Any unfilled designated seats will be released on June 1 to students applying under the general admission requirements.

See general admission requirements in the Admission section of this calendar for further information.

## Declaration of Major

There are two majors in the Bachelor of Child Studies: Child and Youth Care Counsellor and Early Learning and Child Care.

Students declare a major upon application to the BCST program. Each major includes eleven (11) core courses. Both majors are designed to meet external certification and/or accreditation requirements. Students are strongly advised to consult their Advisor before choosing their major and elective courses.

## CURRICULUM

### Bachelor of Child Studies – Child and Youth Care Counsellor (CYCC) Major

In the Child and Youth Care Counsellor major, students will learn to advocate for, counsel and nurture vulnerable children, youth and families. The children and youth may have suffered physical, sexual or emotional abuse, neglect, family breakdown and may have behavioural or learning difficulties. The courses will explore the dynamics of abuse and neglect in child and youth care theory and practice, development, intervention and treatment strategies, and counselling theory and skills. Students will be required to have a current CPR and First Aid Certificate prior to entry into the second year practicum placement.

CYCC 1110 – Fundamental Skills in Interviewing

CYCC 1130 – Mental Health and Substance Abuse Issues

CYCC 1132 – The Profession of Child and Youth Care

CYCC 1142 – Fieldwork

CYCC 1221 – Fundamental Skills in Counselling

CYCC 1232 – Working with Vulnerable Children, Youth and Families

CYCC 2216 – Group Process and Counselling Theory

CYCC 2226 – Assessment and Intervention

CYCC 2235 – Youth Care Practice with Families

CYCC 2241 – Practicum I

CYCC 2242 – Practicum II

CHST 3101 – Foundations of Interdisciplinary Practice

CHST 3103 – Child Development and Plasticity

CHST 3105 – Child and Youth Human Rights

CHST 3107 – Principles of Program Design

CHST 3202 – Community Based Research and Evaluation

CHST 3204 – Leadership and Collaboration

CHST 3206 – Practicum III

CHST 4101 – Capstone I

CHST 4103 – Mental Health Interventions

CHST 4105 – Studies in Systems and Social Policy

CHST 4202 – Capstone II

CHST 4204 – Contemporary Issues in Child Studies

#### Support Courses:

Electives (4)

General Education (GNED) Courses (12)

PSYC 1105 – Introduction to Psychology (specified GNED)

PSYC 2235 – Life Span Development (specified GNED)

PSYC 3351 – Topics in Child Development **or** PSYC 3355 – Topics in Adolescence (specified GNED)

### Bachelor of Child Studies – Early Learning and Child Care (ELCC) Major

In the ELCC major, students will discover that play is a powerful force in a child's development. They will learn about the developmental needs of children from infancy to age 12, gaining the ability to design, co-construct and implement play experiences for children and to communicate effectively with parents and professionals. With emphasis on real-world learning situations along with lab simulations, role-playing and discussion groups, students will be prepared to provide care and learning for all children, including those who have special needs.

ELCC 1104 – Introduction to Early Learning and Child Care

ELCC 1109 – Principles of Development I

ELCC 1110 – Learning Through Play I

ELCC 1180 – Field Work

ELCC 1209 – Principles of Development II

ELCC 1282 – Practicum I

**ELCC 2110 – Learning Through Play II**

ELCC 2121 – Guidance and Planning

ELCC 2211 – Child, Family and Community

ELCC 2215 – Young Children with Special Needs

ELCC 2285 – Practicum II

CHST 3101 – Foundations of Interdisciplinary Practice

CHST 3103 – NeuroScience and Human Development

CHST 3105 – Child and Youth Human Rights

CHST 3107 – Principles of Program Design

CHST 3202 – Community Based Research and Evaluation

CHST 3204 – Leadership and Collaboration

CHST 3206 – Practicum III

CHST 4101 – Capstone I

CHST 4103 – Mental Health Interventions

CHST 4105 – Studies in Systems and Social Policy

CHST 4202 – Capstone II

CHST 4204 – Contemporary Issues in Child Studies

Support Courses

Electives (4)

General Education (GNED) Courses (12\*)

#### General Education

For a description of GNED program requirements, refer to the section entitled General Graduation Requirements. For GNED course information, visit [mtroyal.ca/gened/courses](http://mtroyal.ca/gened/courses).

Students are encouraged to meet with an advisor before registering in all support courses.

## **CYCC or ELCC Diploma Exit**

Students who have successfully completed the required course work for either the CYCC or ELCC diploma and have a Grade Point Average of at least 2.00 or higher, may exit the degree and be eligible to apply for an Early Learning and Child Care or Child and Youth Care Counsellor Diploma. Please discuss this option with an academic advisor to ensure that all requirements have been met. To return to the BCST degree, students would apply through the competitive CYCC or ELCC Diploma Graduate Entrance Option - as described above.

**Note:** This option is currently under review by the ministry.

## **GRADUATION REQUIREMENTS**

Eligibility to graduate from a Mount Royal program requires that a student meet all of the following conditions:

- (a) has been officially admitted into the program;
- (b) has completed at least 25% of the graduation requirements as a student within the program;
- (c) has met the residency requirement;
- (d) satisfies all program requirements specified in the curriculum at the time of admission to the program or the current program;
- (e) meets the requirements for Good Standing at the time the application to graduate is evaluated.

Students should also be aware that there is a limit on the number of 1xxx level (i.e., junior) courses that can be used to satisfy program requirements. Exceptions to any of these conditions must be approved, in writing, by the Dean of the program from which the student is applying to graduate.

# BACHELOR OF HEALTH AND PHYSICAL EDUCATION

## GENERAL INFORMATION

The Bachelor of Health and Physical Education (BHPE) is a four (4) year degree program that will prepare graduates for employment within the health, fitness, sport and recreation sectors, ecotourism and outdoor leadership, or for further education in graduate or professional programs. The four majors offered within the BHPE are: Athletic Therapy (AT), Ecotourism and Outdoor Leadership (EL), Physical Literacy (PL), and Sport and Recreation Management (SR). The degree includes a General Education component to ensure a well-rounded liberal arts education.

One of the goals of this degree is to increase the number of trained and educated health and physical education specialists to proactively contribute to the promotion of good health and wellness of Canadians. With an emphasis on health throughout all four majors, the BHPE will provide students with both breadth and depth in the health and physical education field. The foundations of health and physical activity within the degree guide the course content and delivery for a focus on creating healthier individuals through participation in physical activity. This includes gaining a better understanding of healthier lifestyle choices and providing more opportunities to live healthier lives. Our graduates will go on to facilitate healthy lifestyle choices for innumerable Albertans. Graduates will be well-prepared for the workforce through the program's coursework and community-based practicum experiences.

The BHPE, with an emphasis on experiential pedagogy and a rigorous outcomes-based program, is attractive to students who want to pursue a career as athletic therapists, tourism and recreation leaders, activity specialists, recreation facility managers, community development facilitators, coaches, sport consultants, adventure therapists, fitness trainers, fitness directors, wellness coordinators, wilderness guides, health educators, health care professionals and physical education teachers among others.

### Residency Requirement

Normally, 50% of the academic work completed toward the award of a Mount Royal parchment must be completed at the University, except where written approval has been given by the Dean of the appropriate Faculty. In addition, the practicum component of the BHPE must normally be completed as a student of Mount Royal.

### Duration of the Program

Program requirements for degree completion can be completed in four (4) academic years. Students have eight (8) calendar years from the date of initial registration in the BHPE Degree to complete all requirements. Students seeking an extension beyond eight (8) years may be required to complete additional course work.

## GENERAL ADMISSION REQUIREMENTS

All students must meet the general admission requirements for Mount Royal University programs, as indicated in the Admission section of this calendar.

## ADDITIONAL ADMISSION REQUIREMENTS – BACHELOR OF HEALTH AND PHYSICAL EDUCATION

In addition to meeting the general admission requirements, indicated in the Admission section of this calendar, applicants must also satisfy the following criteria:

### Academic Course Requirements

The following specific courses (or their equivalencies) with the specified minimum grades are required for admission into the BHPE program:

- English Language Arts 30 – 1 – 60%
- Math 30 -1 or 30-2
- Biology 30

Although conditional admission may be granted in advance of receipt of final/official transcripts, confirmation of the achievement of specified minimum grades will take place after all final/official transcripts have been received by the University. Applicants who do not meet these minimum grade requirements will be denied admission into the program.

See general admission requirements in the Admissions section of this calendar for further information.

### Declaration of Major

As part of the admission process, students may select one of 4 majors, or select "undeclared". For students who select "undeclared", they must declare their major within two years (60 credits) of enrolling in the program. Students who choose to declare their major to either Physical Literacy or Sport and Recreation Management must do so by completing a Declaration of Major form. This form will be available online and through the Academic Advisors in the Department of Physical Education and Recreation Studies.

**Note:** The majors in Athletic Therapy and Ecotourism and Outdoor Leadership have an enrolment cap therefore students who are interested in pursuing a major in either must formally apply for admission to the BHPE – Athletic Therapy or BHPE – Ecotourism and Outdoor Leadership using the Application for Admission (via MyMRU). Please see the Admission section of the calendar for more detail.

## Declaration of Minor

Students enrolled in the BHPE, with the majors of: Ecotourism and Outdoor Leadership, Physical Literacy, and Sport and Recreation Management may pursue a minor offered by any Faculty at Mount Royal University. To receive a minor, a student must meet the specific minor requirements of that Faculty. Refer to the Minors section of this Calendar.

Students who have decided on their minor are advised to declare their minor as soon as possible to facilitate proper course selection and planning. In order to declare a minor students will be required to complete the Declaration of Minor form which is available online and through the Academic Advisors in the Department of Physical Education and Recreation Studies.

## CURRICULUM

The Bachelor of Health and Physical Education (BHPE) requires students to complete a total of 120 credits (the equivalent of 40 three credit courses). The 120 credits required will be taken from the following areas: the BHPE core, major specific, General Education\* and electives.

\* Please consult the University Calendar for information concerning the University's General Education requirement.

## BACHELOR OF HEALTH AND PHYSICAL EDUCATION – ATHLETIC THERAPY MAJOR

The Athletic Therapy major will contribute to Alberta's health care system by training graduates who are prepared to become Certified Athletic Therapists. Graduates will develop competency in emergency management, injury assessment, therapeutic modalities, rehabilitation techniques, and clinic management and clinic administration. These competencies will allow them to practice in sports medicine clinics, with amateur and professional sports teams, or at high school and post-secondary institutions. Some graduates will open their own private practices and all will have strong skills in the leadership and promotion of good health and wellness.

All BHPE – Athletic Therapy major students must complete the following courses in order to complete the BHPE core and major specific degree requirements:

### BHPE Core Requirements (9 courses)

- HPED 1000 – Issues in Health and Physical Education
- HPED 1010 – Historical and Philosophical Foundations
- HPED 1020 – Leadership and Communication
- HPED 1040 – Wellness and the Student - from Personal Health to Community Action
- HPED 1070 – Foundations for Outdoor Leadership
- HPED 2030 – Critical Thinking and Research Methods I
- HPED 2050 – Professional Practice
- HPED 3010 – Sociological Perspectives
- HPED 5100 – Senior Issues in Athletic Therapy

### Athletic Therapy Major Requirements (28 courses)

- HPED 1512 – Human Anatomy
- HPED 1530 – Movement Education
- HPED 1550 – Individual Activities
- HPED 2112 – Clinical Musculoskeletal Anatomy
- HPED 2505 – Prevention and Care of Athletic Injuries
- HPED 2507 – Nutrition and Health
- HPED 2510 – Sport & Exercise Psychology
- HPED 2514 – Human Physiology
- HPED 2520 – Introductory and Intermediate Coaching

- HPED 2830 – Flexibility and Relaxation
- HPED 2850 – Strength Training
- HPED 3030 – Critical Thinking and Research Methods II
- HPED 3110 – Musculoskeletal Assessment - Peripheral
- HPED 3120 – Therapeutic Modalities
- HPED 3130 – Rehabilitation Techniques I
- HPED 3150 – Clinical Practicum I
- HPED 3152 – Clinical Practicum II
- HPED 3160 – Field Practicum I
- HPED 3162 – Field Practicum II
- HPED 3514 – Exercise Physiology
- HPED 3516 – Biomechanics
- HPED 3518 – Physical Growth and Development
- HPED 4110 – Musculoskeletal Assessment - Spinal
- HPED 4130 –Rehabilitation Techniques II
- HPED 4140 – Practical Clinical Management and Administration
- HPED 4150 –Clinical and Field Practicum III
- HPED 4152 –Clinical and Field Practicum IV
- HPED 4518 – Motor Learning

## General Education

In addition to the above list, Athletic Therapy students require six (6) General Education courses. Student are required to take the four (4) foundation General Education courses (one from each cluster) and then two (2) courses (from a minimum of two different clusters) at the second level.

For details on the nature and structure of General Education visit: [mtroyal.ca/gened/courses](http://mtroyal.ca/gened/courses).

The BHPE - Athletic Therapy program requires specific general education courses to meet graduation requirements. These are specified in the program curriculum. For incoming students in the BHPE program, it is important to seek clarification of these requirements and up-to-date registration information through an Academic Advisor in the Department of Physical Education and Recreation Studies.

## Continuance Requirements

In order for students to progress into the third year of the Athletic Therapy Major, students must provide proof of completion of a course in: 1) Taping and Prophylactic Support and; 2) Emergency Medical Responder (EMR). Both courses are typically offered in August each year. Students will be required to make the appropriate arrangements to be available and attend these courses when offered.

## CATA Certification

Once students have graduated from the BHPE – Athletic Therapy program students can pursue certification to become a Certified Athletic Therapist – CAT(C). Details about certification requirements can be found on the Canadian Athletic Therapists' Association (CATA) website - [athletictherapy.org](http://athletictherapy.org)

**NOTE: Students will be required to provide proof of a valid Emergency Medical Responder (EMR) certificate along with all courses in this program to be eligible to take the Canadian Athletic Therapists' Association (CATA) national certification examination.**

## BACHELOR OF HEALTH AND PHYSICAL EDUCATION – ECOTOURISM AND OUTDOOR LEADERSHIP MAJOR

The Ecotourism and Outdoor Leadership major will contribute to Alberta's social and economic health. The support of the health and wellness of Albertans will occur by generating competent, knowledgeable and enthusiastic facilitators of contact with our natural world. Graduates will have skills and knowledge in tourism, business, sociocultural heritage, and outdoor leadership that will allow them to contribute to the vast tourism sector in Alberta. These graduates will be especially prepared to provide leadership and strong contributions to the growing eco and adventure tourism sectors.

All BHPE – Ecotourism and Outdoor Leadership major students must complete the following courses in order to complete the BHPE core and major specific degree requirements:

### BHPE Core Requirements (9 courses)

HPED 1000 – Issues in Health and Physical Education

HPED 1010 – Historical and Philosophical Foundations

HPED 1020 – Leadership and Communication

HPED 1040 – Wellness and the Student - from Personal Health to Community Action

HPED 1070 – Foundations for Outdoor Leadership

HPED 2030 – Critical Thinking and Research Methods I

HPED 2050 – Professional Practice

HPED 3010 – Sociological Perspectives

HPED 5200 – Senior Issues in Ecotourism and Outdoor Leadership

### Ecotourism and Outdoor Leadership Major Requirements (18 courses)

ECOL 1210 – Ecology

ENTR 2301 – The Entrepreneurial Experience

GEOG 1101 – The Physical Environment

HPED 1640 – Program Planning

HPED 2230 – Sustainable Tourism

HPED 2270 – Theory and Practice in Leadership

HPED 2870 – Backpacking

HPED 2880 – Canoeing

HPED 3050 – Practicum

HPED 3230 – Ecotourism Facilitation Skills

HPED 3270 – Expedition\*

HPED 3630 – Recreation and Sport Tourism

HPED 4270 – Applied Leadership

MKTG 2150 – Introduction to Marketing

### Pick 4 of 7 Courses

HPED 2871 – Introductory Mountain Travel

HPED 2872 – Wilderness Survival Techniques

HPED 2873 – Introductory Rock Climbing

HPED 2875 – Introductory Mountain Biking

HPED 2881 – Kayaking

HPED 2884 – Introductory Winter Travel

HPED 3884 – Winter Backcountry Travel

\* HPED 3270 consists of a 10 day expedition in early May or late August. Students will be responsible for personal subsistence costs associated with HPED 3270. For more details, consult an Academic Advisor in the Department of Physical Education and Recreation Studies.

### General Education

In addition to the above list Ecotourism and Outdoor Leadership students require twelve (12) General Education courses and four (4) electives. For details on the nature and structure of General Education visit: [mtroyal.ca/gened/courses](http://mtroyal.ca/gened/courses).

For incoming students in the BHPE program, it is important to seek clarification of these requirements and up-to-date registration information through an Academic Advisor in the Department of Physical Education and Recreation Studies.

### GRADUATION REQUIREMENTS

Students must complete and provide proof of completion of the following graduation requirements:

- A self-directed outdoor expedition, approved by the department;
- A Wilderness and Remote Emergency Response certificate;
- An advanced certificate related to the ecotourism and outdoor leadership field, approved by the department.

## BACHELOR OF HEALTH AND PHYSICAL EDUCATION – PHYSICAL LITERACY MAJOR

The Physical Literacy major provides an opportunity for graduates to contribute to the physical, emotional, and psychological wellness effects of living an active life. Students who complete this major will contribute to the Provincial focus on health and physical education. Graduates will have the skills and knowledge to shift the focus to the importance of physical activity and healthy lifestyles through educating, facilitating and promoting healthy and active lifestyles at the community and recreation levels throughout Alberta.

All BHPE – Physical Literacy major students must complete the following courses in order to complete the BHPE core and major specific degree requirements:

### BHPE Core Requirements (9 courses)

HPED 1000 – Issues in Health and Physical Education

HPED 1010 – Historical and Philosophical Foundations

HPED 1020 – Leadership and Communication

HPED 1040 – Wellness and the Student - from Personal Health to Community Action

HPED 1070 – Foundations for Outdoor Leadership

HPED 2030 – Critical Thinking and Research Methods I

HPED 2050 – Professional Practice

HPED 3010 – Sociological Perspectives

HPED 5300 – Senior Issues in Physical Literacy

### Physical Literacy Major Requirements (18 courses)

HPED 1512 – Human Anatomy (This course fulfils the General Education requirement for Cluster 1, Tier 2)

HPED 1310 – Teaching Games for Understanding

HPED 1530 – Movement Education

HPED 1550 – Individual Activities

HPED 2505 – Prevention and Care of Athletic Injuries

HPED 2507 – Nutrition & Health

HPED 2510 – Sport & Exercise Psychology (This course fulfils the General Education requirement for Cluster 2, Tier 2)

HPED 2514 – Human Physiology  
HPED 2520 – Introductory and Intermediate Coaching  
HPED 3050 – Practicum  
HPED 3320 – Adapted Physical Activity (This course fulfils the General Education requirement for Cluster 3, Tier 2)  
HPED 3514 – Exercise Physiology  
HPED 3516 – Biomechanics  
HPED 3518 – Physical Growth and Development  
HPED 4340 – Health Promotion  
HPED 4518 – Motor Learning  
HPED x8xx (3-credit activity course or equivalent)  
HPED xxxx (3-credit or equivalent)

### **General Education**

In addition to the above list, Physical Literacy students require nine (9) General Education courses and four (4) electives. Students are required to take four (4) foundation General Education courses (one from each cluster), one course in the second tier from the Communication cluster (Cluster 2) and then four (4) courses from the third tier (courses must be from at least two different clusters).

**Note:** There are three courses listed in the Physical Literacy Major Requirements (above) that satisfy both the major requirements and a portion of the General Education requirements. In addition to these three courses, students require nine (9) additional General Education courses.

The BHPE – Physical Literacy program requires specific general education courses to meet graduation requirements. These are specified in the program curriculum. For incoming students in the BHPE program, it is important to seek clarification of these requirements and up-to-date registration information through an Academic Advisor in the Department of Physical Education and Recreation Studies.

For details on the nature and structure of General Education visit: [mtroyal.ca/gened/courses](http://mtroyal.ca/gened/courses).

## **BACHELOR OF HEALTH AND PHYSICAL EDUCATION – SPORT AND RECREATION MANAGEMENT MAJOR**

The Sport and Recreation management major is of value and importance to Alberta's economic and social future. Graduates will be trained and educated to address the challenges associated with increased levels of sedentary behavior currently being experienced and the increase in health issues connected to this behavior. Producing leaders that will take active roles in sport and recreation in the Province, including recreation centres, community programming, sport and athletic facilities, and other grassroots partners, would therefore enable Alberta to tackle these issues providing lasting legacies locally, and providing leadership nationally.

All BHPE – Sport and Recreation major students must complete the following courses in order to complete the BHPE core and major specific degree requirements:

### **BHPE Core Requirements (9 courses)**

HPED 1000 – Issues in Health and Physical Education  
HPED 1010 – Historical and Philosophical Foundations  
HPED 1020 – Leadership and Communication  
HPED 1040 – Wellness and the Student - from Personal Health to Community Action  
HPED 1070 – Foundations for Outdoor Leadership  
HPED 2030 – Critical Thinking and Research Methods I

HPED 2050 – Professional Practice  
HPED 3010 – Sociological Perspectives  
HPED 5400 – Senior Issues in Sport and Recreation Management  
**Sport and Recreation Management Major Requirements (15 courses)**  
ACCT 2121 – Financial Accounting Concepts  
ACCT 3224 – Management Accounting 1  
ENTR 2301 – The Entrepreneurial Experience  
HPED 1400 – Organization and Administration of Sport  
HPED 1640 – Program Planning  
HPED 2400 – Commercial Recreation  
HPED 2440 – Community Development  
HPED 3050 – Practicum  
HPED 3400 – Facility and Event Management  
HPED 3630 – Recreation and Sport Tourism  
HRES 2170 – Introduction to Human Resources  
MGMT 2130 – Management Principles and Practices  
MKTG 2150 – Introduction to Marketing  
MKTG 3258 – Evidence-Based Marketing  
3 credits from: HPED xxxx

### **General Education**

In addition to the above list Sport and Recreation Management students require twelve (12) General Education courses and four (4) electives. For details on the nature and structure of General Education visit: [mtroyal.ca/gened/courses](http://mtroyal.ca/gened/courses).

For incoming students in the BHPE program, it is important to seek clarification of these requirements and up-to-date registration information through an Academic Advisor in the Department of Physical Education and Recreation Studies.

## **GRADUATION REQUIREMENTS**

To be eligible for graduation, students must achieve a minimum final grade of “C” in each core course and major course. Students must satisfactorily complete all of the Mount Royal General Graduation Requirements as published in this Calendar as well as all the Major specific graduation requirements (See the Majors below).

Students must follow the graduation application procedure outlined in the current Mount Royal Calendar. Applications must be submitted by the date published in the Calendar. All BHPE students must successfully complete at least two practicum related courses in order to graduate (see major specific curriculum for additional information).

# COURSE DESCRIPTIONS

## CHILD STUDIES (CHST)

### **CHST 3101 – Foundations of Interdisciplinary Professional Practice**

(3 credits) 3 hours lecture

This course will build upon foundations laid within chosen areas of specialization (e.g., ELCC or CYCC) in the chosen major in the degree program. In addition to preparing graduates for practice in the field of child studies, this course will also provide opportunities for students to learn from one another through shared perspectives and experiences. The course will include such topics as professional roles, ethical responsibilities, professional identity, group/team effectiveness, leadership and collaboration when working in diverse settings.

*Prerequisite: Child and Youth Care Counsellor 2242 or Early Learning and Child Care 2285.*

### **CHST 3103 – Child Development and Plasticity**

(3 credits) 3 hours lecture

This course will explore the emerging theories of early and adolescent brain development and the implications for human development across the life span. Topics will include: early and adolescent brain development, brain plasticity, adverse childhood experiences, resiliency in the face of risk, and parenting perspectives. This course will build on previous courses in development and support students to apply this knowledge to their work with diverse children and families and in knowledge dissemination.

*Prerequisite: Early Learning and Child Care 1209 or Psychology 3351 or 3355.*

### **CHST 3105 – Child and Youth Human Rights**

(3 credits) 3 hours lecture

This course will examine prevailing issues pertaining to child and youth human rights, within the context of the United Nations Convention on the Rights of the Child. Topics will include promotion of the convention as well as protection, provision, and participation rights. This course will assist in preparing students to work effectively with a diverse range of children, youth, and families by increasing knowledge and skills of human rights advocacy and considering implications for professional practice and social policy in Canada.

**Note:** Only one of Child Studies 2203 or Child Studies 3105 can be used to satisfy program requirements for the Bachelor of Child Studies.

### **CHST 3107 – Principles of Program Design**

(3 credits) 3 hours lecture

This course will focus on the development of programs in a variety of settings where students may work with diverse children, youth or families. Students will develop skills related to assessment (e.g., needs assessment), planning and implementing a program plan and then program evaluation. In addition, students will develop the leadership skills necessary to engage in community networking that may be required for program design and implementation.

*Prerequisite: Child and Youth Care Counsellor 2226 or Early Learning and Child Care 2121.*

### **CHST 3202 – Community Based Research and Evaluation**

(3 credits) 3 hours lecture

This course will enable students to develop the knowledge and skills necessary to plan and conduct effective research in community based settings. Students will develop techniques related to community based research (e.g., surveys, needs assessment). Students will develop skills to conduct program evaluation: develop appropriate tools, collect data, analyze data and use the data for the purposes of program improvement.

*Prerequisite: Child Studies 3107.*

**Note:** Only one of Child Studies 3202 or Child Studies 4403 can be used to satisfy the program requirements for the Bachelor of Child Studies.

### **CHST 3204 – Leadership and Collaboration**

(3 credits) 3 hours lecture

Students will be introduced to leadership fundamentals, including why leadership matters, what leadership means, who leadership is for and how leadership skills can be developed in the unique role of leaders in human service programs. Students will explore theories and practices of leadership, how to team build, manage change and collaborate with others.

*Co-requisite: Child Studies 3206.*

### **CHST 3206 – Practicum III**

(3 credits) 3 hour seminar, 200 hours fieldwork

Students will have the opportunity to complete a practicum in a community agency to develop specific skills required to work with diverse children, youth and families. In addition to the provision of direct service, students will be involved in interdisciplinary practice, program development and evaluation, collaboration and leadership where appropriate. Students will have the opportunity to integrate theory and practice through seminars and supervised experiences.

*Prerequisite: Child and Youth Care Counsellor 2242 or Early Learning and Child Care 2285.*

*Co-requisite: Child Studies 3204.*

### **CHST 4101 – Capstone I**

(3 credits) 3 hours lecture, 200 hours fieldwork

Using principles and tools acquired throughout previous courses, students in this course will participate in a combination of internship, community based research project or innovative community initiative for their final applied capstone project. Working with a faculty member and community member, students will assess community needs and assets to collaborate on the development of a project and/or program plans. Students will capture and communicate observations, reflections and lessons learned, concluding the course with a poster presentation and in-class presentation, learning journal and final integration paper highlighting theories connected to the work.

*Prerequisite: Child Studies 3206.*

**Note:** Students are strongly recommended to take CHST 4101 and CHST 4202 consecutively in the same academic year.

### **CHST 4103 – Mental Health Interventions**

(3 credits) 3 hours lecture

When working with vulnerable children and at-risk youth, professionals must be able to use a variety of assessment tools and intervention strategies to ameliorate the conditions preventing or interfering with children/youth's healthy development. As a practitioner in the area of mental health, collaboration and sharing of knowledge are vital. This course will focus on attitudes, specific knowledge, skills and proficiencies unique to the competent child and youth mental health practitioner where emphasis is placed on learning theory, assessment and intervention, sharing of knowledge and resources with colleagues.

*Prerequisite: Child Studies 3103.*

### **CHST 4105 – Studies in Systems and Social Policy**

(3 credits) 3 hours lecture

In this course, students will examine current provincial legislation and policies most relevant in working with children, youth and families in Alberta. A review and analysis of social problems, policies and systems as they apply to the development and delivery of applicable local, regional and provincial services will occur.

*Prerequisite: Child Studies 3105.*

**Note: Only one of Child Studies 3301 or Child Studies 4105 can be used to satisfy the program requirements for the Bachelor of Child Studies.**

### **CHST 4202 – Capstone II**

(3 credits) 3 hours lecture, 200 hours fieldwork

Using principles and tools acquired throughout previous courses, students in this course will participate in a combination of internship, community based research project or innovative community initiative for their final applied capstone project. Working with a faculty member and community member, students will assess community needs and assets to collaborate on the development of a project and/or program plans. Students will capture and communicate observations, reflections and lessons learned, concluding the course with a poster presentation and in-class presentation, learning journal and final integration paper highlighting theories connected to the work.

*Prerequisite: Child Studies 4101 or consent of the department.*

*Note: This is a continuation of Child Studies 4101.*

### **CHST 4204 – Contemporary Issues in Child Studies**

(3 credits) 3 hours lecture

The children and youth of today are growing up in a world of complexity, multiple perspectives, and unprecedented technological growth. In order to respond with clarity and compassion to the ever changing needs of children, child studies practitioners will need to emerge with an enhanced self awareness along with deep understandings of, and openness to diverse viewpoints. This course will address a variety of issues (e.g., gender, media, parenting, bullying, diversity, etc.).

*Prerequisite: Child Studies 3206.*

## **ECOTOURISM AND OUTDOOR LEADERSHIP (ETOL)**

### **ETOL 2011 – Practicum I**

(3 credits) 250 hours of practicum

This is a formal work experience with an assigned organization. Participants will be required to participate in the specified hours of practicum and to complete assignments. Students will be accepted into the practicum upon completion of the prerequisite courses or consent of the department.

*Prerequisites: Health and Physical Education 1070 or Physical Education 1171, Ecotourism and Outdoor Leadership 3305 or Health and Physical Education 1640, Ecotourism and Outdoor Leadership 3307 and Health and Physical Education 2230, 2270, and 3630.*

**NOTE: Students must also be in Good Standing to participate in a Practicum.**

### **ETOL 3309 – Individual Projects**

(3 credits) 3 hours lecture

Students will complete individual project assignments negotiated with the course instructor.

*Prerequisites: Health and Physical Education 1070 or Physical Education 1171, Health and Physical Education 2230 and Ecotourism and Outdoor Leadership 3305.*

## **HEALTH AND PHYSICAL EDUCATION (HPED)**

### **HPED 1000 – Issues in Health and Physical Education**

(3 credits) 3 hours lecture

This first-year seminar course provides students with a foundation of the Bachelor of Health and Physical education degree, including an introduction to the major issues in each of the four majors: Athletic Therapy, Ecotourism and Outdoor Leadership, Physical Literacy and Sport and Recreation Management. Students will be introduced to the concepts of academic thought, discourse, and research practice. Students will improve their writing, reading, research, and basic information and technology skills while also learning to work collaboratively and independently.

### **HPED 1010 – Historical and Philosophical Foundations (formerly PHED 1003)**

(3 credits – TG) 3 hours lecture

This course provides an examination of the cultural meanings of sport, leisure, and physical education; and the place of the body in our culture both historically and in the present.



### **HPED 1020 – Leadership and Communication (formerly PHED 1005)**

(3 credits – TG) 3 hours lecture

This course presents the theory and application of leadership and interpersonal communication skills as they apply to large and small groups in the field of physical activity and sport.

### **HPED 1040 – Wellness and the Student: From Personal Health to Community Action (formerly HLTH 2301)**

(3 credits) 3 hours lecture

This course provides an introduction and overview to aspects of holistic health and wellness and highlights strategies for promoting well-being. Utilizing a mix of theory and application, students will gain an understanding of individual well-being and the interconnectivity between individual well-being and the well-being of families and communities. Students will also explore community actions that impact health and well-being.



### **HPED 1070 – Foundations of Outdoor Leadership (formerly ETOL 2201)**

(3 credits) 3 hours lecture

This course will survey the history, philosophy, rationale, benefits and recreational opportunities of outdoor leadership. Students will become familiar with the organization, governance and scope of outdoor leadership. Participation is required in one weekend.

### **HPED 1310 – Teaching Games for Understanding**

(3 credits) 3 hours lecture

This is an introductory course that utilizes theoretical underpinnings to promote teaching game strategy, tactics and skills in a logical, progressive manner. This course provides an overview of how game skills can contribute to healthy lifestyles and the development of age appropriate fundamental movement skills with a focus on activity for life.

### **HPED 1400 – Organization and Administration of Sport (formerly PHED 1225)**

(3 credits – TG) 3 hours lecture

This course provides an examination of the role, function and relationships of the administrator of athletic programs, their responsibilities to the athlete, coach, spectators, sponsor and the program. It is designed to give a philosophical overview as well as practical administrative skills to the sports and athletic program administrator.

### **HPED 1512 – Human Anatomy (formerly PHED 1001)**

(3 credits – TG) 3 hours lecture, 3 hours lab

This course provides a systematic survey of the structure of the human body. Topics include: cells and tissues of the body; the anatomy of the skeletal, articular, muscular, digestive, respiratory, urinary, reproductive, circulatory, nervous, integumentary and endocrine systems. Labs are designed to provide practical demonstrations that parallel the material discussed in the lectures.

**Note:** Health and Physical Education 1512 must be completed with a grade of C- or higher before enrolling in Health and Physical Education 3516.



### **HPED 1530 – Movement Education**

(3 credits) 3 hours lecture

This course connects fundamental movement skills of physical literacy with physical activity, health, and health promotion. This course also provides connections to theoretical and curricular models (for example, the Alberta Education K-12 curricular objectives, Canadian Sport for Life) for implementation inside and complementary to the school system. Various theoretical and practical elements of dance and gymnastics will be introduced as part of this holistic movement education experience.

### **HPED 1550 – Individual Activities**

(3 credits) 3 hours lecture

This is an introductory foundational course in individual physical and leisure activities that relate to health and health promotion. The students can expect to participate in a variety of traditional and novel activities that contribute to physical and health literacy. The instructor will use a pedagogical approach to help students learn how to lead others in the activities and be a role model in the field of recreation, sport, and physical education. Students will also study motivational theory in the context of inspiring others to participate in lifelong physical activity.

### **HPED 1640 – Program Planning (formerly PHED 1216)**

(3 credits – TG) 3 hours lecture or 6 hours lecture for 6.5 weeks

An in-depth study of the theory, methods, techniques, and skills used in planning physical activity and sport programs. Topics include principles of program planning; identification of program needs; program planning in specific settings; and program evaluation.

### **HPED 2030 – Critical Thinking and Research Methods I (formerly PHED 2030)**

(3 credits – TG) 3 hours lecture

A study of the use of the analytical approach to communication with emphasis on information gathering, problem solving, search processes, describing and analyzing data and applying critical thinking to the discipline of physical education and kinesiology.

### **HPED 2050 – Professional Practice**

(3 credits) 2 hours lecture, 52 hours practicum

There are common knowledge, skills and abilities required to enter the workplace in the health and physical education discipline across all majors in the Health and Physical Education Degree. This course will consist of two components. The first component will entail a review of common theory across disciplines including: professionalism, ethical behaviour, business practice, inter-disciplinary communication, conflict management and confidentiality. The second component of this course will entail a practical shadowing and observation in each student's discipline.

*Prerequisites:* Health and Physical Education 1000 and 1020.

### **HPED 2112 – Clinical Musculoskeletal Anatomy**

(3 credits) 3 hours lecture

This course builds on concepts taught in HPED 1512. The focus of this course is specific to regional musculoskeletal and neurological anatomy. In addition, this course will focus on surface anatomy and palpation skills. Students will apply anatomical principles to range of motion/goniometry testing and introduce the basics of therapeutic exercise. Practical aspects of this course will be integrated into lectures.

*Prerequisite:* Health and Physical Education 1512.

### **HPED 2230 – Sustainable Tourism (formerly ETOL 2203)**

(3 credits – TG) 3 hours lecture

This course will study the development of the ecotourism industry. Students will examine the political, economic and management issues and trends related to ecotourism in Alberta, Canada and internationally. Students will initiate the development of a personal portfolio in this course.

### **HPED 2270 – Theory and Practice in Leadership (formerly RECR 1247)**

(3 credits – TG) 3 hours lecture

This course studies leadership theory and introduces leadership skills that apply the theory in personal, community and work settings. Students are introduced to leadership skills inventories that allow them to analyze and evaluate their leadership skills. Students will reflect on their leadership experiences and develop strategies to plan personal learning opportunities to maximize their leadership skills.

### **HPED 2400– Commercial Recreation (formerly RECR 1207)**

(3 credits – TG) 3 hours lecture

This course is an investigation of the many providers of commercial recreation services.

### **HPED 2440 – Community Development (formerly RECR 1203)**

(3 credits) 3 hours lecture

This course examines the model of community development and how it is used to empower individuals and communities. The recreation practitioner as a facilitator of community action will be the focus.

### **HPED 2505 – Prevention and Care of Athletic Injuries (formerly PHED 3003)**

(3 credits – TG) 3 hours lecture, 2 hours lab

This course provides a study of the responsibilities of physical educators toward the basic principles of athletic therapy and their role in the prevention and treatment (first aid) of athletic injuries.

*Prerequisite:* Health and Physical Education 1512 with a minimum grade of C-.

### **HPED 2507 – Nutrition and Health (formerly PHED 2007)**

(3 credits – TG) 3 hours lecture

This course will provide the student with a basic understanding of the role of nutrition in health and fitness. By surveying the basics of human nutrition, and considering practical applications, the student will be prepared to apply nutrition guidelines to their individual nutrition needs and those of specialized populations.



### **HPED 2510 – Sport & Exercise Psychology (formerly PHED 2005)**

(3 credits – TG) 3 hours lecture

This course provides an introduction to the psychosocial concepts underlying an understanding of human behaviour in physical activity, sport and health. This course is divided into two equal components. The first examines the perspective of Exercise and Health Psychology, while the second uses the perspective of Personality and Social Psychology.

### **HPED 2514 – Human Physiology**

(3 credits) 3 hours lecture, 3 hours lab

This course will outline the basic principles of human physiology. Topics to be covered include general properties of the living cell, internal environment and homeostasis; tissues, energy and cellular metabolism, as well as introduction to the endocrine, neural, muscular, articular, cardiovascular, respiratory, gastrointestinal, renal, and immune systems. Application of physiological principles to the understanding of human health and performance will be a focus.

*Prerequisite: Biology 30 or equivalent.*

**Note:** Only one of Biology 1216 or Health and Physical Education 2514 can be used to satisfy Bachelor of Health and Physical Education program requirements.

### **HPED 2520 – Introductory and Intermediate Coaching (formerly PHED 2001)**

(3 credits – TG) 3 hours lecture

This course provides exposure to motor learning, growth and development, philosophy, psychology, public relations, administration and training methods as it pertains to coaching. Students will be introduced to the material included in the National Coaching Certification Program Part A and Part B of the Multi-Sport Competition Instruction Stream.

### **HPED 2703 – Fundamental Fitness and Measurement (formerly PHED 2203)**

(3 credits – TG) 3 hours lecture, 2 hours lab

This is a foundation course in physical fitness incorporating the basic theory, testing and application of physical fitness, nutrition and weight control knowledge. It involves a lecture/lab presentation in which students will design personal fitness programs, apply the programs, test their progress and evaluate the results.

### **HPED 2830 – Introductory Flexibility and Relaxation (formerly PHED 2228)**

(1.5 credits – TG) 3 hours lecture for 6.5 weeks

This is an introductory course, which will focus on developing a conceptual framework for utilizing flexibility and relaxation, in relation to overall fitness and personal well-being. A variety of relaxation techniques will be explored and incorporated in practical ways.

### **HPED 2850 – Introductory Strength Training (formerly PHED 2304)**

(1.5 credits) 3 hours lecture for 6.5 weeks

This is a practical course in strength training with emphasis on skill and safety and the design of basic personal strength training programs.

### **HPED 2851 – Cardiovascular Training (formerly PHED 2308)**

(1.5 credits – TG) 3 hours lecture for 6.5 weeks

This course is designed to both improve the cardiovascular fitness of the student and, at the same time, familiarize him or her with theoretical knowledge and training regimens.

### **HPED 2870 – Introductory Backpacking (formerly PHED 2402)**

(1.5 credits – TG) Block course, 12 hours lecture + weekend trip

This course is an exposure to the skills, knowledge and attitudes necessary for trail hiking, off trail rambling and below treeline camping in the backcountry. Harmonious and minimal impact living and walking in the natural environment is a major priority. Participation is required in one weekend.

### **HPED 2871 – Introductory Mountain Travel (formerly PHED 2418)**

(1.5 credits – TG) 3 hours lecture for 6.5 weeks

This is an introductory course in mountaineering, which includes alpine and glacier techniques. Emphasis will be placed on safety and sound judgement. A peak ascent, within the Rocky Mountains, will be attempted. Participation is required in one weekend.

### **HPED 2872 – Wilderness Survival Techniques (formerly PHED 2410)**

(1.5 credits – TG) 3 hours lecture for 6.5 weeks

This course prepares students to handle emergency situations in the Canadian climate. Participation is required in one weekend.

### **HPED 2873 – Introductory Rock Climbing (formerly PHED 2404)**

(1.5 credits – TG) 3 hours lecture for 6.5 weeks

This is an introductory course in rock climbing with the emphasis on the skills necessary for easy lead climbing. Use will be made of indoor and outdoor facilities.

### **HPED 2875 – Introductory Mountain Biking (formerly PHED 2408)**

(1.5 credits – TG) 3 hours lecture for 6.5 weeks

This course is designed to provide students with the ability to demonstrate basic skills regarding safety, mountain bike maintenance and repair, riding technique and planning for back country touring. Participation is required in one weekend.

### **HPED 2880 – Introductory Canoeing (formerly PHED 2414)**

(1.5 credits – TG) 3 hours lecture for 6.5 weeks

This is an introductory course in canoeing with the emphasis on basic techniques, equipment, safety precautions, group dynamics and leadership skills. Students may be involved in moving water situations.

*Prerequisite: Students must be able to swim 100 metres.*

### **HPED 2881 – Introductory Kayaking (formerly PHED 2416)**

(1.5 credits – TG) 3 hours lecture for 6.5 weeks

This is an introductory course in kayaking with the emphasis on basic techniques, equipment, safety precautions, group dynamics and leadership skills. Students may be involved in moving water situations.

*Prerequisite: Students must be able to swim 100 metres.*

### **HPED 2882 – Introductory Swimming (formerly PHED 2412)**

(3 credits – TG) 3 hours lecture

Students will perfect swimming strokes, water entries and basic self-rescue skills. Students will also complete the requirements for two levels of the Canadian Red Cross Swim program.

*Prerequisite: Students enrolling in the course must be comfortable in deep water and be able to swim 100 metres continuously.*

**Note:** Students will be responsible for payment of fees to outside organizations when the issue of a certificate involves a fee.

### **HPED 2884 – Introductory Winter Travel**

(1.5 credits ) 3 hours lecture for 6.5 weeks

This course introduces students to a spectrum of self propelled winter activities including snowshoeing, classic cross-country and skate-skiing as well as winter hiking and winter camping techniques. Emphasis will be given to skill development, self and group care in a winter context and connections to the health and well-being implications of staying active during the winter months. Participation is required for one weekend.

### **HPED 3010 – Sociological Perspectives (formerly PHED 4003)**

(3 credits – TG) 2 hours lecture, 1 hour tutorial

An examination of current methodologies in the study of cultural meaning of sport, leisure and physical education.



### **HPED 3030 – Critical Thinking and Research Methods II**

(3 credits) 3 hours lecture

This course builds on students' experience derived from HPED 2030 to advance their knowledge of the role research plays in the development of professional practice by providing details of statistical techniques and methods common in the discipline of physical education and kinesiology.

*Prerequisite: Health and Physical Education 2030.*

### **HPED 3050 – Practicum**

(3 credits) 1 hour lecture, 250 hours practicum

This is a formal industry experience with an assigned organization in the health, ecotourism & outdoor leadership, sport, recreation, and/or physical activity industries. Participants will be required to participate in the specified hours of practicum and to complete assignments. Students will be accepted into the practicum upon completion of the course prerequisites or consent of the department chair.

*Prerequisites: Health and Physical Education 2030 and 2050 or Physical Education 1050 or Ecotourism and Outdoor Leadership 2011.*

### **HPED 3110 – Musculoskeletal Assessment – Peripheral (formerly PHED 3303)**

(3 credits – TG) 2 hours lecture, 2 hour tutorial

This course involves the study of athletic injuries that fall into the category of complex injuries, repetitive trauma; injuries common to athletics will be approached from the perspective of differential diagnosis. Assessment techniques utilized by Certified Athletic Therapists will be taught. Practical experience will emphasize the assessment of injured athletes as well as the utilization of appropriate intervention skills. This course will deal with the following joints: finger, wrist, hand, forearm, elbow, shoulder, knee, lower leg and foot.

### **HPED 3120 – Therapeutic Modalities (formerly PHED 3305)**

(3 credits – TG) 2 hours lecture, 2 hour tutorial

This course will provide theoretical and practical in-depth knowledge of the safe and effective use of clinical modalities. Some of the topics include a review of the injury process, the transmission of energy, use of thermal agents, use of electrical agents and use of mechanical agents. These modalities are those typically used by Certified Athletic Therapists in Canada.

### **HPED 3130 – Rehabilitation Techniques I (formerly PHED 3307)**

(3 credits – TG) 2 hours lecture, 2 hour tutorial

This course will provide theoretical and practical in-depth knowledge of the safe and effective use of rehabilitation to enhance the recovery of injury. The techniques are those typically used by Certified Athletic Therapists in Canada.

### **HPED 3150 – Clinical Practicum I**

(1.5 credits) 1 hour lecture, 100 hours practicum

This is an introductory level clinical placement with an approved agency that focuses on clinical skills. Participants will participate in lectures once every two weeks, complete 100 hours of practicum and complete the assignments as required.

*Prerequisites: Health and Physical Education 2050 and 3516.*

*Co-requisite: Health and Physical Education 3110.*

### **HPED 3152 – Clinical Practicum II**

(1.5 credits) 1 hour lecture, 100 hours practicum

This is an intermediate level clinical practicum with an approved agency that focuses on a higher level of responsibilities and expectations with clinical assessment and rehabilitation skills. Participants will participate in lectures once every two weeks, complete 100 hours of practicum and complete the assignments as required.

*Prerequisites: Health and Physical Education 3110 and 3150.*

### **HPED 3160 – Field Practicum I**

(1.5 credits) 1 hour lecture, 100 hours practicum

This is an introductory level field placement with an approved agency that focuses on field management skills. Participants will participate in lectures once every two weeks, complete 100 hours of practicum and complete the assignments as required.

*Prerequisites: Health and Physical Education 2050 and 2505.*

### **HPED 3162 – Field Practicum II**

(1.5 credits) 1 hour lecture, 100 hours practicum

This is an intermediate level field placement with an approved agency that focuses on a higher level of responsibilities and expectations with field management skills. Participants will participate in lectures once every two weeks, complete 100 hours of practicum and complete the assignments as required.

*Prerequisites: Health and Physical Education 3110 and 3160.*

### **HPED 3230 – Ecotourism Facilitation Skills (formerly ETOL 2401)**

(3 credits) 3 hours lecture

This course studies the knowledge and skills of leading groups in global ecotourism environments. Students will study teaching and learning methodologies, learning styles, interpretation, group facilitation, moderator techniques, needs assessment surveys and program assessment methods.

*Prerequisites: Health and Physical Education 2230, 2270, and one of Communications 1845 or Health and Physical Education 1020.*

### **HPED 3270– Expedition (formerly ETOL 3303)**

(3 credits – TG) 1 hour lecture, 96 hours fieldwork

This course is designed to familiarize students with a variety of outdoor activities, such as cycle touring, canoeing and kayaking, backpacking, caving, rock climbing and mountaineering. The emphasis will be on experiential methods of learning and practical application of leadership skills. Participation is required in a 10-day expedition.

*Prerequisites: Health and Physical Education 1070 or Physical Education 1171, Physical Education 2402, 2414 or Health and Physical Education 2870 and 2880 or consent of the department. Additionally, students must provide proof of valid Emergency Wilderness Response Certification at the time of the Expedition.*

**NOTE: Students will be responsible for payment of personal subsistence costs associated with the fieldwork. Health and Physical Education 3270 will commence prior to the start of the Fall Semester with a 10-day expedition in late August.**

### **HPED 3320 – Adapted Physical Activity (formerly PHED 2367)**

(3 credits – TG) 3 hours lecture

This course provides an examination of specific problems within the psychomotor domain and the related delivery systems for their identification and amelioration. This is an applied course that focuses on the issues and challenges of providing physical activity experiences for persons with a disability.



### **HPED 3400 – Facility and Event Management (formerly PHED 2261)**

(3 credits) 3 hours lecture

This course focuses on both the facility development and management of facilities including a focus on strategies for organizing and managing special events. This course will provide a viable and practical how-to approach to facility management, development, and the organization of special events in physical activity and sport.

**HPED 3514 – Exercise Physiology (formerly PHED 4001)**

(3 credits – TG) 3 hours lecture, 2 hour lab

This course will provide an overview of the human body's response to acute and chronic exercise, exploring the principles of neuromuscular and cardiorespiratory physiology and energy metabolism. It will further examine gender differences in response to exercise, ergogenic aids, and physiological responses during exercise in altered temperature and atmospheric pressure and exercise in health and prevention of disease.

*Prerequisite: Biology 1216 or 3104, or 3205 or Health and Physical Education 2514.*

**HPED 3516 – Biomechanics (formerly PHED 3001)**

(3 credits – TG) 3 hours lecture, 2 hours lab

This course will provide the student with a basic knowledge of the mechanical principles that govern human movement and sport performance. By exploring linear and angular kinematics and kinetics the student will be prepared to apply their knowledge in both theoretical and practical contexts of human motion.

*Prerequisite: Health and Physical Education 1512 with a minimum grade of C-.*

**HPED 3518 – Physical Growth and Development (formerly PHED 2003)**

(3 credits) 3 hours lecture

This course will provide the student with an understanding of the physical changes that occur during the growth period from childhood to adolescence. Particular attention will focus on the impact of physical maturation and development as related to physical activity, exercise and skill acquisition. The influence of growth and development on the design and instruction of physical activity programs will be explored.

**HPED 3630 – Recreation and Sport Tourism (formerly RECR 2217)**

(3 credits – TG) 3 hours lecture

This course is an investigation of principles and practices of marketing in sport and recreation studies.

**HPED 3720– Physical Activity and the Older Adult (formerly PHED 3385)**

(3 credits – TG) 3 hours lecture

This course will focus on the issues and challenges of providing physical activity experiences for the older adult with an emphasis on applied exercise leadership.

*Recommended Preparation: Health and Physical Education 1512 and 2703.*

**HPED 3740 – Wellness and the Student: From Community Health to Global Action (formerly HLTH 3302)**

(3 credits) 3 hours lecture

This course introduces how personal wellness impacts family and community health and highlights strategies for promoting global well-being. Utilizing a mix of theory and application, students gain an understanding of the interconnectivity of family and community well-being to global health. Students also explore individual, community and global actions that impact global health and wellbeing.

**HPED 3850 – Advanced Strength Training (formerly PHED 3304)**

(3 credits – TG) 3 hours lecture

This is an advanced course in the theory and practice of strength training. Emphasis will be on the utilization of free weight equipment for participants requiring additional or advanced strength training.

*Prerequisite: Health and Physical Education 2850.*

**HPED 3884 – Winter Back Country Travel (formerly PHED 2406)**

(1.5 credits) 3 hours lecture for 6.5 weeks

This course is an introduction to the basic skills and knowledge of back country skiing. Participation is required in one weekend.

*Recommended Preparation: Health and Physical Education 2884.*

**HPED 4110 – Musculoskeletal Assessment – Spinal (formerly PHED 3301)**

(3 credits – TG) 2 hours lecture, 2 hour tutorial

This course involves the study of athletic injuries that fall into the category of complex injuries, repetitive trauma; injuries common to athletics will be approached from the perspective of differential diagnosis. Assessment techniques utilized by Certified Athletic Therapists will be taught. Practical experience will emphasize the assessment of injured athletes as well as the utilization of appropriate intervention skills. Specific joints to be covered are: Cervical, Thoracic, Lumbar, Pelvis and Hip.

**HPED 4130 – Rehabilitation Techniques II (formerly PHED 3311)**

(3 credits – TG) 2 hours lecture, 2 hour tutorial

This course will build on the concepts learned in Physical Education 3301, 3303, 3305 and 3307. This course will integrate the assessment and rehabilitation of the body as a whole, viewing assessment and rehabilitation as a kinetic chain. Rehabilitation will be studied from the acute stage through to the chronic stages of an injury. This course will address the typical situations a Certified Athletic Therapist in Canada is confronted within a clinical setting.

*Prerequisites: Health and Physical Education 3110, 3130 and 4110.*

**HPED 4140 – Practical Clinical Management and Administration (formerly PHED 3315)**

(3 credits – TG) 3 hours lecture for 13 weeks or 6 hours lecture for 7 weeks

This course will cover the theoretical and practical skills needed to operate an athletic therapy clinic or practice privately, with an athletic team or in conjunction with other paramedical professionals. Topics such as business plan writing, budgetary issues, marketing issues, personnel hiring and evaluation, physical planning of a clinic and operating, licensing, and codes will be covered.

**HPED 4150 – Clinical and Field Practicum III**

(3 credits) 1 hour lecture, 175 hours practicum

This is an advanced level field and clinical practicum with an approved agency that focuses on a higher level of responsibilities and expectations with field management and clinical skills. Participants will participate in lectures each week, complete 175 hours of practicum and complete the assignments as required.

*Prerequisites: Health and Physical Education 3110, 3152 and 3162.*

*Co-requisite: Health and Physical Education 3130.*

**HPED 4152 – Clinical and Field Practicum IV**

(3 credits) 1 hour lecture, 175 hours practicum

This is an advanced level field and clinical practicum with an approved agency that focuses on supervised autonomy. This is the capstone course that prepares students for professional entry. Students will be expected to demonstrate a competency level at which they can practice independently. Students will participate in lectures each week, complete 175 hours of practicum and complete the assignments as required.

*Prerequisites: Health and Physical Education 4110 and 4150.*

**HPED 4270 – Applied Leadership (formerly ETOL 4409)**

(3 credits) 3 hours lecture

Students will plan, develop, market, implement and report on an ecotourism outdoor leadership event.

*Prerequisites: Ecotourism and Outdoor Leadership 3305 or Health and Physical Education 1640 and Health and Physical Education 3230.*

**HPED 4340 – Health Promotion**

(3 credits) 3 hours lecture

This course explores the foundations of promoting health and wellness, examines current research and applies the theories of health promotion from individual, community and population perspectives. Drawing from a blend of theory, application and experiential learning, students will gain the capacity to effectively comprehend and develop health promotion and education programs.

*Prerequisites: Health and Physical Education 1040, 2507 and 2510.*

**HPED 4518 – Motor Learning (formerly PHED 4005)**

(3 credits) 3 hours lecture, 2 hours lab

This course presents the fundamental processes underlying the learning and performance of movement, how humans learn skilled actions and how the principles of motor performance and learning can be useful in teaching, coaching, rehabilitation and ergonomics.

*Prerequisite: Health and Physical Education 3518.*

**HPED 4709 – Field School – A (formerly PHED 4509)**

(3 credits) 3 hours lecture

This course is designed to provide students with a learning experience outside of the traditional classroom setting. Students will travel nationally or internationally to a discipline-specific and relevant location related to their program of study. Students will apply theoretical principles learned throughout the program. A project (typically research based) will be completed while on location or data collection will occur throughout the experience. Please note that additional fees (travel, accommodation, sustenance, program fees) will apply outside of the standard tuition.

*Prerequisite: Approval of the department.*

**HPED 4711 – Field School – B (formerly PHED 4511)**

(6 credits) 6 hours lecture

This course is designed to provide students with a learning experience outside of the traditional classroom setting. Students will travel nationally or internationally to a discipline-specific and relevant location related to their program of study. Students will apply theoretical principles learned throughout the program. A major project (typically research based) will be completed while on location or data collection will occur throughout the experience. Please note that additional fees (travel, accommodation, sustenance, program fees) will apply outside of the standard tuition.

*Prerequisite: Approval of the department.*

**HPED 4720 – Advanced Coaching (formerly PHED 4101)**

(3 credits – TG) 3 hours lecture

This course provides exposure to selecting and organizing sport specific training programs, evaluating fitness, detecting and correcting errors in skill techniques, advising on nutritional programs, developing mental strategies, pre-competition strategies, competition strategies, problem solving and motivational techniques for long term training programs. Students enrolled in this course may be trained in modules from the National Coaching Certification Program Competition-Development Multi-Sport stream.

*Prerequisite: Health and Physical Education 2520 or the National Coaching Certification Program Part A and B of the Competition Instruction Stream.*

**HPED 5100 – Senior Issues in Athletic Therapy (formerly PHED 3313)**

(3 credits) 3 hours lecture for 16 weeks or 6 hours lecture for 7 weeks

This course will include the study and investigation of sports medicine topics that have a direct and indirect impact on Certified Athletic Therapists in Canada. This course is offered in a series of lectures, discussions, guest presentations, student presentations and self-study modules.

*Prerequisites: Health and Physical Education 4150.*

**HPED 5200 – Senior Issues in Ecotourism and Outdoor Leadership (formerly ETOL 4405)**

(3 credits – TG) 3 hours lecture

This course addresses the evolving nature of the field of ecotourism and tourism locally, nationally and internationally. Students will study the issues related to standards, advocacy groups, private industry, certification, leadership and future trends.

*Prerequisites: Health and Physical Education 3230 and Health and Physical Education 3050 or Ecotourism and Outdoor Leadership 3011 or with department consent.*

**HPED 5300 – Senior Issues in Physical Literacy and Health**

(3 credits) 3 hours lecture

This course is a senior capstone course that provides an opportunity for the integration of previous courses within the physical literacy major. Students will be expected to analyze and synthesize past learning and relate it to issues and problems in health, physical activity, and physical education. Course requirements will be tailored to meet each student's specific career plans or focus. The course is intended to permit the integration of oral, written and visual projects, and also to provide for the opportunity to understand and plan a major undergraduate research study or participate in a major service learning project and make a public presentation to the campus community.

*Pre-requisite: Health and Physical Education 3050 or consent of the department*

**HPED 5400 – Senior Issues in Sport and Recreation Management (formerly PHED 4267)**

(3 credits) 3 hours lecture

This course addresses the constantly evolving nature of the field of sport and recreation. Students will research, study and discuss the issues and trends that impact the profession. To successfully meet the requirements of this course, students must demonstrate an ability to review and critique examples of research related to the field.

*Prerequisites: Health and Physical Education 3050 or Physical Education 3150 or consent of the department.*

**HPED 1199, 1299– Directed readings (formerly PHED 1199, 1299)**

See Directed Readings which are listed alphabetically in this section of the calendar.

**PHYSICAL EDUCATION (PHED)****PHED 1050 – Practicum I in Sport, Recreation, and Physical Activity**

(3 credits) 175 hours of practicum

This is a formal industry experience with an assigned organization in the sport, recreation, and/or physical activity industries. Participants will be required to participate in the specified hours of practicum and to complete assignments. Students will be accepted into the practicum upon completion of the course prerequisites or consent of the department chair.

*Prerequisites: Physical Education 1203 or Health and Physical Education 1400, Health and Physical Education 1640 and 2270, Entrepreneurship 2301 or 2201, Marketing 2150.*

**Note: Students must also be in Good Standing to participate in a Practicum.**

**PHED 3352 – Field Practicum II**

(3 credits – TG) 2 hours lecture, 175 hours practicum

This is a formal work experience with an approved agency. Participants will be involved in integration seminars, and will be required to participate in the specified hours of practicum and complete the assignments as required. Typical assignments are log book recordings of activities and case study analysis of situations specific to fieldwork of a trainer or Certified Athletic Therapist in Canada. This course will allow students to continue with an agency for seasonal sports that coincide with the academic year such as hockey, basketball, volleyball or badminton. This course will also allow the student to join another agency for sports that only last one semester. An example of such a sport is indoor soccer.

*Prerequisites: Health and Physical Education 3110, 4110 and Physical Education 3350.*

**Note: This course will be delivered in a block placement format. This course is limited to students enrolled in the Advanced Certificate in Athletic Therapy who have successfully completed or are concurrently enrolled in the core course requirements.**

### **PHED 3354 – Clinical Practicum I**

**(3 credits – TG) 2 hours lecture, 175 hours practicum**

This is a formal work experience with an approved agency. Participants will be involved in integration seminars, and will be required to participate in the specified hours of practicum and complete the assignments as required. Typical assignments are log book recordings of activities and case study analysis of situations specific to fieldwork of a Certified Athletic Therapist in Canada. This work experience is specific and under the supervision of a paramedical professional such as a Certified Athletic Therapist, physiotherapist, sports medicine physician, chiropractor or sports massage therapist. Please note that the code of ethics for each of those professionals must be investigated and adhered to.

*Prerequisites: Health and Physical Education 3110, 3120, 3130 and 4110.*

*Co-requisite: Health and Physical Education 4130.*

**Note: This course will be delivered in a block placement format. This course is limited to students enrolled in the Advanced Certificate in Athletic Therapy who have successfully completed or are concurrently enrolled in the core course requirements.**