

Fall start

| Year 1 | |
|--------|---|
| Fall | XPFT 21002 Health Promotion and Training |
| | XPFT or XBIO 20001 Human Anatomy |
| | XPFT 20104 Effective Communication |
| | XPFT 21001 Health and Wellness |
| Winter | XPFT 21003 Strength Training I |
| | XPFT 20401 Fitness Program Design |
| | XPFT or XBIO 20002 Human Physiology |
| | XPFT 21004 Introductory Nutrition |
| Spring | XPFT 20200 Exercise Physiology |
| | XPFT 20201 Applied Movement Mechanics |
| | XPFT 21005 Practicum I |

Winter start

| Year 1 | |
|--------|---|
| Winter | XPFT 21002 Health Promotion and Training |
| | XPFT or XBIO 20001 Human Anatomy |
| | XPFT 20104 Effective Communication |
| | XPFT or XBIO 20002 Human Physiology |
| Spring | XPFT 21005 Practicum I |
| | XPFT 20401 Fitness Program Design |
| | XPFT 21003 Strength Training I |
| Fall | XPFT 20200 Exercise Physiology |
| | XPFT 20201 Applied Movement Mechanics |
| | XPFT 22002 Injury Prevention and Care |
| | XPFT 22003 Strength Training II |

| Year 2 | |
|--------|---|
| Fall | XPFT 20300 Principles and Methods of Training |
| | XPFT 22002 Injury Prevention and Care |
| | XPFT 22003 Strength Training II |
| | XPFT 22001 Growth and Motor Development |
| Winter | XPFT 22005 Special Populations – Older Adults |
| | XPFT 22004 Special Populations - General |
| | XPFT 20402 Leadership Development |
| | XPFT 22006 Practicum II |
| Spring | XPFT 20400 Fitness Appraisal and Lifestyle Counselling |
| | XPFT 20600 Business Management and Marketing |
| | XPFT 22007 Psychology of Exercise |

| Year 2 | |
|--------|--|
| Winter | XPFT 20402 Leadership Development |
| | XPFT 22005 Special Populations – Older Adults |
| | XPFT 22004 Special Populations – General |
| | XPFT 20300 Principles and Methods of Training |
| Spring | XPFT 20600 Business Management and Marketing |
| | XPFT 22006 Practicum II |
| | XPFT 22007 Psychology of Exercise |
| Fall | XPFT 21004 Introductory Nutrition |
| | XPFT 22001 Growth and Motor Development |
| | XPFT 20400 Fitness Appraisal and Lifestyle Counseling |
| | XPFT 21001 Health and Wellness |

If you require assistance with your own schedule, please contact us at pft@mtroyal.ca.