

Bachelor of Arts, Majors and Minors

Physical Education

A Major and a Minor are offered

Program Fees: Domestic Students, International Students

General Description

The Sport, Health, and Physical Education program provides students with the knowledge and experience to pursue numerous careers in physical education (e.g., education, fitness/wellness management, movement science, outdoor leadership, physical therapy, coaching, athlete development, and sports management). Students will explore the nature of human movement and learn essential skills to communicate, administrate, and lead groups in physical activity settings. In addition, students will gain an appreciation of the disciplinary knowledge and its application to various physical activity-related professions. The program provides students with diverse learning environments and applied experiences including lectures, labs, activity classes, online learning, and applied research. The objective is to prepare undergraduates in the field of physical education with the skills, knowledge, and experience to promote physical activity and healthy lifestyles.

Requirements for a Major

Students must fulfill all the Institutional B.A. degree requirements, including Degree English Requirements and courses listed below:

Years 1 & 2	Credits
PHED 201* - (Human Anatomy)	3
PHED 202 - (Dynamics of Motor Skills Acquisition)	3
PHED 220* - (Intro to Human Physiology II)	3
PHED 260 - (Sport, Leisure and Physical Activity in Canadian Society)	3
PHED 280 - (Physical Growth and Motor Development)	3
<i>Nine</i> two-credit PHED Analysis courses	18

** These courses fulfill the Lab/Science requirements for the Education program.*

Years 3 & 4	Credits
PHED 302 - (Applied Exercise Physiology and Prescription)	3
PHED 351 - (Human Wellness)	3
PHED 371 - (Organization and Administration of Physical Activity)	3
PHED 391 - (Research Methods in Physical Activity)	3
PHED 400 - (Applied Movement Analysis)	3
PHED 460 - (Psycho-Social Aspects of Physical Activity)	3
PHED 461 - (Applied Leadership in Physical Activity)	3
PHED 480 - (Physical Activity of Special Populations)	3
PHED 491 - (Integrated Seminar and Field Experience)	3
<i>Nine</i> credits of upper-level PHED electives	9

Note: Contact the Sport, Health, and Physical Education Department or the B.A. Degree Advisor for more information.

Requirements for a Minor

Students must fulfill all the Institutional B.A. degree requirements, including Degree English Requirements and courses listed below:

Years 1 & 2	Credits
PHED 201* - (Human Anatomy)	3
PHED 202 - (Dynamics of Motor Skills Acquisition)	3
PHED 220* - (Intro to Human Physiology II)	3
PHED 260 - (Sport, Leisure and Physical Activity in Canadian Society)	3
PHED 280 - (Physical Growth and Motor Development)	3
<i>Six</i> two-credit PHED Analysis courses	12

** These courses fulfill the Lab/Science requirements for the Education program.*

Years 3 & 4	Credits
PHED 302 - (Applied Exercise Physiology and Prescription)	3
PHED 351 - (Human Wellness)	3
PHED 400 - (Applied Movement Analysis)	3
PHED 460 - (Psycho-Social Aspects of Physical Activity)	3
PHED 461 - (Applied Leadership in Physical Activity)	3
Upper-level PHED elective	3

Note: Contact the Sport, Health, and Physical Education Department or the B.A. Degree Advisor for more information.

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