

Faculty of Physical Education and Recreation  
 Changes to the 2013/2014 University Calendar  
 Approved at Faculty Council - September 25, 2012

§231 Course Listings	§231 Course Listings
<b>231.218 Physical Education and Sport, PEDS Faculty of Physical Education and Recreation Undergraduate Courses</b>	<b>231.218 Physical Education and Sport, PEDS Faculty of Physical Education and Recreation Undergraduate Courses</b>
<i><b>CURRENT</b></i>	<i><b>PROPOSED</b></i>
<p>PEDS 447 Advanced Topics in Coaching *3 (fi 6) (either term, 3-0-0). Study of advanced topics in coaching as they relate to the development of the athlete, the coach, and the organization of sport in contemporary society. Designed to present coaching theory that will guide rising coaches in the development of sport programs that will positively contribute to Canadian society and its sport development model. Prerequisites: PEDS 245 and 246, or Consent of Instructor.</p>	<p>PEDS 447 Advanced Topics in Coaching *3 (fi 6) (either term, 3-0-0). Study of advanced topics in coaching as they relate to the development of the athlete, the coach, and the organization of sport in contemporary society. Designed to present coaching theory that will guide rising coaches in the development of sport programs that will positively contribute to Canadian society and its sport development model. Prerequisites: PEDS 245 or Consent of Instructor.</p>

Faculty of Physical Education and Recreation  
 Changes to the 2013/2014 University Calendar  
 Approved at Undergraduate Programs Committee - September 12, 2012

§231 Course Listings	§231 Course Listings
<b>231.163 Interdisciplinary Undergraduate and Graduate Courses, INT D</b>	<b>231.163 Interdisciplinary Undergraduate and Graduate Courses, INT D Undergraduate Courses</b>
<b>231.163.8 Faculty of Physical Education and Recreation</b>	<b>231.163.8 Faculty of Physical Education and Recreation</b>
<i><b>CURRENT</b></i>	<i><b>PROPOSED</b></i>
NEW	<p><u>INT D 280 The Mountain World: Introduction to Interdisciplinary Mountain Studies *3 (fi 6) (either term, 3-0-0). An interdisciplinary study of the physical and human dimensions of mountain environments. Content includes the physical (glaciers, climate, geology, etc.), biological (flora, fauna, ecology, etc.), physiological (human bodies at altitude, performance, sport, etc.), and cultural (societies, literatures, histories, etc.) dimensions of these unique regions, as well as a critical analysis of the processes of change and influence shaping local and regional mountain environments around the globe, past and present.</u></p>

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§231 Course Listings	§231 Course Listings
<b>231.238 Physical Education and Sport, PEDS Faculty of Physical Education and Recreation Undergraduate Courses</b>	<b>231.237 Recreation and Leisure Studies, RLS Faculty of Physical Education and Recreation Undergraduate Courses</b>
<i><b>CURRENT</b></i>	<i><b>PROPOSED</b></i>
<p>PEDS 335 Advanced Conditioning Methodology            *3 (fi 6) (either term, 3-0-0). A survey of the theoretical bases of conditioning programs. The course emphasis is on the nature of physiological adaptation to selected training regimens and the factors which influence the adaptive process.            Prerequisite: PEDS 200 (no concurrent registration).</p>	<p>PEDS 335 Advanced Conditioning Methodology            *3 (fi 6) (either term, 3-0-1). A survey of the theoretical bases of conditioning programs. The course emphasis is on the nature of physiological adaptation to selected training regimens and the factors which influence the adaptive process.            Prerequisite: PEDS 200 (no concurrent registration).</p>

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<i><b>CURRENT</b></i>	<i><b>PROPOSED</b></i>
NEW	<p><b><u>PEDS 413 Cardiopulmonary Exercise Physiology *3</u></b>  <i>(fi 6)</i> (either term, 3-0-0). This course focuses on the functions, control and integration of the cardiovascular and pulmonary systems. It is designed to increase the student's knowledge of regulation and integration of the cardiovascular and respiratory systems in health and disease. Responses and adaptations to acute and chronic exercise will be used as a foundation upon which the concepts of control and integration will be explored. Clinical applications (e.g., exercise, high altitude) and pathophysiology (e.g., Type 2 diabetes, heart disease) will be reviewed.  <u>Prerequisite: PEDS 200.</u></p>

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<i><b>CURRENT</b></i>	<i><b>PROPOSED</b></i>
<p>PEDS 471 <del>Active Living for Individuals with Developmental Disabilities</del>            *3 (fi 6) (either term, 2-0-2). <del>An in-depth review of characteristics of children with movement difficulties as well as persons with mental deficiency with implications for program planning and service delivery.</del> Prerequisite: PERLS 207</p>	<p>PEDS 471 <u>Physical Activity for Individuals with Developmental Impairments</u>            *3 (fi 6) (either term, 2-0-2). <u>A focus on the delivery of adapted physical activity services to individuals with developmental impairments with a focus on the instruction of movement skills. Theory and practice will be integrated through lecture and lab activities.</u> Prerequisite: PERLS 207</p>

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<i><b>CURRENT</b></i>	<i><b>PROPOSED</b></i>
<p>PEDS 440 Advanced <del>Athletic Therapy Methods and Techniques</del>            *3 (fi 6) (either term, 3-0-0). <del>Recognition of the potentially serious injury. Advanced prevention, treatment, and sport specific rehabilitative methods and techniques in athletic therapy. Prerequisites: PEDS 100 and PEDS 240, or consent of Faculty.</del></p>	<p>PEDS 440 Advanced <u>Sports Injury Management</u>            *3 (fi 6) (either term, 3-0-0). <u>Analysis of practical and theoretical concepts of sports injury management. Includes an overview of musculoskeletal injury assessment, rehabilitation of injuries, and safety in return to activity. Requires additional student instructional hours outside of class time.</u>            Prerequisite: PEDS 240.</p>

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<i><b>CURRENT</b></i>	<i><b>PROPOSED</b></i>
<p>PEDS 472 <del>Active Living</del> for Individuals with Physical <del>Disabilities</del>            *3 (fi 6) (either term, 2-0-2). An <del>in-depth review of characteristics of persons with physical disabilities with implications for program planning and service delivery.</del> Prerequisites: PERLS 207.</p>	<p>PEDS 472 <u>Physical Activity</u> for Individuals with Physical <u>Impairments</u>            *3 (fi 6) (either term, 2-0-2). An <u>examination of instructional models and program implementation considerations for creating and augmenting physical active opportunities for persons with physical impairments.</u>  <u>The assumptions underlying actions which include and exclude will be examined.</u>            Prerequisite: PERLS 207.</p>

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§231 Course Listings	§231 Course Listings
<b>231.219 Physical Education, Recreation and Leisure Studies, PERLS</b> <b>Faculty of Physical Education and Recreation</b> <b>Undergraduate Courses</b>	<b>231.219 Physical Education, Recreation and Leisure Studies, PERLS</b> <b>Faculty of Physical Education and Recreation</b> <b>Undergraduate Courses</b>
<i><b>CURRENT</b></i>	<i><b>PROPOSED</b></i>
PERLS 207 Physical Activity and Leisure for Special Populations *3 (fi 6) (either term, 3-0-0). An introduction into the current trends in the theory and practice in physical education and recreation from special groups. The course includes a survey of special populations and their implications for service delivery.	PERLS 207 <u>Adapted</u> Physical Activity and Leisure for <u>Diverse</u> Populations *3 (fi 6) (either term, 3-0-0). An introduction <u>to research</u> , theory and practice <u>pertaining to participation in physical activity and leisure by persons with impairments</u> . The course <u>explores the intersection of social influences and personal interests on participation in active lifestyles</u> .



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<b><i>CURRENT</i></b>	<b><i>PROPOSED</i></b>
PERLS 370 Assessment and Service Delivery for <del>Special Populations</del> *3 ( <i>fi</i> 6) (either term, 3-0-1). An overview of basic qualitative and quantitative assessment principles and their use to deliver quality physical activity and recreation services for <del>special needs populations</del> . Prerequisites: PERLS 207 and PEDS 309 or STAT 141 or 151.	PERLS 370 Assessment and Service Delivery <u>in Adapted Physical Activity and Therapeutic Recreation</u> *3 ( <i>fi</i> 6) (either term, 3-0-1). An overview of basic qualitative and quantitative assessment principles and their use to deliver quality physical activity and recreation services for <u>individuals with diverse needs</u> . Prerequisites: PERLS 207 and PEDS 309 <u>or RLS 210</u> or STAT 141 or 151.

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<b>231.219 Physical Education, Recreation and Leisure Studies, PERLS</b> <b>Faculty of Physical Education and Recreation</b> <b>Undergraduate Courses</b>	<b>231.219 Physical Education, Recreation and Leisure Studies, PERLS</b> <b>Undergraduate Courses</b>
<i><b>CURRENT</b></i>	<i><b>PROPOSED</b></i>
NEW	<u>PERLS 421 Play Leadership *3 (fi 6) (either term, 3-0-0). The content will include the defining criteria and values of Play Leadership. The roles and responsibilities of Play Leaders in fostering learning and development through play will be examined.</u>

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<b><i>CURRENT</i></b>	<b><i>PROPOSED</i></b>
<del>PERLS 452 Leisure Facilities: Planning and Management            *3 (fi 6) (either term, 0-3L-0). An examination of the planning, design, and management processes associated with leisure facilities (inclusive of sport, recreation, and tourism facilities). Attention is focused on the provision of leisure opportunities of a predominantly intensive-use nature which tend to occur in context of the communities in which they function. Note: Requires payment of additional student instructional support fees. Refer to the Fees Payment Guide in the University Regulations and Information for Students section of the Calendar. Prerequisite: PERLS 105.</del>	Delete
New Course	<u>PERLS 352 Leisure Facilities: Planning and Management</u> <u>*3 (fi 6) (either term, 0-3L-0). An examination of the planning, management and operations of leisure and recreation areas and facilities (inclusive of sport, recreation, and tourism).</u> <u>Note: Requires payment of additional student instructional support fees (see §22.2.3). Credit given for only one of PERLS 352 or 452</u> <u>Prerequisite: PERLS 105.</u>

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<i><b>CURRENT</b></i>	<i><b>PROPOSED</b></i>
<p><del>RLS 123 Leisure and Human Behavior *3 (fi 6) (either term, 3-0-0). A social psychological examination of leisure experiences and leisure behaviors. Focus is on the individual in dynamic interactions with other individuals, groups or cultures within a leisure context. Note: credit will be granted for only one of RLS 123 or 223.</del></p>	<p>Delete</p>
<p>New Course</p>	<p><u>RLS 223 Leisure and Human Behavior *3 (fi 6) (either term, 3-0-0). A sociopsychological examination of leisure experiences and leisure behaviors. Focus is on the individual in dynamic interactions with other individuals, groups or cultures within a leisure context. Note: credit will be granted for only one of RLS 123 or 223.</u></p>

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<i><b>CURRENT</b></i>	<i><b>PROPOSED</b></i>
<p>RLS 230 Recreation and Community Development  <del>*3 (fi 6) (either term, 2-0-1.5). Analysis of the social and political processes through which groups and individuals work to mobilize resources and establish relationships to fulfill community needs. Prerequisite: RLS 100</del></p>	<p>Delete</p>
<p>New Course</p>	<p><u>RLS 130 Collaborative Skills and Processes for Community Recreation and Leisure</u>  <u>*3 (fi 6) (either term, 2-0-1.5). Study of the social and political processes through which groups and individuals work to mobilize resources and establish relationships to fulfill individual and community recreation/leisure needs. Basic personal communication and conflict skills for understanding, analyzing, and working through social and political processes will be examined. Note: credit will be granted for only one of RLS 130 or 230. Prerequisite: RLS 100</u></p>

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<b>§150 The Faculty of Physical Education and Recreation</b>	<b>§150 The Faculty of Physical Education and Recreation</b>
<b>154 Programs of Study</b>	<b>154 Programs of Study</b>
<b>154.1 BPE Degree Program</b>	<b>154.1 BPE Degree Program</b>
<b>154.1.3 Degree Program Concentrations</b>	<b>154.1.3 Degree Program Concentrations</b>
<p>(5) <b>Cultural and Managerial Studies of Sport and Leisure:</b> The focus of this concentration is on cultural and managerial issues related to sport and leisure. Although the intention is that all students will be exposed to both, for those interested in cultural issues, the emphasis will be on understanding the connections between sport and leisure and the society in which we live. For those interested in managerial issues, the emphasis will be on managing organizations involved in the delivery of sport and leisure services.</p> <p>a. Concentration Core (★12)      PERLS 350 and 351, plus ★6 chosen from HE ED 320, HIST 460, 470, PERLS 335, 404, 411, 450, 451, <b>452</b>, 495, 499/599, RLS 232, 452, 463, 464 and 465.</p> <p>b. Practicum (★6 or ★12)      ★6 PEDS 490, or ★12 PEDS 491</p> <p>c. Concentration Options (★6 or ★12)      Students should contact the Undergraduate Programs Office for detailed information about specific Concentration Option courses.  <b>Note:</b> Students who choose a ★6 Part-Time practicum will do ★12 Concentration Options; students who choose a ★12 Full-Time practicum will do ★6 Concentration Options.</p>	<p>(5) <b>Cultural and Managerial Studies of Sport and Leisure:</b> The focus of this concentration is on cultural and managerial issues related to sport and leisure. Although the intention is that all students will be exposed to both, for those interested in cultural issues, the emphasis will be on understanding the connections between sport and leisure and the society in which we live. For those interested in managerial issues, the emphasis will be on managing organizations involved in the delivery of sport and leisure services.</p> <p>a. Concentration Core (★12)      PERLS 350 and 351, plus ★6 chosen from HE ED 320, HIST 460, 470, PERLS 335, <b>352</b>, 404, 411, 450, 451, 495, 499/599, RLS 232, 452, 463, 464 and 465.</p> <p>b. Practicum (★6 or ★12)      ★6 PEDS 490, or ★12 PEDS 491</p> <p>c. Concentration Options (★6 or ★12)      Students should contact the Undergraduate Programs Office for detailed information about specific Concentration Option courses.  <b>Note:</b> Students who choose a ★6 Part-Time practicum will do ★12 Concentration Options; students who choose a ★12 Full-Time practicum will do ★6 Concentration Options.</p>

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§150 The Faculty of Physical Education and Recreation	§150 The Faculty of Physical Education and Recreation
154 Programs of Study	154 Programs of Study
154.2 BSc in Kinesiology Degree Program	154.3 BSc in Kinesiology Degree Program
<p><b>154.2.2 Course Sequence for BSc in Kinesiology</b></p> <p style="text-align: center;">Students are advised to follow the prescribed order as closely as possible.</p> <p><b>Year 1 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. CHEM 101</li> <li>2. CHEM 261</li> <li>3. ★6 of 100-level English</li> <li>4. HE ED 110</li> <li>5. MATH 113 or 114</li> <li>6. PEDS 100</li> <li>7. PEDS 101</li> <li>8. PEDS 103</li> <li>9. PERLS 104</li> </ol> <p><b>Year 2 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. BIOCH 200</li> <li>2. PEDS 200</li> <li>3. PEDS 203</li> <li>4. PEDS 206</li> <li>5. PEDS 240</li> <li>6. <del>PERLS 105</del></li> <li>7. PERLS 204</li> <li>8. PERLS 207</li> <li>9. ★6 Open options</li> </ol> <p><b>Year 3 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. HE ED 221</li> <li>2. PEDS 303 or HE ED 321</li> <li>3. One of: PEDS 309, STAT 141, or STAT 151</li> <li>4. PEDS 334</li> <li>5. PEDS 335</li> <li>6. ★15 Open options</li> </ol> <p><b>Year 4 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. PEDS 401</li> <li>2. PEDS 409</li> <li>3. ★6 chosen from: INT D 410 or 415; PEDS 302, 306, 400, 402, 411, 412, 440 or 497 (depending</li> </ol>	<p><b>154.2.2 Course Sequence for BSc in Kinesiology</b></p> <p style="text-align: center;">Students are advised to follow the prescribed order as closely as possible.</p> <p><b>Year 1 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. CHEM 101</li> <li>2. CHEM 261</li> <li>3. ★6 of 100-level English</li> <li>4. HE ED 110</li> <li>5. MATH 113 or 114</li> <li>6. PEDS 100</li> <li>7. PEDS 101</li> <li>8. PEDS 103</li> <li>9. PERLS 104</li> </ol> <p><b>Year 2 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. BIOCH 200</li> <li>2. PEDS 200</li> <li>3. PEDS 203</li> <li>4. PEDS 206</li> <li>5. PEDS 240</li> <li>6. <u>One of: NUTR 100, PHYS 124, or PSYCO 104</u></li> <li>7. PERLS 204</li> <li>8. PERLS 207</li> <li>9. ★6 Open options</li> </ol> <p><b>Year 3 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. HE ED 221</li> <li>2. PEDS 303 or HE ED 321</li> <li>3. One of: PEDS 309, STAT 141, or STAT 151</li> <li>4. PEDS 334</li> <li>5. PEDS 335</li> <li>6. ★15 Open options</li> </ol> <p><b>Year 4 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. PEDS 401</li> <li>2. PEDS 409</li> <li>3. ★6 chosen from: INT D 410 or 415; PEDS 302, 306, 400, 402, 411, 412, <del>413</del>, 440 or 497</li> </ol>

on topic; students should talk to Undergraduate Programs Advisor for more information)

4. ★6/ ★12 Professional Practicum (see Note 6)
5. ★6/ ★12 Faculty Options (see Note 6)  
The total course weights taken in 4 and 5 above must equal ★18.

**Notes**

- (1) No more than ★9 of options are to be completed through PAC/DAC courses.
- (2) Students with an interest in biomechanics or motor control are strongly encouraged to complete CMPUT 101 or 114 as one of their options.
- (3) Practicum opportunities may be limited for those students wishing to do a part-time practicum.
- (4) It is strongly recommended to select appropriate Open options in order to meet agency prerequisites for a practicum placement. For example, students considering a practicum in a fitness or physiotherapy clinic are advised to take PAC 490. See a Program Advisor for suggested courses.
- (5) In order to graduate with a BSc in Kinesiology, students must have successfully completed a minimum of 96 laboratory hours of coursework, chosen from the following discipline areas: human anatomy, human physiology, exercise physiology, biomechanics, motor learning/motor control, and psychology of physical activity.
- (6) Students must choose one of following practicum placement options: ★12 full-time practicum (must register in PEDS 491 only), or ★6 part-time practicum (must register in PEDS 490 only) and an additional ★6 Faculty Options.
- (7) A maximum of ★15 in Practicum course offerings may be credited toward the BSc in Kinesiology degree program.

(depending on topic; students should talk to Undergraduate Programs Advisor for more information)

4. ★6/ ★12 Professional Practicum (see Note 6)
5. ★6/ ★12 Faculty Options (see Note 6)  
The total course weights taken in 4 and 5 above must equal ★18.

**Notes**

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- (3) Practicum opportunities may be limited for those students wishing to do a part-time practicum.
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- (6) Students must choose one of following practicum placement options: ★12 full-time practicum (must register in PEDS 491 only), or ★6 part-time practicum (must register in PEDS 490 only) and an additional ★6 Faculty Options.
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§150 The Faculty of Physical Education and Recreation	§150 The Faculty of Physical Education and Recreation
154 Programs of Study	154 Programs of Study
<b>154.3 BA in Recreation, Sport and Tourism Degree Program</b>	<b>154.3 BA in Recreation, Sport and Tourism Degree Program</b>
<p><b>154.3.2 Course Sequence for BARST</b></p> <p>Students are advised to follow the prescribed order as closely as possible.</p> <p><b>Year 1 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. HE ED 110</li> <li>2. PERLS 104</li> <li>3. PERLS 105</li> <li>4. RLS 100</li> <li>5. RLS 122</li> <li>6. RLS <del>423</del></li> <li>7. ★6 of 100-level English</li> <li>8. ★6 in Humanities, Social Sciences, or Fine Arts/Languages [see §154.3.1(2)]</li> </ol> <p><b>Year 2 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. PERLS 204</li> <li>2. PERLS 207</li> <li>3. RLS 210</li> <li>4. RLS 225</li> <li>5. RLS <del>230</del></li> <li>6. RLS 232</li> <li>7. RLS 263</li> <li>8. ★6 in Humanities, Social Sciences, or Fine Arts/Languages (see below)</li> </ol> <p style="padding-left: 40px;"><b>Note:</b> Select courses based on balance of requirements relative to Year 1 selections.</p> <ol style="list-style-type: none"> <li>9. ★3 Open Options.</li> </ol> <p><b>Year 3 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. PERLS 304</li> <li>2. PERLS 335</li> <li>3. ★24 selected from Senior Faculty Courses, Senior Out-of-Faculty Focus, or Open Options</li> </ol> <p><b>Year 4 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. RLS 400</li> </ol>	<p><b>154.3.2 Course Sequence for BARST</b></p> <p>Students are advised to follow the prescribed order as closely as possible.</p> <p><b>Year 1 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. HE ED 110</li> <li>2. PERLS 104</li> <li>3. PERLS 105</li> <li>4. RLS 100</li> <li>5. RLS 122</li> <li>6. RLS <del>130</del></li> <li>7. ★6 of 100-level English</li> <li>8. ★6 in Humanities, Social Sciences, or Fine Arts/Languages [see §154.3.1(2)]</li> </ol> <p><b>Year 2 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. PERLS 204</li> <li>2. PERLS 207</li> <li>3. RLS 210</li> <li>4. RLS 225</li> <li>5. RLS <del>223</del></li> <li>6. RLS 232</li> <li>7. RLS 263</li> <li>8. ★6 in Humanities, Social Sciences, or Fine Arts/Languages (see below)</li> </ol> <p style="padding-left: 40px;"><b>Note:</b> Select courses based on balance of requirements relative to Year 1 selections.</p> <ol style="list-style-type: none"> <li>9. ★3 Open Options.</li> </ol> <p><b>Year 3 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. PERLS 304</li> <li>2. PERLS 335</li> <li>3. ★24 selected from Senior Faculty Courses, Senior Out-of-Faculty Focus, or Open Options</li> </ol> <p><b>Year 4 (★30)</b></p> <hr/> <ol style="list-style-type: none"> <li>1. RLS 400</li> </ol>

<p>2. RLS 441 Practicum Seminar  3. RLS 449 Professional Practicum  4. ★12 Chosen from Senior Faculty Courses, Senior Out-of-Faculty Focus, or Open Options</p> <p><b>Notes</b></p> <p>(1) No more than ★6 of Options are to be completed through PAC/DAC courses.  (2) RLS 441 and 449 must be taken together in the same term.  (3) Students approved to take the Advanced Project in lieu of the Professional Practicum would normally take the approved course work and research-based Directed Study in Year 4.  (4) A maximum of ★15 in Practicum course offerings may be credited toward the BARST degree program.</p>	<p>2. RLS 441 Practicum Seminar  3. RLS 449 Professional Practicum  4. ★12 Chosen from Senior Faculty Courses, Senior Out-of-Faculty Focus, or Open Options</p> <p><b>Notes</b></p> <p>(1) No more than ★6 of Options are to be completed through PAC/DAC courses.  (2) RLS 441 and 449 must be taken together in the same term.  (3) Students approved to take the Advanced Project in lieu of the Professional Practicum would normally take the approved course work and research-based Directed Study in Year 4.  (4) A maximum of ★15 in Practicum course offerings may be credited toward the BARST degree program.</p>
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