



Program Planning Guide

Current and past Program Planning Guides are available on the UofL website at www.uleth.ca/ross/ppgs/ppg.html

Calendar Year: 2010/2011

Faculty: Arts & Science/Education

Department of Kinesiology and Physical Education

About the Department of Kinesiology and Physical Education

The Department of Kinesiology and Physical Education offers courses in the study of human movement and physical activity involvement. The Department's curriculum is designed to provide students with a broad experience in all aspects of the discipline. Especially at the lower levels, course experiences may be equally attractive to Kinesiology majors and to students from other majors seeking to broaden their understandings and to satisfy the General Liberal Education Requirement.

Career Opportunities

Students who earn a degree with a major in Kinesiology may seek careers in a number of fields such as teaching (early childhood, elementary, junior high, high school), coaching, administration or program development in public recreation or private or semi-public organizations with a physical activity focus (e.g., YMCA, racquet clubs, etc.), sports administration, sports facility management, sporting goods sales, sports writing, leisure and lifestyle reporting, equipment design and manufacture. Some students may consider moving on to do graduate work in Kinesiology or a related area.

Co-operative Education in the Humanities and Social Sciences

A Co-op option, requiring three work terms, is available. Students interested in the Co-operative Education/Internship program should contact the Coordinator of Co-operative Education in the Career Resources Centre (B610 | phone: 403-382-7154) for further information.

Faculty of Education

Choosing an Education Major

The Faculty of Education offers 11 different majors that correspond to teaching subjects in Alberta schools (see p. 163 in the 2010/2011 University of Lethbridge Calendar for a listing). In highly competitive teaching majors, the GPA for admission may be above the minimum requirements.

How to Choose a Major

Students generally begin by thinking about which subjects they enjoyed and did well at in school. Students are also encouraged to conduct additional research regarding their interests and aptitudes. Students who are uncertain about their major should try taking introductory courses in several areas.

Choosing Courses Outside the Major

Students sometimes find that their initial objective to teach only at the elementary level or only at the secondary school level is later modified—or even completely changed. Students are therefore encouraged to select courses that will prepare them for teaching in a variety of situations. Moreover, students should select courses that not only provide breadth and richness for the classroom but also provide the basis for the development of a teaching minor or specialization.

Choosing an Education Minor

The Faculty of Education offers 19 minors (see p. 167 in the 2010/2011 University of Lethbridge Calendar for a listing). A minor consists of five non-Education courses (excluding those used in the major) and one curriculum and instruction Education course. Students may use the same courses to fulfill the minor and the General Liberal Education Requirement (GLER).

Choosing an Education Specialization

The Faculty of Education offers three specializations:

- Early Childhood Education
- Special/Inclusive Education
- Technology in Education

The specializations consist of four courses and corresponding Professional Semester III focus.

Advantages of Completing a Minor and/or Specialization

Completing a minor and/or a specialization allows students to develop expertise in a second area of teaching and be more versatile and marketable as a graduating teacher. For more information, see the 2010/2011 University of Lethbridge Calendar, Part 8 - Education, Sections 7. Education Minors (p. 167) and 8. Education Specializations (p. 172).

Where to Get Help

You can start career research at your school counselling centre, at your local library, or on the Internet, including websites like Alberta Advanced Education and Technology (www.advancededucation.gov.ab.ca). There are also many programs and people at the University of Lethbridge to assist you with a choice of major. Career and Employment Services (CES) assists students and alumni with their career exploration needs (in particular, see "What Can I Do With a Major in...?" at www.uleth.ca/ross/ces/majors.html). Students may also contact an Academic Advisor in Student Program Services in the Faculty of Education (email: edu.sps@uleth.ca | phone: 403-329-2254) or in the Faculty of Arts and Science (email: artsci.advising@uleth.ca | phone: 403-329-5106).

Program Requirements

The B.A./B.Ed. combined degrees program with a major in Kinesiology/Physical Education requires a minimum of 50 courses, including 30 in Arts and Science and 20 in Education. A minimum of 13 courses (39.0 credit hours) is required in the Kinesiology major. A maximum of 17 courses (51.0 credit hours) in Kinesiology (including Physical Activity courses) is allowed.

Transfer Credit

Remember that you may use both University of Lethbridge credit and credit transferred from another college or university to meet degree and major requirements. Transfer credit may be either specified or unspecified. Specified credit is indicated on your transcript by the subject name and the specific number of the course, e.g., Kinesiology 1000, Kinesiology 2200, etc. Unspecified credit (1XXX, 2XXX, etc.) is indicated by the subject name and level of the course in parentheses, e.g., Kinesiology (1000 level), Kinesiology (2000 level), etc.

Unspecified Course Credit

Unspecified course credit means that the University of Lethbridge does not offer the same course you transferred in, but we recognize it and treat it as a regular course. An unspecified course would count as one of your maximum of 17 from one department, but it could not meet a specific course requirement. For example, if Kinesiology 2120 is required in your program, you could not use Kinesiology (2000 level) to fulfill that requirement. Students with unspecified transfer credit need to consult an Academic Advisor to establish how the transfer credit fits in the degree program. This should be done as soon as possible after transfer credit is awarded.

Program Worksheet

Name : _____ ID : _____

Required Kinesiology Theory Courses:

- _____ 1. Kinesiology 1000 - Wellness and Physical Activity
- _____ 2. Kinesiology 2000 - Foundations of Motor Skill Acquisition
- _____ 3. Kinesiology 2110 - Biophysical Foundations of Human Movement
- _____ 4. Kinesiology 2120 - Sociological and Psychological Dimensions of Physical Activity Involvement
- _____ 5. Kinesiology 2130 - Humanities Dimensions of Physical Activity Involvement
- _____ 6. Kinesiology 2200 - Research Methodologies in Physical Activity Involvement
- _____ 7. Kinesiology 4620 - Leadership and Management of Kinesiology, Sport and Recreation
- _____ 8. One 4000-level Kinesiology course (3.0 credit hours):

_____ 9-10. TWO additional Kinesiology courses (6.0 credit hours) at the 3000/4000 level:

1. _____
2. _____

Note: You are reminded that you must complete a minimum of 20 Arts and Science courses NOT designated as 'Science' (see the 2010/2011 Calendar, Part 7, Section 20 - Divisional Course Designation, p. 112, and Part 4, Section 11, Lists I and II, p. 85). Please note that Kinesiology 2110 and 2200 are designated 'Science.' You are advised to select non-Science Kinesiology courses to satisfy requirements 9-10, above.

Required Physical Activity Courses (PHAC) - Each PHAC is worth 1.5 credit hours (one-half course):

Students must complete a minimum of SIX PHACs, including TWO at the 3000 level or higher:

1. _____
2. _____
3. _____
4. _____
5. _____ (3000 level or higher)
6. _____ (3000 level or higher)

Note: All B.A./B.Ed. students must present, among the six Physical Activity courses, the following:

_____ One course of Gymnastics*:

- _____ Physical Activity 2135 - Educational Gymnastics
- _____ Physical Activity 3105 - Men's Artistic Gymnastics
- _____ Physical Activity 3115 - Women's Artistic Gymnastics

_____ One course of Dance*:

- _____ Physical Activity 2225 - Children's Dance
- _____ Physical Activity 2235 - Creative Dance
- _____ Physical Activity 3225 - Hip Hop, Latin and Swing Dance

_____ One course of Lifetime Skills:

- _____ Physical Activity 2155 - Track and Field I
- _____ Physical Activity 2445 - Resistance Training for Health and Performance I
- _____ Physical Activity 2635 - Tennis
- _____ Physical Activity 2685 - Badminton I
- _____ Physical Activity 2705 - Outdoor Education - Summer Activities
- _____ Physical Activity 2715 - Outdoor Education - Winter Activities
- _____ Physical Activity 3445 - Resistance Training for Health and Performance II
- _____ Physical Activity 3605 - Conditioning for Cardiovascular Health
- _____ Physical Activity 3685 - Badminton II

_____ One course of Team Sports:

- _____ Physical Activity 2505 - Basketball I
- _____ Physical Activity 2535 - Soccer I
- _____ Physical Activity 2545 - Volleyball I
- _____ Physical Activity 3505 - Basketball II
- _____ Physical Activity 3535 - Soccer II
- _____ Physical Activity 3545 - Volleyball II

**Students are strongly advised to complete the Gymnastics and Dance physical activity requirements in Year Two.*

Students are strongly encouraged to complete Physical Activity courses which complement the school curriculum. Contact Student Program Services in the Faculty of Education for information.

Sample Sequencing Plan

Shown below is a sample sequence of courses for your degree. If you follow this plan, you should be able to graduate in five years, provided you complete five courses per semester. This is just one example of how you could complete your major and degree requirements; you may find that a different sequence works as well as this one.

<p>Year 1, Fall Kinesiology 1000 Physical Activity¹ Physical Activity¹ GLER course GLER course GLER course</p>	<p>Year 1, Spring Kinesiology 2000 level GLER course GLER course GLER course Elective</p>
<p>Year 2, Fall Education 2500² Kinesiology 2000 level Kinesiology 2000 level Kinesiology 2000 level GLER course</p>	<p>Year 2, Spring Kinesiology 2200 Physical Activity¹ Physical Activity¹ GLER course Elective 3000/4000 level Elective</p>
<p>Year 3, Fall Professional Semester I</p>	<p>Year 3, Spring Kinesiology elective 3000/4000 level Physical Activity 3000 level¹ Physical Activity 3000 level¹ Elective 3000/4000 level Elective 3000/4000 level Elective</p>
<p>Year 4, Fall Kinesiology 4620 Kinesiology elective 3000/4000 level Elective 3000/4000 level Elective 3000/4000 level Elective</p>	<p>Year 4, Spring Professional Semester II</p>
<p>Year 5, Fall Professional Semester III</p>	<p>Year 5, Spring Education Foundation course Education elective Education elective Education elective Kinesiology 4000 level</p>
<p>Elementary Education and Special/Inclusive Education students will reverse the Fall and Spring semesters in Year 5 and complete PS III in the Spring.</p>	

¹ Physical Activities count as 1.5 credit hours. Students are strongly advised to complete the Dance and Gymnastics physical activity requirements in Year Two.

² Education 2500 may also be taken in Spring or Summer semester.

Terms Used

GLER course: A course that could count toward the General Liberal Education Requirement. You may use courses in your major towards this 12-course requirement. See the 2010/2011 University of Lethbridge Calendar, Part 4 - Academic Regulations (p. 85) for complete information.

The Faculty of Arts and Science offers Liberal Education 1000 and 2000, specifically designed to introduce first-year students to the wide scope of human knowledge and teach essential university success skills, critical thinking, and integrative thinking (see the 2010/2011 University of Lethbridge Calendar, Part 14 - Courses, p. 306). LBED 1000 and 2000 may be used toward satisfying the GLER.

Elective: A course that you may choose freely from all those available and applicable to your program. Use courses inside or outside your major, bearing in mind any restrictions that may apply (e.g., a maximum of 17 courses from any one department).

