

University of  
Lethbridge



## Program Planning Guide

**Program:** Bachelor of Science/Bachelor of Education (B.Sc./B.Ed.)

**Major (Arts and Science):** Kinesiology

**Major (Education):** Physical Education

**Calendar Year:** 2018/2019

**Name:** \_\_\_\_\_

**ID:** \_\_\_\_\_

**Major in Kinesiology:**

[www.uleth.ca/artsci/kinesiology](http://www.uleth.ca/artsci/kinesiology)

**Academic Calendar:**

[www.uleth.ca/ross/academic-calendar](http://www.uleth.ca/ross/academic-calendar)

**High School Admission Requirements:**

[www.uleth.ca/ross/admissions/undergrad/high-school](http://www.uleth.ca/ross/admissions/undergrad/high-school)

**Faculty of Education Admission Requirements:**

[www.uleth.ca/education/programs-degrees/undergraduate-studies/admission](http://www.uleth.ca/education/programs-degrees/undergraduate-studies/admission)

**Current and Past Program Planning Guides:**

[www.uleth.ca/ross/ppgs](http://www.uleth.ca/ross/ppgs)

**Faculty of Arts and Science Advising:**

[www.uleth.ca/artsci/advising](http://www.uleth.ca/artsci/advising)  
[artsci.advising@uleth.ca](mailto:artsci.advising@uleth.ca)  
403-329-5106  
SU060

**Faculty of Education Advising:**

[www.uleth.ca/education/student-advising](http://www.uleth.ca/education/student-advising)  
[edu.sps@uleth.ca](mailto:edu.sps@uleth.ca)  
403-329-2254  
TH421

Kinesiology/Physical Education

Bachelor of Science/Bachelor of Education

This is a planning guide and not a graduation check or guarantee of course offerings. You should have a program check done in your final year of studies. Students are responsible for the accuracy of their own programs. The guide should be used in conjunction with the University of Lethbridge Calendar, which is the final authority on all questions regarding program requirements and academic regulations. Contact an Academic Advisor in the Faculty of Arts and Science or Faculty of Education for advising information.

**Name :** \_\_\_\_\_

**ID :** \_\_\_\_\_

**B.Sc./B.Ed. (Kinesiology/Physical Education)**

Completion of at least 30 courses (90.0 credit hours) from disciplines offered by the Faculty of Arts and Science or Faculty of Fine Arts with a grade point average of at least 2.00.

Completion of the equivalent of 20 courses (60.0 credit hours) in Education with a program grade point average of at least 2.50 in Education courses and the appropriate major.

**Major Requirements (16 courses)**

- \_\_\_\_\_ 1. Biology 1010 - Cellular Basis of Life
- \_\_\_\_\_ 2. Kinesiology 1000 - Wellness and Physical Activity
- \_\_\_\_\_ 3. Kinesiology 2200 - Research Methodologies
- \_\_\_\_\_ 4. Kinesiology 2600 - Functional Human Anatomy
- \_\_\_\_\_ 5. Kinesiology 2610 - Human Physiology
- \_\_\_\_\_ 6. Kinesiology 2650 - Functional Biomechanics
- \_\_\_\_\_ 7. Kinesiology 3610 - Exercise Physiology
- \_\_\_\_\_ 8. Kinesiology 3630 - Growth, Development and Aging
- \_\_\_\_\_ 9. Kinesiology 3650 - Biomechanics
- \_\_\_\_\_ 10. Two courses (3.0 credit hours) in Physical Activity: <sup>1</sup>
  - \_\_\_\_\_ Physical Activity 2130 - Educational Dance
  - \_\_\_\_\_ Physical Activity 2135 - Educational Gymnastics
- \_\_\_\_\_ 11. Physics 1050 - Introduction to Biophysics
- \_\_\_\_\_ 12. **One of:**
  - \_\_\_\_\_ Chemistry 1000 - General Chemistry I
  - \_\_\_\_\_ Chemistry 1110 - Chemistry for Life Sciences I
- \_\_\_\_\_ 13. **One of:**
  - \_\_\_\_\_ Kinesiology 2160 - Management Perspectives
  - \_\_\_\_\_ Kinesiology 3300 - Leadership Skills Development

One course (3.0 credit hours) in Kinesiology at the 4000 level with a Science designation, excluding Kinesiology 4980 (Applied Study) and Kinesiology 4990 (Independent Study)<sup>2</sup>

14. \_\_\_\_\_

Two courses (6.0 credit hours) in Physical Activity at the 3000 level

15. \_\_\_\_\_ 16. \_\_\_\_\_

**Other Courses (minimum 14 courses)**

*Arts and Science or Fine Arts courses only  
(no courses labelled ABHL, ADCS, CDEV, CRED, EDUC, HLSC, MGT, NURS, PUBH, or TREC unless cross-listed with the Faculty of Arts and Science or Fine Arts)*

- 1. \_\_\_\_\_ 8. \_\_\_\_\_
- 2. \_\_\_\_\_ 9. \_\_\_\_\_
- 3. \_\_\_\_\_ 10. \_\_\_\_\_
- 4. \_\_\_\_\_ 11. \_\_\_\_\_
- 5. \_\_\_\_\_ 12. \_\_\_\_\_
- 6. \_\_\_\_\_ 13. \_\_\_\_\_
- 7. \_\_\_\_\_ 14. \_\_\_\_\_

**Education Requirements (20-course equivalent)**

- \_\_\_\_\_ Education 2500 - Practicum I - Orientation to Teaching
- \_\_\_\_\_ Professional Semester I (15.0 credit hours)
- \_\_\_\_\_ Professional Semester II (15.0 credit hours)
- \_\_\_\_\_ Professional Semester III (15.0 credit hours)

Education Foundation: \_\_\_\_\_

Three Education Electives:

- 1. \_\_\_\_\_ 3. \_\_\_\_\_
- 2. \_\_\_\_\_

**Notes**

<sup>1</sup> Physical Activity 2130 and 2135 are half courses (1.5 credit hours each).

<sup>2</sup> Kinesiology 4900 (Interdisciplinary Research Dialogues) may be used in place of one Kinesiology course at the 4000 level with a Science designation.

To determine if a given course in Kinesiology has a Science designation, see List III: Science Courses (see the 2018/2019 Calendar, p. 95).

**Completion of the Liberal Education List Requirement (Lib Ed Requirement).**

*Only four courses (12.0 credit hours) in total may be counted from any one discipline toward the Lib Ed Requirement. Disciplines are identified by separate course subject codes. Out-of-faculty courses (i.e. labelled ABHL, ADCS, CDEV, CRED, HLSC, MGT, NURS, PUBH, and TREC) will not meet this requirement. See the 2018/2019 Calendar, p. 95, for more information.*

**LIST I: Fine Arts and Humanities Courses**

- 1. \_\_\_\_\_ 3. \_\_\_\_\_
- 2. \_\_\_\_\_ 4. \_\_\_\_\_

**LIST II: Social Science Courses**

- 1. \_\_\_\_\_ 3. \_\_\_\_\_
- 2. \_\_\_\_\_ 4. \_\_\_\_\_

**LIST III: Science Courses**

- 1. \_\_\_\_\_ 3. \_\_\_\_\_
- 2. \_\_\_\_\_ 4. \_\_\_\_\_

Not more than 10 courses (30.0 credit hours) may be completed at the 1000 level (or lower) [0500 - 1999] for credit towards the degree, excluding Activity courses (labelled PHAC and MUSE) and courses numbered in the range of 0520 to 0530.

- 1. \_\_\_\_\_ 6. \_\_\_\_\_
- 2. \_\_\_\_\_ 7. \_\_\_\_\_
- 3. \_\_\_\_\_ 8. \_\_\_\_\_
- 4. \_\_\_\_\_ 9. \_\_\_\_\_
- 5. \_\_\_\_\_ 10. \_\_\_\_\_ (max.)

Completion of at least 10 courses (30.0 credit hours) from disciplines offered by the Faculty of Arts and Science or the Faculty of Fine Arts at the 3000/4000 level, excluding Activity courses (labelled PHAC and MUSE). Out-of-faculty courses (i.e. labelled ABHL, ADCS, CDEV, CRED, EDUC, HLSC, MGT, NURS, PUBH, and TREC) will not meet this requirement.

- 1. \_\_\_\_\_ 6. \_\_\_\_\_
- 2. \_\_\_\_\_ 7. \_\_\_\_\_
- 3. \_\_\_\_\_ 8. \_\_\_\_\_
- 4. \_\_\_\_\_ 9. \_\_\_\_\_
- 5. \_\_\_\_\_ 10. \_\_\_\_\_ (min.)

\_\_\_\_ Not more than three Independent Study courses (9.0 credit hours) may be completed for credit towards the degree.

\_\_\_\_ Not more than three Disciplinary Credit Applied Studies courses (9.0 credit hours) may be completed for credit towards the degree. Students may, in addition, complete Applied Studies 2000, 2001, 2010, and 2011.

\_\_\_\_ Not more than 17 courses (51.0 credit hours) may be completed from any one discipline for credit towards the degree.

*Note: Disciplines are identified by a specific course label (e.g. KNES, ASTR, and HIST are separate disciplines).*

\_\_\_\_ Not more than six credit hours in Activity courses (i.e. courses labelled PHAC and MUSE) may be completed for credit towards the degree, except for Kinesiology majors (not more than 15.0 credit hours) and Music majors (not more than 12.0 credit hours).

\_\_\_\_ **Residence Requirement:**

**Degree:**

**Art and Science:** at least 15 courses (45.0 credit hours) offered by the Faculty of Arts and Science or the Faculty of Fine Arts must be completed at the University of Lethbridge.

**Education:** at least 15 courses (45.0 credit hours) offered by the Faculty of Education must be completed at the University of Lethbridge.

**Major:** at least half of the courses required in the major must be completed at the University of Lethbridge.

**Education Minor (If Applicable):** \_\_\_\_\_  
*See the 2018/2019 Calendar, p. 160, for eligible minors.*

- 1. \_\_\_\_\_ 4. \_\_\_\_\_
  - 2. \_\_\_\_\_ 5. \_\_\_\_\_
  - 3. \_\_\_\_\_ 6. \_\_\_\_\_
- Education (methods requirement)

**Education Specialization (If Applicable):** \_\_\_\_\_  
*See the 2018/2019 Calendar, p. 164, for details.*

- 1. \_\_\_\_\_ 4. \_\_\_\_\_
- 2. \_\_\_\_\_ 5. \_\_\_\_\_
- 3. \_\_\_\_\_

**Please refer to page 4 of this guide for Faculty of Education admission requirements.**

## 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 term. 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><b>Year 1, Fall</b>                      Kinesiology 1000                      Chemistry 1110                      Lib Ed Requirement course                      Lib Ed Requirement course                      Lib Ed Requirement course</p> <p><b>Year 2, Fall</b>                      Education 2500<sup>2</sup>  <b>Kinesiology 2600</b>  <b>Kinesiology 2610</b>  <b>Kinesiology 2650</b>                      Lib Ed Requirement course</p> <p><b>Year 3, Fall</b>                      Professional Semester I</p> <p><b>Year 4, Fall</b>                      Kinesiology 3650                      Kinesiology 4000 level                      Physical Activity 3000 level                      Elective 3000/4000 level                      Elective 3000/4000 level</p> <p><b>Year 5, Fall</b>                      Professional Semester III</p>	<p><b>Year 1, Spring</b>  <b>Biology 1010</b>                      Physical Activity 2130<sup>1</sup>                      Physical Activity 2135<sup>1</sup>                      Physics 1050                      Lib Ed Requirement course                      Lib Ed Requirement course</p> <p><b>Year 2, Spring</b>  <b>Kinesiology 2200</b>                      Kinesiology 2160 or 3300                      Elective 3000/4000 level                      Elective                      Elective</p> <p><b>Year 3, Spring</b>                      Kinesiology 3610                      Kinesiology 3630                      Physical Activity 3000 level                      Elective 3000/4000 level                      Elective 3000/4000 level</p> <p><b>Year 4, Spring</b>                      Professional Semester II</p> <p><b>Year 5, Spring</b>                      Education Foundation course                      Education elective                      Education elective                      Education elective                      Elective 3000/4000 level</p>
<p><b>Elementary Education and Inclusive Education students will reverse the fall and spring terms in Year 5 and complete PS III in the spring.</b></p>	

<sup>1</sup> Physical Activity 2130 and 2135 are half-courses (1.5 credits each). Students are strongly advised to complete the Dance and Gymnastics physical activity requirements in Year Two.

<sup>2</sup> Education 2500 may also be taken in spring or summer term.

**Note:** Courses in bold in Years 1 and 2 of the sample sequence are prerequisite(s) for required courses and should be completed early in your program. Students are advised to review the prerequisites for electives courses within the major and plan accordingly.

## Terms Used

**Lib Ed Requirement course:** A course that could count toward the Liberal Education List Requirement. You may use courses in your major towards this 12-course requirement. As some courses may not fit specific program requirements, students should consult their Faculty advising office. See the 2018/2019 University of Lethbridge Calendar, School of Liberal Education 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 2018/2019 University of Lethbridge Calendar, Course Catalogue). LBED 1000 and 2000 may be used toward satisfying the Lib Ed Requirement.

**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 discipline).

## Faculty of Education Admission

Admission to the Faculty of Education requires successful completion of the following:

- \_\_\_\_\_ 20 term courses (60.0 credit hours).
- \_\_\_\_\_ Minimum cumulative grade point average of 2.50 on all U of L and transferable courses taken within the terms containing the last 20 courses (60.0 credit hours). All courses must be graded with the exception of Education 2500.
- \_\_\_\_\_ Minimum of eight courses (24.0 credit hours) in the major.
- \_\_\_\_\_ Minimum cumulative grade point average of 2.50 on all graded courses comprising the major, including all transferable courses.
- \_\_\_\_\_ Credit in Education 2500 - Practicum I - Orientation to Teaching (or equivalent) including a favourable recommendation from the instructor.

For specific information on admission requirements, please refer to the Combined Degrees section of the Academic Calendar:  
[www.uleth.ca/ross/academic-calendar/cal\\_doc.pdf](http://www.uleth.ca/ross/academic-calendar/cal_doc.pdf)

Students are advised to contact Student Program Services in the Faculty of Education (TH421; tel. 403-329-2254) for guidelines regarding the requirements stated above.

For application and document deadlines please refer to:  
[www.uleth.ca/ross/admissions/undergrad/deadlines](http://www.uleth.ca/ross/admissions/undergrad/deadlines)

### Combined Degrees Program:

Students begin this program in the Faculty of Arts and Science where they progress toward completion of Arts and Science degree requirements, and prepare to meet the admission requirements for the Faculty of Education. Please note that completion of the required prerequisites does not guarantee admission to the Faculty of Education. For students of Aboriginal descent, and students with a significant shift in academic performance, please see the current Calendar for the Faculty of Education's special case admission policy.

