

Program of Study

The complete program consists of 20.0 academic courses, 4 physical activity core rotation credits, and 3 outdoor education courses. In addition, all students are required to obtain an acceptable (minimum eight hour) course in each of Standard First Aid and CPR (i.e., Basic Rescuer – level C)

Note: Academic courses with a “Y” in the course code designator are full course credits (8 months) and those with “H” are half course credits (4 or 8 months). For the final listing of courses available and the term and times they are offered in the current academic year, refer to the B.P.H.E. Academic and Physical Activity Timetables.

YEAR I

Academic Courses

ANA 126Y	Human Anatomy
PHE 101Y	Lifespan Development
PHE 102H	Physical Activity, Health and the Social Sciences
PHE 103H	Physical Activity, Health and the Biophysical Sciences
PSY 100Y	Introductory Psychology

One of¹:

- Introduction to Sociology (SOC101Y)
- Introduction to Women's Studies (NEW160Y)
- Logic, Knowledge and Reality (PHL100Y)
- History of Western Philosophy (PHL102Y)
- Canada Today (UNI220Y)
- Organisms in their Environment (BIO150Y)
- Physics for Life Sciences I (PHY138Y)
- Introductory Organic Chemistry I (CHEM138H) **and** Chemistry: Physical Principles (CHEM139H)
- or ONE full course equivalent (any level) from another division of this University¹

Physical Activity Core Course² and Outdoor Project

ODP 100H	Outdoor Project I
PAC 100Y	The Basic Rotation ^{2,3}

STUDENTS ENROLLED PRIOR TO 2005/2006 MUST REFER TO THE CALENDAR OF THEIR YEAR OF ADMISSION FOR THEIR DEGREE REQUIREMENTS.

Reference copies are available at the B.P.H.E. Office. The B.P.H.E. program administrative staff is available to assist you with the transition to the revised curriculum.

YEAR II

Academic Courses

PHE 202H	Historical Development of Canadian Physical Activity
PHE 203Y	Research Design and Evaluation
PHE 204H	Theory of Motor Skill Acquisition - Motor Learning
PHE 209H	Foundations in Biomechanics
PHE 213H	Personal Health
PSL 200Y	Basic Human Physiology
ONE full course equivalent (any level) from another division of this University ¹	

Note: Students wishing to pursue a Leadership Experience in Sport Medicine are advised to take PHE308H in second year and delay one half of the year two other division course until year three or take PHE308H as an overload in year two.

Physical Activity Courses and Outdoor Project

ODP 200H	Outdoor Project II
PAC 200Y	Skill Development Rotation ²

Notes:

= Required course

= Optional course

Optional courses may not be offered every year. For listing of courses and times offered in the current year, refer to the Academic Timetable on the Faculty's website - www.utoronto.ca/physical.

- 1 No less than four and no more than six full course equivalent electives from another division of this university may count as B.P.H.E. degree credits. Only two such credits may be at the 100 - level.
- 2 Students are required to successfully complete Year I physical activities before proceeding to upper year activities.
- 3 Students who have little or no swimming experience and are tentative in the water should enrol in the appropriate section.
- 4 NFS284 may count as either a PHE or another division half course degree credit.

YEAR III**Academic Courses**

- PHE 300H Psychology of Physical Activity
 PHE 301H Physical Activity and Social Inequality
 PHE 307H Administrative Theory and Organizational Behaviour
 PHE 325Y Physiology and Biochemistry of Physical Activity

ONE full course equivalent (200 + level) from another division of this university¹

ONE and ONE HALF full course equivalents from the following list:

- NFS 284H Basic Human Nutrition⁴
 PHE 302H The Olympics
 PHE 304H Theory of Motor Skill Acquisition - Motor Control
 PHE 308H Sport Medicine
 PHE 311H Physical Activity and Public Policy
 PHE 312H Population Health
 PHE 319H Issues in Biomechanics
 PHE 320H Theory of Coaching
 PHE 331H Teaching the Child Physical Activity
 PHE 335H Hockey in Canadian Culture
 PHE 350Y Leadership Placement I

One full course equivalent (200 + level) from another division of this university¹

Physical Activity Courses and Outdoor Project

- PAC 300Y Movement Principles and Inclusion Rotation²

One of:

- ODP 300H Advanced Canoe Tripping
 ODP 301H White Water Canoeing
 ODP 302H Fundamentals of Winter Camping

YEAR IV**Academic Courses**

- PHE 410H Psychophysiology of Stress
 PHE 413H Adapted Physical Activity
 PHE 418H Ethics and Issues in Physical Activity and Health Studies

ONE full course equivalent (200 + level) from another division of this university¹

TWO and ONE HALF full course equivalents from the following list:

- PHE 401H Health Psychology
 PHE 402H Physical Activity, Health and the Media
 PHE 403H Body, Health and Culture
 PHE 412H Aging, Health and Exercise
 PHE 414H Cellular Physiology and Biochemistry
 PHE 415H Environmental Physiology
 PHE 416H Theory of Athletic Conditioning for Health and Performance
 PHE 419H Exercise Assessment and Prescription: Theory and Application
 PHE 420Y Directed Research in Physical Activity and Health
 PHE 421H Independent Study in Physical Activity and Health
 PHE 424H Physical Activity and Issues of Risk
 PHE 426H The Role of Physical Activity in Girls' and Women's Health
 PHE 427H Exercise and Mental Health
 PHE 428H Exercise, Health and Nutrition
 PHE 450Y Leadership Placement II

Any course(s) from the Year III options
 One full course equivalent (200 + level) from another division of this university¹

Physical Activity Courses

- PAC 400Y Diversity in Physical Activity²