



PROGRAM PLANNING GUIDE

Name: _____

ID:

Bachelor of Arts / Bachelor of Education

Kinesiology / Physical Education



As an Education major, a student develops a strong knowledge base in the subject area they intend to teach. They also receive in-depth preparation in how to teach, including both general and subject area instructional methods.

Physical activity plays a major role in our lifestyle - from young to old we all participate in different physical activities. Kinesiology helps to understand these activities, the need for physical activity, as well as facets of motivation, history, anatomy, and psychology.

What determines my program requirements?

Please refer to the Academic Calendar (www.ulethbridge.ca/ross/academic-calendar) for complete program information.

Calendar Year: 2025/2026 - Your calendar year is set to the academic year you are admitted (or readmitted) and you should follow the requirements for that year for the duration of your program.

Faculty/School: Faculty of Arts and Science (www.ulethbridge.ca/artsci) and Faculty of Education (www.ulethbridge.ca/education)

Program(s): Bachelor of Arts / Bachelor of Education

Major(s): Kinesiology / Physical Education

Minor: A defined set of courses, designed to provide depth in a particular discipline, study in an interdisciplinary area, or focus on a theme-related topic. To learn more about optional minors see www.ulethbridge.ca/ross/minors.

Am I admissible to this program?

Admission: www.ulethbridge.ca/ross/admissions/undergrad

Transfer: www.ulethbridge.ca/ross/transfer-resources

When/How do I apply to the University?

Deadlines: www.ulethbridge.ca/ross/admissions/undergrad/deadlines

Step-by-Step: www.ulethbridge.ca/ross/admissions/step-by-step

Where can I find information on courses?

Course Catalogue: www.ulethbridge.ca/ross/courses

Registration Guide: www.ulethbridge.ca/ross/registration-guide

When can I register for classes?

Register early! (March for Summer and Fall; November for Winter)

Registration Dates: www.ulethbridge.ca/ross/registration-dates

How can I enhance my program?

Career Bridge: www.ulethbridge.ca/career-bridge

Education Specializations:

www.ulethbridge.ca/education/programs-degrees/undergraduate-studies/specializations

What supports are available to students?

Student Services: www.ulethbridge.ca/campus-life/student-services

Student Success Centre: www.ulethbridge.ca/student-success-centre

Accessible Learning: www.ulethbridge.ca/ross/alc

Counselling Services: www.ulethbridge.ca/counselling





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Students begin in the Faculty of Arts and Science where they progress toward completion of Faculty of Arts and Science degree requirements, and prepare to meet the admission requirements for the Faculty of Education. Please note that completion of admission requirements does not guarantee admission to the Faculty of Education.

Major Requirements (13 Courses)

- _____ 1. Kinesiology 1000 - Wellness and Physical Activity
- _____ 2. Kinesiology 2110 - Biophysical Perspectives
- _____ 3. Kinesiology 2130 - Humanities Perspectives
- _____ 4. Kinesiology 2140 - Psychological Perspectives
- _____ 5. Kinesiology 2150 - Sociological Perspectives
- _____ 6. Kinesiology 2200 - Research Methodologies
- _____ 7. Kinesiology 2600 - Functional Human Anatomy
- _____ 8. ¹Physical Activity 2130 - Educational Dance
- _____ ¹Physical Activity 2135 - Educational Gymnastics
- _____ 9. **One of:**
 - _____ Kinesiology 2160 - Management Perspectives
 - _____ Kinesiology 3300 - Leadership Skills Development
- _____ 10. One course (3.0 credit hours) in Kinesiology at the 3000/4000 level with a Humanities or Social Science designation
- _____ 11. One course (3.0 credit hours) in Kinesiology at the 4000 level with a Humanities or Social Science designation, excluding Kinesiology 4980 (Applied Study) and Kinesiology 4990 (Independent Study)
- _____ 12.-13. Two courses (6.0 credit hours) in Physical Activity at the 3000 level
 - _____ 12. _____
 - _____ 13. _____

Notes

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

To determine if a given course in Kinesiology has a Humanities or Social Science designation, see List I: Fine Arts and Humanities Courses and List II: Social Science Courses (see **School of Liberal Education** in the 2025/2026 University of Lethbridge Calendar, www.ulethbridge.ca/ross/academic-calendar).

Other Courses (minimum 17 courses)

Courses offered by the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education only (no courses labelled ACCT, ADCS, AGEM, CDEV, CRED, EDUC, FINC, GLBU, HLSC, HRLR, IGBM, INHL, MGT, MKTG, NURS, PUBH, or TREC unless cross-listed with a course from one of the above faculties).

- _____ 14.-30. Seventeen additional courses (51.0 credit hours) chosen to complete program requirements
 - _____ 14. _____
 - _____ 15. _____
 - _____ 16. _____
 - _____ 17. _____
 - _____ 18. _____
 - _____ 19. _____
 - _____ 20. _____
 - _____ 21. _____
 - _____ 22. _____
 - _____ 23. _____
 - _____ 24. _____
 - _____ 25. _____
 - _____ 26. _____
 - _____ 27. _____
 - _____ 28. _____
 - _____ 29. _____
 - _____ 30. _____

Education Requirements (20-course equivalent)

- _____ 31. Education 2500 - Orientation to Teaching (3.0 credit hours)
- _____ 32.-36. Professional Semester I (15.0 credit hours)
- _____ 37.-41. Professional Semester II (15.0 credit hours)
- _____ 42.-46. Professional Semester III (15.0 credit hours)
- _____ 47. Education Foundation (3.0 credit hours) at the 43xx level
- _____ 48.-50. Three Education Electives (9.0 credit hours) at the 3000 or 4000 level
 - _____ 48. _____
 - _____ 49. _____
 - _____ 50. _____



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Liberal Education List 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. Cross-listed courses count toward the limit for both disciplines (e.g. IGBM 3250/INDG 3250 counts toward the limit for Dhillon School of Business courses and Indigenous Studies).

Only four courses (12.0 credit hours) in total from the Faculty of Education (EDUC), Faculty of Health Sciences (ADCS, HLSC, INHL, NURS, PUBH, and TREC), and the Dhillon School of Business (ACCT, AGEM, FINC, GLBU, HRLR, IGBM, MGT, and MKTG) may be counted towards the Lib Ed Requirement.

To determine if a course has a Liberal Education designation, see School of Liberal Education in the 2025/2026 University of Lethbridge Undergraduate Calendar, www.ulethbridge.ca/ross/academic-calendar.

_____ **1.-4. List I: Fine Arts and Humanities**

- _____ 1. _____
- _____ 2. _____
- _____ 3. _____
- _____ 4. _____

_____ **5.-8. List II: Social Science**

- _____ 5. _____
- _____ 6. _____
- _____ 7. _____
- _____ 8. _____

_____ **9.-12. List III: Science**

- _____ 9. _____
- _____ 10. _____
- _____ 11. _____
- _____ 12. _____

General Requirements

Bachelor of Arts or Bachelor of Science

_____ A minimum of 30 courses (90.0 credit hours) from disciplines offered by the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education with a GPA of at least 2.00 (on the University of Lethbridge 4.0 scale).

_____ A maximum of three Independent Study courses (9.0 credit hours) may be completed for credit toward the degree.

_____ A maximum of 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. For Art majors, Museum Studies Internship courses (Museum Studies 4000, 4001, and 4002) are included in this limit.

_____ A maximum of 17 courses (51.0 credit hours) may be completed from any one discipline (see **Faculty of Arts and Science** in the 2025/2026 University of Lethbridge Calendar, www.ulethbridge.ca/ross/academic-calendar). Disciplines are identified by a specific course label (e.g. KNES, ASTR, and HIST are separate disciplines).

_____ A maximum of 6.0 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: a minimum of 15 courses (45.0 credit hours) offered by the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education must be completed at the University of Lethbridge. At least half of the courses required in the major must be completed at the University of Lethbridge.

A **maximum** of 10 courses (30.0 credit hours) may be completed at the 1000 level (or lower) for credit towards the degree, excluding Activity courses (labelled PHAC and MUSE) and courses numbered in the range of 0520 to 0530.

_____ **1.-10. Introductory Course Limit**

- _____ 1. _____
- _____ 2. _____
- _____ 3. _____
- _____ 4. _____
- _____ 5. _____
- _____ 6. _____
- _____ 7. _____
- _____ 8. _____
- _____ 9. _____
- _____ 10. _____

A **minimum** of 10 courses (30.0 credit hours) from disciplines offered by the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education at the 3000/4000 level, excluding Activity courses (labelled PHAC and MUSE). Out-of-faculty courses (i.e. labelled ACCT, ADCS, AGEM, CDEV, CRED, EDUC, FINC, GLBU, HLSC, HRLR, IGBM, INHL, MGT, MKTG, NURS, PUBH, and TREC) will not meet this requirement.

_____ **1.-10. Senior Course Requirement**

- _____ 1. _____
- _____ 2. _____
- _____ 3. _____
- _____ 4. _____
- _____ 5. _____
- _____ 6. _____
- _____ 7. _____
- _____ 8. _____
- _____ 9. _____
- _____ 10. _____

Bachelor of Education

_____ Completion of the equivalent of 20 courses (60.0 credit hours) in Education

_____ Maintenance of a program grade point average of at least 2.50 in Education courses and the appropriate major.

_____ Residence requirement: a minimum of 15 courses (45.0 credit hours) offered by the Faculty of Education must be completed at the University of Lethbridge.

Optional Education Minor: _____

For information about Education Minors, see **Minors for Education Programs**, www.ulethbridge.ca/ross/minors.

Consult with an Academic Advisor if you wish to add a minor to your program.

_____ **1.-6. Required Courses**

- _____ 1. _____
- _____ 2. _____
- _____ 3. _____
- _____ 4. _____
- _____ 5. _____
- _____ 6. _____ (Education methods req.)



Shown below is the recommended sequence of courses for your degree. Consult timetables for course offerings, prerequisites, and corequisites before registering each term as some courses may have limited offerings (ie. once a year, alternating years, or only offered in the Fall or Winter terms).

Consult with an Academic Advisor in your faculty if you wish to alter this sequence with regard to the specifically listed courses.

Note that this sequence was prepared based on course scheduling at the time of publication and may change during your studies.

First Year

- Kinesiology 1000
- Kinesiology 2000 level
- Kinesiology 2000 level
- Lib Ed Requirement course
- Lib Ed Requirement course
- Lib Ed Requirement course
- Lib Ed Requirement course
- Lib Ed Requirement course
- Lib Ed Requirement course
- Lib Ed Requirement course

Second Year

- One of: Kinesiology 2160 or 3300
- Kinesiology 2000 level
- Kinesiology 2000 level
- Kinesiology 2000 level
- ¹ Physical Activity 2130
- ¹ Physical Activity 2135
- Lib Ed Requirement course
- Elective 3000/4000 level
- Elective 3000/4000 level
- Elective
- Education 2500

Admission to the Faculty of Education

Education 2500 must be completed (with a Pass Recommend) before admission. It may be taken in the winter or summer term immediately prior to the fall intake

Third Year (Fall)

- Professional Semester I (15.0 credit hours)
- Curriculum and Instruction, Educational Psychology, Language in Education, Assessment and Learning, Teaching Seminar, Indigenous Education*
- Practicum - Equivalent to 125 hours in a school*

Third Year (Winter)

- Kinesiology 2000 level
- Physical Activity 3000 level
- Elective 3000/4000 level
- Elective 3000/4000 level
- Elective 3000/4000 level

Fourth Year (Fall)

- Kinesiology 3000/4000 level
- Kinesiology 4000 level
- Physical Activity 3000 level
- Elective 3000/4000 level
- Elective 3000/4000 level

Fourth Year (Winter)

- Professional Semester II (15.0 credit hours)
- Principles of Curriculum and Instruction for Majors, The Educational Psychology of Exceptional Learners, Social Context of Schooling, Evaluation and Reporting*
- Practicum - Equivalent to 150 hours in a school*

Elementary Education students will reverse the Fifth Year fall and winter terms and complete PS III in the winter.

Fifth Year (Fall)

- Professional Semester III (15.0 credit hours)
- Internship - Students are assigned to schools for approximately 200 hours in a practicum and assume full responsibility for a classroom for approximately one-half of that time*

Fifth Year (Winter)

- Education Foundation course (43xx)
- Education elective 3000/4000 level
- Education elective 3000/4000 level
- Education elective 3000/4000 level
- Elective 3000/4000 level

1. 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.

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 elective courses within the major and plan accordingly.

Faculty of Education Admission

To be considered for admission to the Faculty of Education, successful completion of the following is required:

- 14 graded term courses (42.0 credit hours).
- **Education Admission GPA:** Minimum cumulative grade point average of 2.50 on all U or L and transferable courses taken within the terms containing the last 14 courses (42.0 credit hours). All courses must be graded.
- Minimum of five courses (15.0 credit hours) in the major.
- **Major GPA:** Minimum cumulative grade point average of 2.50 on all graded courses comprising the major, including all transferable courses.
- Credit in Education 2500 - Orientation to Teaching (or equivalent) prior to the fall program intake, including a favourable recommendation from the instructor.

Students are advised to contact Student Program Services in the Faculty of Education (edu.sps@uleth.ca; TH421; tel. 403-329-2254) for guidelines regarding the requirements stated above. For specific information on admission requirements, please refer to the Combined Degrees section of the Academic Calendar: www.ulethbridge.ca/ross/academic-calendar.

Students of Indigenous descent, and students with a significant shift in academic performance, are advised to refer to the current Calendar for the Faculty of Education's Special Case Admission policies.