

PHYSICAL EDUCATION

for more
information

Contact an Admissions Counsellor
at the Prospective Students Office

toll free 1.800.661.8714

phone 780.679.1132

fax 780.679.1164

admissions@augustana.ca

www.augustana.ualberta.ca



 UNIVERSITY OF
ALBERTA

AUGUSTANA CAMPUS

AUGUSTANA CAMPUS, UNIVERSITY OF ALBERTA
4901 - 46 AVENUE, CAMROSE, ALBERTA, CANADA T4V 2R3

small campus.
big opportunities.

Courses Offered

AUPAC102-326	Physical Activity Courses
AUPED112	Structural Human Anatomy
AUPED160	Sociocultural Aspects of Sport and Physical Activity
AUPED184	Introduction to Outdoor Education
AUPED185/285	Introduction to Ski Touring
AUPED215/216	Introduction to Human Physiology I and II
AUPED220	Human Growth and Development
AUPED222	Introduction to Movement Activities of Youth (ages 5-12)
AUPED232	Introduction to Biomechanics
AUPED241	Lifetime Fitness and Wellness
AUPED245	Health and Wellness for Life
AUPED261	Psychology of Sport
AUPED262	Sport, Physical Activity and the Body: Historical Perspectives
AUPED266	Women in Sport and Physical Activity
AUPED275	Introduction to Coaching Studies
AUPED281	Explorations of the Canadian North
AUPED286	Outdoor Education and Leadership
AUPED290	Studies In Leadership Theory
AUPED292	Physical Education Practicum
AUPED294	Physical Education Studies and Information Literacy
AUPED314	Exercise Physiology
AUPED342	Training Methodologies and Athletic Performance
AUPED351	Prevention and Care of Athletic Injuries
AUPED360	Hockey: Culture and Commerce
AUPED368	History of Sport and Physical Education in Canada
AUPED369	The Modern Olympic Games
AUPED370-375	Selected Topics in Physical Education and Sport
AUPED383	Programming and Processing the Adventure Experience
AUPED385	Advanced Ski Touring
AUPED387	Arctic Expedition Planning
AUPED388	Arctic Canoe Expedition
AUPED389	Foundations of Outdoor, Adventure and Experiential Education
AUPED393	Tests and Measurement in Physical Education
AUPED414	Advanced Exercise & Occupational Physiology
AUPED462	Issues in Physical Education
AUPED469	Sport and Canadian Popular Culture
AUPED490/491/492/497	Directed Readings
AUPED493	Introduction to Research in Physical Education

Please refer to the current Calendar for the most up-to-date course offerings.

Coaches of Augustana's intercollegiate athletic teams also teach physical activity and theory courses within their areas of expertise.

Faculty

Morten Asfeldt

Associate Professor of Physical Education

M.Sc., Mankato State University
M.A., University of Alberta
Teaching Areas and Research Interests: outdoor and experiential education - philosophy and practice, leadership development, expedition planning, Canadian north and place-based education

Yvonne Becker

Associate Professor of Physical Education

M.A., University of Alberta
Ph.D., University of Queensland
Teaching Areas and Research Interests: gender issues in sport, human growth and development, research methodologies and fitness and health

Stacy Lorenz

Associate Professor of Physical Education

M.A., University of Western Ontario
Ph.D., University of Alberta
Teaching Areas and Research Interests: sport history, sport and social issues, media and popular culture, sport and local and national identities, hockey and Canadian culture

Gary Snyder

Associate Professor of Physical Education

M.Sc., University of Alberta
Teaching Areas and Research Interests: human anatomy, training methods and biomechanics, exercise physiology and fitness, special interest in exercise testing and training of elite performers



 UNIVERSITY OF
ALBERTA

AUGUSTANA CAMPUS

BACHELOR OF ARTS OR
BACHELOR OF SCIENCE
WITH A MAJOR IN

PHYSICAL EDUCATION

KINESIOLOGY AND
SPORT STUDIES

AUGUSTANA
campus

small campus. big opportunities.

your future
starts here

life at Augustana

“ Augustana was very rewarding. The small class sizes and intellectual atmosphere, as well as the personal relationships I made with my professors, provided me with the solid foundation I needed when I entered graduate studies. ”
—Michael Nelson (BA, Physical Education, 2005)

Why Augustana?

Augustana Campus, University of Alberta provides an excellent environment in which to prepare for careers or graduate studies. Dedicated to the pursuit of the liberal arts and sciences, Augustana provides an education in which the acquisition of advanced academic knowledge is coupled with the skills required for success: critical thinking, clear writing and confident presentations. Augustana's small class sizes provide more interaction with the professor and enable more student-led learning.

Augustana's small city setting and excellent residence life program also encourage participation in community service and provide an opportunity for students to develop skills in service and leadership.



Physical Education at Augustana

Our Physical Education major can be taken as either a Bachelor of Arts or Bachelor of Science, allowing students the flexibility to pursue many career options.

The relationship between health, physical activity and recreation has never been more important as our society becomes increasingly inactive. Not only is the Physical Education Major an outstanding foundational degree for careers in health sciences or education, it also gives students knowledge in the areas of sport and wellness that will assist Canadians to be healthy now and in the future.

To major in Physical Education, a student chooses between two streams: Kinesiology and Sport Studies or Outdoor Education.

Kinesiology and Sport Studies

Goals include providing substantial grounding in the discipline of physical education within the context of a liberal arts and sciences core curriculum, providing students with a broad base of knowledge.

Theory courses include:

Human anatomy, exercise physiology, sociocultural aspects of sport, studies in leadership theory, history of sport and physical education in Canada, sport and Canadian popular culture and more.

Activities courses include:

Tennis, cross-country skiing, badminton, curling, weight training, luge, track and field and many more.

Specialized knowledge gained includes:

Growth and structure of the human body, effective and efficient movement of the body, the edge between performance and injury of the body, critical engagement in historical trends and development.

Most costs are covered by tuition. Additional costs may include travel and some equipment rental.

Admission Requirements

For admission to a Bachelor of Arts or Science with a major in Physical Education, an average of 70% is required in Grade 12 academic English and four other Grade 12 subjects.

Program Requirements

Major in Physical Education, Kinesiology and Sport Studies

- 9 credits in AUPAC (Physical Activity Courses)
- AUPED112 and 160
- AUPED215
- AUPED314
- AUPED393, 462 and 493
- 6 credits from AUPED220, 232, 342, 351
- 6 credits from AUPED184, 262, 290, 368, 369, 469
- 6 additional senior credits in Physical Education

Within the course selection above, no more than 18 junior credits in Physical Activity courses and Physical Education courses combined.

Minor in Physical Education

- AUPED112
- 3 credits in AUPAC (Physical Activity Courses)
- 15 additional credits in Physical Education, including at least 12 at the senior level

Career Opportunities

Career opportunities are expanding rapidly as our society becomes more aware of the value of wellness and physical activity.

Graduates from our program have pursued careers in:

- adventure and eco-tourism guiding
- fitness leadership
- physical and athletic therapists/occupational therapists
- policing (law enforcement)
- sport event management
- coaching
- sport journalism
- sport psychology/counseling
- sport photography
- sport law
- medicine

A Masters of Science in Physical Therapy (MScPT) is offered on our campus. For details, please see <http://www.uofaweb.ualberta.ca/pt/Augustana>.