Spring Course Offerings
Spring Term: May 4 - June 10

HE ED 110 - Personal Health and Well-Being
HE ED 321 - Psychological Dimensions of Health Promotion
KIN 100 - Human Anatomy
KIN 109 - Stats, Measurement, Evaluation
KIN 205 - Intro Outdoor Environmental Education
KIN 206 - Biomechanics
KIN 207 - Physical Growth/Psychomotor Development
KIN 240 - Intro to Sport Injury Management
KIN 293 - Intro to Movement Active Children
KIN 303 - Psychology of Sport and Physical Activity
KIN 311 - Assessment of Fitness/Health
KIN 320 - Structure & Strategy of Games
KIN 325 - Study of Games for Children and Youth
KIN 334 - Physical Activity, Nutrition and Energy Balance
KIN 335 - Adv Conditioning Methodology
KIN 444 - Communication Skills and Strategies
KRLS 105 - Intro to Management of Sport, Physical Activity, Recreation
PAC 110 - Instruction Basics Aquatics
PAC 111 - Instruction Basics Basketball
PAC 135 - Instruction Basics Tennis
PAC 137 - Instruction Basics Volleyball
PAC 145 - Instruction Basics Golf
PAC 156 - Instruction Basics Yoga
PAC 173 - Basic Track & Field
PAC 182 - Basics Indoor Wall Climbing
PAC 355 - Theory and Practice of Yoga
PAC 356 - Yoga for Stress Management

Summer Course Offerings
Summer Term: July 6 - August 12

HE ED 110 - Personal Health and Well-Being
KIN 293 - Intro to Movement Active Children
KIN 365 - Gymnastics for Children and Youth
PAC 118 - Instruction Basics Soccer
PAC 145 - Instruction Basics Golf
PAC 156 - Instruction Basics Yoga
PAC 182 - Basics Indoor Wall Climbing
PAC 356 - Yoga for Stress Management

Who takes Spring & Summer Courses?
Spring and Summer studies are open to all continuing students across campus and lifelong learners who wish to enhance their professional skills or take a course for professional enrichment. If you are not in a degree or diploma program, you may choose to apply through Open Studies.

Register Early!
Spring and Summer courses can be cancelled due to insufficient enrollments. After course enrollments are reviewed, the decision will be made to continue or to cancel them.

Next Steps
Ready to register? Here’s what you do next:
- If you are a current student, use your Bear Tracks account to register for spring/summer courses
- If you are not a continuing student, apply for admission at www.ualberta.ca/registrar/registration-and-courses/special-registrations/open-studies

Waitlists
If there is a waitlist for a course you are interested in taking, please add yourself to that list as this will help determine whether to increase capacity to the course.