



This framework is offered as a guidance tool for your course selection towards the completion of your Bachelor of Physical Education and Coaching. This is the suggested sequence. Courses do not have to be taken in this order, however, beware that 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> year courses have pre-requisites that may need to be completed before taking the course. To check course pre-requisites, view the curriculum guidelines for each course at: <http://www.douglas.bc.ca/new-students/curriculum-guides.html>

**1<sup>st</sup> and 2<sup>nd</sup> year courses:** Multiple sections of courses are offered and students in both the Bachelor of Physical Education and Sport Science Diploma have priority registration for those course offerings.

**3<sup>rd</sup> and 4<sup>th</sup> year courses:** Will only be offered once per year making it very important to plan your Sport Science and Biology course sequence to ensure you have the necessary pre-requisites for upcoming courses. Upper-level courses (3<sup>rd</sup> and 4<sup>th</sup> year) are restricted to Bachelor of Physical Education and Coaching students.

**Secondary Option – Curriculum Guide**

<p><b>Year 1: Fall</b>            SPSC 1103- Conditioning for Sport and Physical Activity<sup>1</sup>            SPSC 1105- Introduction to the Study of Sport            SPSC 1195- Physical Growth &amp; Motor Development            BIOL 1109- Human Anatomy &amp; Physiology I            MATH 1234 - Mathematics for Liberal Arts (or) Math 1191            SPSC 1100- Fieldwork I<sup>2</sup></p>	<p><b>Year 1: Winter</b>            SPSC 1164- Dynamics of Motor Skill Acquisition            SPSC 13xx or 23xx<sup>1</sup>            BIOL 1209- Human Anatomy &amp; Physiology II            ENG 1130- Academic Writing            Non-SPSC and non-Biology Science Elective<sup>4</sup>            SPSC 1200- Fieldwork II</p>
<p><b>Year 2: Fall</b>            SPSC 13xx or 23xx<sup>1</sup>            SPSC 1151- Biomechanics            SPSC 2231- Sport &amp; Exercise Psychology            BIOL 1310- Introduction to Biology            CHEM 1110- The Structure of Matter<sup>5</sup>            SPSC 2100- Fieldwork III</p>	<p><b>Year 2: Winter</b>            SPSC 1192- Topics in Human Nutrition            SPSC 2205- Leisure &amp; Sport in Canadian Society            SPSC 2275- Physiology of Exercise &amp; Training            SPSC 13xx or 23xx<sup>1</sup>            BIOL 2321- Cell Biology            SPSC 2200- Fieldwork IV</p>
<p><b>Year 3: Fall</b>            SPSC 3158- Inclusive Physical Activity            SPSC 3275- Advanced Physiology of Exercise &amp; Training            SPSC 3399- Games Approach to Teaching and Coaching Sport            BIOL 3305- Ecology            Secondary Requirement- ENGL Literature            SPSC 3100- Fieldwork V</p>	<p><b>Year 3: Winter</b>            SPSC 13xx or 23xx<sup>1</sup>            SPSC 3000/4000 ELECTIVE or General Elective<sup>3</sup>            SPSC 3240- Leadership in Sport, Physical Education &amp; Coaching            SPSC 3276- Athletic Injury Assessment and Management            BIOL 3205- Genetics            SPSC 3200- Fieldwork VI</p>
<p><b>Year 4: Fall</b>            SPSC 4199- Physical Education and Coaching Methods            SPSC 4231- Advanced Exercise &amp; Sport Psychology            SPSC 3000/4000 ELECTIVE or General Elective<sup>3</sup>            BIOL 3500- Plants &amp; Society            BIOL 3700- Evolution            SPSC 4100- Fieldwork VII</p>	<p><b>Year 4: Winter</b>            PHIL 4205- Philosophy &amp; Ethics in PE, Recreation &amp; Sport            SPSC 4291- Curriculum and Planning Issues in P.E. and Coaching            SPSC 3000/4000 ELECTIVE or General Elective<sup>3</sup>            Elective            BIOL 3600- Comparative Zoology            SPSC 4200- Fieldwork VIII</p>
<p>SPSC 3000/4000 Electives (2 of 3 required)            SPSC 3203- Health Promotion (offered in Winter)            SPSC 4161- Fitness Assessment &amp; Prescription (offered in Fall)            SPSC 4256- Advanced Sport Analysis (offered in Winter)</p>	

**Notes:**

- 1: 15 credit hours of Applied Methods courses must include 1103, 1312 (or 1316 and 1317), 1313, plus, 1 "team" applied method or performance course. Remaining credits may be chosen from individual, team or alternative environment courses.
- 2: SPSC 1100-4100 (Fieldworks) are 1 credit each.
- 3: Students must choose 2 of the following 3 courses for their 3000/4000 SPSC electives: (3203, 4161 or 4256)
- 4: Students in the BPEC program without Chemistry 12 are required to take CHEM 1108 to enter CHEM 1110

This is not an official "graduating requirements" document. For official entrance and graduating requirements documentation, please refer to the Douglas College Calendar BPEC degree pages.

# Bachelor of Physical Education and Coaching Curriculum Guide – Elementary Option

**1<sup>st</sup> and 2<sup>nd</sup> year courses:** Multiple sections of courses are offered and students in both the Bachelor of Physical Education and Sport Science Diploma have priority registration for those course offerings.

**3<sup>rd</sup> and 4<sup>th</sup> year courses:** Will only be offered once per year making it very important to plan your Sport Science and Biology course sequence to ensure you have the necessary pre-requisites for upcoming courses. Upper-level courses (3<sup>rd</sup> and 4<sup>th</sup> year) are restricted to Bachelor of Physical Education and Coaching students.

## Elementary Option – Curriculum Guide

<p><b>Year 1: Fall</b>            SPSC 1103- Conditioning for Sport and Physical Activity<sup>1</sup>            SPSC 1105- Introduction to the Study of Sport            SPSC 1195- Physical Growth &amp; Motor Development            BIOL 1109- Human Anatomy &amp; Physiology I            MATH 1191- Math for Teachers            SPSC 1100- Fieldwork I<sup>2</sup></p>	<p><b>Year 1: Winter</b>            SPSC 1164- Dynamics of Motor Skill Acquisition            SPSC 13xx or 23xx<sup>1</sup>            BIOL 1209- Human Anatomy &amp; Physiology II            ENG 1130- Academic Writing            Elective<sup>4</sup>            SPSC 1200- Fieldwork II</p>
<p><b>Year 2: Fall</b>            SPSC 13xx or 23xx<sup>1</sup>            SPSC 1151- Biomechanics            SPSC 2231- Sport &amp; Exercise Psychology            Lab Science Elective            Elective<sup>4</sup>            SPSC 2100 - Fieldwork III</p>	<p><b>Year 2: Winter</b>            SPSC 1192- Topics in Human Nutrition            SPSC 2205- Leisure &amp; Sport in Canadian Society            SPSC 2275- Physiology of Exercise &amp; Training            SPSC 13xx or 23xx<sup>1</sup>            Elective<sup>4</sup>            SPSC 2200- Fieldwork IV</p>
<p><b>Year 3: Fall</b>            SPSC 3158- Inclusive Physical Activity            SPSC 3275- Advanced Physiology of Exercise &amp; Training            SPSC 3399- Games Approach to Teaching and Coaching Sport            Elective<sup>4</sup>            ENGL Literature            SPSC 3100- Fieldwork V</p>	<p><b>Year 3: Winter</b>            SPSC 13xx or 23xx<sup>1</sup>            SPSC 3000/4000 ELECTIVE or General Elective<sup>3</sup>            SPSC 3240- Leadership in Sport, Physical Education &amp; Coaching            SPSC 3276- Athletic Injury Assessment and Management            Elective<sup>4</sup>            SPSC 3200- Fieldwork VI</p>
<p><b>Year 4: Fall</b>            SPSC 4199- Physical Education and Coaching Methods            SPSC 4231- Advanced Exercise &amp; Sport Psychology            SPSC 3000/4000 ELECTIVE or General Elective<sup>2</sup>            Elective<sup>4</sup>            Elective<sup>4</sup>            SPSC 4100- Fieldwork VII</p>	<p><b>Year 4: Winter</b>            PHIL 4205- Philosophy &amp; Ethics in PE, Recreation &amp; Sport            SPSC 4291- Curriculum and Planning Issues in P.E. and Coaching            SPSC 3000/4000 ELECTIVE or General Elective<sup>2</sup>            Elective<sup>4</sup>            Elective<sup>4</sup>            SPSC 4200- Fieldwork VIII</p>
<p>SPSC 3000/4000 Electives (2 of 3 required)            SPSC 3203- Health Promotion (offered in Winter)            SPSC 4161- Fitness Assessment &amp; Prescription (offered in Fall)            SPSC 4256- Advanced Sport Analysis (offered in Winter)</p>	

### Notes:

- 1: 15 credit hours of Applied Methods courses must include 1103, 1312 (or 1316 and 1317), 1313, plus, 1 "team" applied method or performance course. Remaining credits may be chosen from individual, team or alternative environment courses.
- 2: SPSC 1100-4100 (Fieldworks) are 1 credit each.
- 3: Students must choose 2 of the following 3 courses for their 3000/4000 SPSC electives: (3203, 4161 or 4256)
- 4: General Elective notes:
  - requirements include the successful completion of content in Canadian Geography (min. 3 credits) and Canadian History (min. 3 credits)
  - Canadian content requirement cannot be met with completion of Physical Geography
  - minimum of 9 credits must be completed from non-SPSC upper level (3000/4000 level) courses. Upper-level courses are those courses where students have completed at least 6 credits of preparatory work in the subject area
  - maximum 3 elective credits from Sport Science courses

This is not an official "graduating requirements" document. For official entrance and graduating requirements documentation, please refer to the Douglas College Calendar BPEC degree pages.