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

Courses Offered

AUPED102-103: Physical Activity Courses
AUPED112: Structural Human Anatomy
AUPED116: Psychological Aspects of Sport and Physical Activity
AUPED114: Introduction to Outdoor Education
AUPED136-139: Introduction to Ski Training
AUPED136-139: Introduction to Human Physiology I and II
AUPED139: Human Growth and Development
AUPED222: Introduction to Movement Activities of Youth (ages 5-12)
AUPED220: Introduction to Kinesiology
AUPED224: Health and Wellness for Life
AUPED230: Kinesiology for Life
AUPED238: Physiology of Sport
AUPED232: Skill Development and Physical Activity
AUPED237: Introduction to Coaching Studies
AUPED238: Exploration of the Canadian North
AUPED246: Introduction to Leadership and Management
AUPED246: Introduction to Leadership Theory
AUPED247: Physiotherapy Practicum
AUPED247: Physiotherapy Studies and Information Literacy
AUPED248: Exercise Physiology
AUPED248: Training Methodologies and Athletic Performance
AUPED238: Prevention and Care of Athletic Injuries
AUPED246: Hockey, Culture and Community
AUPED248: History of Sport and Physical Education in Canada
AUPED247: The Modern Olympic Games
AUPED270-273: Selected Topics in Physical Education and Sport
AUPED289: Programming and Managing the Adventure Experience
AUPED295: Advanced Ski: Training
AUPED295: Ski Employment Training
AUPED296: Arctic Triathlon
AUPED296: Introduction to Coaching
AUPED296: Foundations of Coaching, Adventure and Experiential Education
AUPED296: Outdoor Education and Leadership
AUPED296: Outdoor Education and Leadership
AUPED296: Selected Topics in Physical Education
AUPED396: Directed Research
AUPED396: Introduction to Research in Physical Education

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 Snydmiller
Associate Professor of Physical Education
Ph.D., 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

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.

BACHELOR OF ARTS OR BACHELOR OF SCIENCE

PHYSICAL EDUCATION

KINESIOLOGY AND SPORT STUDIES

PHYSICAL EDUCATION

November 10, 2010

PHYSICAL EDUCATION

AUGUSTANA CAMPUS

Augustana Campus, University of Alberta
4901 - 46 Avenue, Camrose, Alberta, Canada T4V 2R3
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
- 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 .

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)