

# *Physical Education and Sport Studies Minor*

## Concordia University of Edmonton

### Faculty of Education

**The Faculty of Education, in accordance with the mission statement of Concordia, prepares students to be:**

- **Independent Thinkers**
- **Ethical Leaders, and**
- **Citizens for the common good.**

Source: Concordia University of Edmonton, Academic Plan 2012—2018, Concordia Tomorrow

#### *Program Focus*

The Physical Education and Sport Studies Minor provides students with foundational knowledge of the field of Physical Education and Sport Studies, as a component of coursework within their undergraduate studies. The field of physical education, sport studies, and health and wellness has received increased attention in recent years from the media, health practitioners, teachers, and government officials. As demands on people's time and money have increased, a corresponding pronounced decrease in personal health and wellness has been identified.

The Physical Education and Sport Studies Suite of Courses is designed to attract a broader segment of Concordia's student body to a focus on physical literacy and active living, and to develop defined career streams that have the potential to link to existing course offerings. Courses include both activity and pedagogy necessary for sport instruction.

#### *Program Governance and Administration*

The Physical Education and Sport Studies Minor is under the mandate of the Faculty of Education and the supervision of the Dean of Education.

#### *Program Requirements*

18-24 credits required, to include:

- a) PESS 101 Introduction to Physical Education, Health and Wellness
- b) 3-9 credits chosen from:
  - PESS 245 Introduction to Coaching
  - PESS 345 Introduction to Sports Management
  - SOC 230 Leisure, Sport and Society
- c) 3-9 credits chosen from:
  - PESS 201 Human Growth and Motor Development Across the Lifespan
  - PESS 293 Introduction to the Movement Activities of Children Aged 5-12
  - PESS 301 Foundations of Human Movement
  - Any DAN course
- d) 6-9 credits chosen from:
  - PACT and/or PAT courses, with at least two different activities

**Contact:**  
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