

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.**

Program Focus

The Physical Education and Sport Studies Minor provides students with foundational knowledge of the field of health, physical education and wellness, 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 focus on prioritizing 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 physical education, wellness, and sport instruction.

Program Governance and Administration

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

Program Requirements

18-24 credits required, to include:

- PESS 101 Introduction to Physical Education, Health and Wellness
- One of:
 - PESS 231 Leisure and Recreation in Contemporary Canada
 - PESS 245 Introduction to Coaching
 - PESS 345 Introduction to Sports Management
 - SOC 230 Leisure, Sport and Society
- One of:
 - PESS 201 Human Growth and Motor Development Across the Lifespan
 - PESS 293 Introduction to the Movement Activities of Children Aged 5-12or
 - PESS 301 Foundation of Human Movement
- 6 credits chosen from:
 - PACT, PAT, or DAN courses
- 3 to 9 further credits chosen from:
 - PESS 201 Human Growth and Motor Development Across the Lifespan
 - PESS 231 Leisure and Recreation in Contemporary Canada
 - PESS 245 Introduction to Coaching
 - PESS 293 Introduction to the Movement Activities of Children Aged 5-12
 - PESS 301 Foundations of Human Movement
 - PESS 330 Health Promotion and Comprehensive School Health
 - PESS 345 Introduction to Sports Management
 - SOC 230 Leisure, Sport and Society
 - any PACT, PAT or DAN courses

Source: Concordia University of
Edmonton, Academic Plan 2018-2023

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