

Undergraduate Student Handbook

School of Human Kinetics and Recreation

Memorial University of Newfoundland

Bachelor of Human Kinetics and Recreation Co-operative

Bachelor of Kinesiology

Bachelor of Recreation

Bachelor of Physical Education



2020

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Welcome from the Dean

Congratulations on choosing undergraduate studies at the School of Human Kinetics and Recreation. We are a relatively small school, which gives us the advantage of working very closely with all of our students. You will have the opportunity to become involved in some very innovative and world-renowned research.

Our faculty and staff have a reputation for supporting our students in every aspect of their education. We are here to challenge you, and guide you in being the best student you can be. We will teach you to think critically about the world around you. Our scholars have collaborations in many different countries and are engaged in the global, as well as the local community, and we're very proud of those partnerships. We also believe in an interdisciplinary approach to research and education.

Every year, we strive to make our undergraduate program better and take our research to new levels with innovative ideas from undergraduate students like you. We work hard to increase our research funding each year while strengthening our connections to funding agencies so that we can give you more opportunities to grow. Many of our undergraduate students have moved on to careers in academia, medicine, research science and rehabilitation. A testament to the learning opportunities at Memorial.

I also encourage you to get involved in social, cultural and recreational opportunities. Get to know your school and enjoy the experience to the fullest.

Sincerely,

Dr. Linda Rohr, B.Sc.(Hons), M.Sc., PhD
Dean, School of Human Kinetics and Recreation

Welcome from the Associate Dean

Welcome to the School of Human Kinetics and Recreation. Our programs are continuously changing. Not only do new students come in every year to contribute to the knowledge, diversity and energy of the school but also new programs, courses and research are being pursued every semester.

Most of our graduates are working and contributing in schools, health care centers, universities, as well as in numerous others agencies in the public, private and non-profit sectors in their communities. We have award winning faculty members (teaching and research) who are skilled and enthusiastic about mentoring graduate students. There is only one missing piece to this equation and that is you! If you are willing to emerge yourself enthusiastically into our programs and work with our faculty, I can ensure you that you will emerge with a far greater appreciation of the process and content of knowledge in the fields of Physical Education, Kinesiology and Recreation.

Sincerely,

Anne Marie Sullivan, BREC, MA, PhD, CTRS
Associate Dean, School of Human Kinetics and Recreation

HKR Faculty

Faculty Member	Teaching Area	Phone	Email
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Dr. Anne-Marie Sullivan, Associate Dean	Recreation & Leisure Studies; Recreation Therapy	4453	asulliva@mun.ca
Dr. Fabien Basset	Exercise Physiology	6132	fbasset@mun.ca
Dr. David Behm	Exercise Physiology	3408	dbehm@mun.ca
Dr. Duane Button	Fitness Leadership; Exercise Physiology	4886	dbutton@mun.ca
Dr. Jeannette Byrne	Anatomy, Biomechanics	3767	jmbyrne@mun.ca
Dr. Heather Carnahan	** At Marine Institute		hcarnahan@mun.ca
Dr. Jeff Crane	Physical Education; Motor Learning	2729	jrcrane@mun.ca
Dr. Kim Cullen	Biomechanics; Ergonomics	6936	kcullen@mun.ca
Dr. Daniel Fuller	** Canadian Research Chair	7270	dfuller@mun.ca
Dr. David Hancock	Social Psychology of Sport; Coaching	8684	dhancock@mun.ca
Dr. TA Loeffler	Outdoor Recreation; Physical Activity	8670	taloeffler@mun.ca
Dr. Angela Loucks-Atkinson	Recreation & Leisure Studies	6911	aloucksa@mun.ca
Dr. Erin McGowan	Sport & Exercise Psychology; Research Methods	7629	emcgowan@mun.ca
Dr. Kevin Power	Motor Learning; Exercise Physiology	7275	kevinp@mun.ca
Dr. Kyle Pushkarenko	Adapted Physical Activity/Education; Inclusion	2173	kpushkarenko@mun.ca

HKR Contacts

Associate Dean	Dr. Anne-Marie Sullivan asulliva@mun.ca
Academic Program Officer	Penny-Lynn White hkradvice@mun.ca
Front Desk – general office	Tara White taraw@mun.ca
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Overview of the School of Human Kinetics and Recreation

The School of Human Kinetics and Recreation (SHKR) offers a small school atmosphere with the benefits of a larger university. You'll receive instruction from professors who get to know you and want you to succeed; you'll engage with the community; and you'll have the opportunity to conduct research alongside award-winning faculty. As a student, you can make a difference.

We pride ourselves on our student-centered experiential approach to teaching. In other words, you won't just learn in the classroom – you'll learn everywhere.

The School offers undergraduate degrees to get you started on your professional career path, and graduate degrees to support your career growth.

Vision

To be leaders in physical activity, leisure, and wellness with the purpose of advancing knowledge and benefiting people, communities, and society.

Mission

The School inspires knowledgeable and reflective life-long learners who care about and are committed to promoting health and wellness in people, communities and society. Through teaching, research and community partnerships, together we contribute to knowledge generation and translation that has impacts provincially, nationally, and internationally.

HKR Resources and Services

Places to go in the PE building?

General Office: Once you stop by the general office (PE-2029), we are happy to assist with:

- Locating a classroom, faculty member's office, or another building on campus.
- Appointments with the Academic Program Officer.
- Accepting academic-related documents to submit to a faculty member. We will place these documents in their mail slot.
- Room bookings. Please email HKRRMBOOKING@mun.ca in order to book a room and we will provide you with keys and proper instruction upon arrival.
- Student Cheques: For students working as either a MUCEP or student assistant and are wondering how and when you will be getting paid, please stop by the general office to speak with Tara or Carolyn on what forms are required and when to regularly pick up your cheque.

Study Space: An undergraduate student lounge is available to HKR students located in the Physical Education building where you are welcome to quietly study with your classmates. Lounge chairs, a microwave and refrigerator are available as well as multiple wall and table outlets that can be used for laptops, phones and other study necessities.

Characteristics of the HKR Degree Programs

Bachelor of Human Kinetics and Recreation Co-operative degree (BHKRC)

The Bachelor of Human Kinetics and Recreation Co-operative (BHKRC) is the School's flagship degree. Through this program you can plan your educational path to get you where you want to go. This degree is an interdisciplinary program, offering students a progressive education in the field with experiential learning.

As a human kinetics and recreation student you can customize your degree. You'll take fundamental courses in exercise science, health promotion and physical activity, in addition to pursuing an optional focused pathway in one of: Community Recreation; Health Promotion; Kinesiology; or Therapeutic Recreation.

***Please see [Appendix A](#) in this document for the BHKRC Degree Map. The degree map lists all of the courses that are required for the degree and the sequence in which the courses should be completed.**

Careers

Alumni of the School of Human Kinetics and Recreation commonly pursue careers as:

- entrepreneurs
- health and wellness specialists
- kinesiologists
- sports and recreation managers

Alumni also continue post-secondary education and/or training as:

- doctors
- nurses
- occupational therapists
- physiotherapists
- researchers
- teachers

Community Recreation pathway

The community recreation pathway prepares you for administration, management and leadership in commercial, public and not-for-profit organizations. You'll learn about issues that influence recreation and leisure participation, delivery and management.

When you graduate, you will have the skills and knowledge necessary to plan, deliver, evaluate, and administer programs and services aimed towards enhancing the quality of life and well-being of individuals, communities and environments.

Rewarding career areas include municipal recreation, athletics and sports, special events, community development and outdoor education.

Health Promotion pathway

Physical activity is now understood to be a preventive and rehabilitative strategy and a critical aspect of promoting lifelong health and wellness. The health promotion pathway focuses on the knowledge, skills, attitudes, and behaviours that promote lifestyles involving quality daily physical activity among diverse individuals in the community.

Kinesiology pathway

Students following the kinesiology pathway will learn about human movement from biomechanical, physiological, psychosocial and behavioural perspectives. Upon completion of the degree, students will be prepared to work in various fields related to movement analysis, exercise prescription, performance enhancement and management. Additionally, the kinesiology pathway is commonly used as preparation for further education in graduate studies, medicine, physiotherapy, occupational therapy, chiropractic or massage therapy and other health, rehabilitation and fitness-related professions.

Therapeutic Recreation pathway

Students following the therapeutic recreation (TR) pathway can complete the courses necessary for eligibility for certification as a Certified Therapeutic Recreation Specialist with the National Council for Therapeutic Recreation Certification. Graduates from therapeutic recreation can secure employment in a variety of clinical settings including rehabilitation, pediatrics, mental health, addiction, and long-term care. Additionally, the TR pathway can be used as preparation for further education in other allied health disciplines.

Bachelor of Kinesiology degree (BKIN)

The kinesiology degree is one of Memorial University's most sought after programs. Students are exposed to a comprehensive four years of study on the art and science of human movement.

As a kinesiology student, you will learn to approach movement from an interdisciplinary perspective. You will understand the complex interaction of the physiological, biomechanical, psychological, and sociological principles of human movement. You will explore how and why we move and how we can optimize human potential for movement and performance.

***Please see Appendix B in this document for the BKIN Degree Map. The degree map lists all of the courses that are required for the degree and the sequence in which the courses should be completed.**

Careers

Our alumni are leaders in physical activity, health and wellness. Graduates commonly pursue careers as:

- Clinical kinesiologist
- Health and wellness specialist

- Health promotion consultant
- Exercise physiologist
- Small business owner (health and wellness field)
- Elite and amateur coach
- Athletic director
- Personal trainer
- Fitness club manager
- Rehabilitation specialist (i.e. Workers Compensation Board)
- Ergonomic consultant
- Corporate wellness consultant
- Seniors program coordinator
- Stunt person/coordinator
- Special needs consultant
- Recreational therapist
- Firefighter
- Researcher in sport equipment design and rehabilitation

Alumni also continue post-secondary education and/or training for careers as:

- Prosthetics and orthotics
- Work physiology
- Chiropractic medicine
- Medicine
- Education
- Occupational therapy and physiotherapy
- Naturopathic and homeopathic medicine
- Athletic therapy
- Research based MSc/PhD programs

Bachelor of Physical Education degree

The physical education degree approaches health and wellness from a holistic perspective. As a student you will learn how to build positive relationships, be inclusive of all participants, and be socially and culturally responsible while learning how to be effective agents of change.

You will learn by doing. Physical education provides the opportunity to learn about being active while being active.

You will learn how to teach movement and encourage participation in physical activity.

You will take courses about active living, health, and well-being; physical education curriculum; adapted physical activity; coaching; cultural and managerial studies of sport and leisure; physical activity and sport; and performance.

Teaching Option

The teaching option has courses in the fundamentals of physical education as well as courses in curriculum planning, teaching methods and pedagogy relevant to physical education curricula for various grade levels. You will study the benefits of active living including the basics of movement, the importance of physical literacy, sports, the

human body, and individual and group activities. This program route is designed for students continuing post-secondary studies in education.

After completing of a physical education degree - teaching option, a student wishing to teach in a school setting normally completes an intermediate/secondary degree program offered by the Faculty of Education.

***Please see Appendix C in this document for the BPE Degree Map. The degree map lists all of the courses that are required for the degree and the sequence in which the courses should be completed.**

Careers

Our alumni are leaders in physical activity and health. Graduates commonly pursue careers as:

- fitness centre directors
- outdoor leadership coordinators
- personal trainers
- sports and recreation managers
- wellness managers

Alumni also continue post-secondary education and/or training for careers as:

- athletic trainers
- elite and amateur coaches
- fire fighters
- physical education teachers
- physical therapists
- police or military officers
- researchers

Bachelor of Recreation degree

The recreation degree is an interdisciplinary degree that prepares you for administration, leadership and management roles. Graduates work in commercial, public and not-for-profit recreation and leisure services, health promotion, community development, outdoor recreation and therapeutic recreation.

As a recreation student you will learn about the social, physical, psychological, cultural, economic, environmental and political issues that influence recreation and leisure participation, delivery and management.

When you graduate, you will have the skills to manage programs and services to enhance the quality of life and wellbeing of individuals, communities and environments.

Specialty in Therapeutic Recreation

The Bachelor of Recreation offers students the ability to specialize in the study of therapeutic recreation.

Therapeutic recreation involves the purposeful use of recreation and leisure experiences to improve or maintain the social, mental, emotional and physical functioning of individuals. These services are provided in a variety of treatment, residential, and community-based health and human service agencies. Students learn to assess physical, social and emotional needs of clients, as well as models for enhancing their lives through professional practice involving recreation and leisure opportunities and community inclusion.

For students interested in being eligible for the certification exam offered by the National Council on Therapeutic Recreation Certification (NCTRC), the following courses are required:

Required Courses (these are required for certification)

HKR 2300: Growth and Development

HKR 2310: Human Anatomy & HKR 2320: Primary Human Physiology or HKR 2311: Anatomy & Physiology

HKR 2585: Foundations in Therapeutic Recreation

HKR 3515: Inclusive and Therapeutic Recreation in Outdoor Settings

HKR 3785: Community Development and Recreation in Therapeutic Recreation Settings

HKR 4485: Leisure Education in Therapeutic Recreation Settings

HKR 4685: Professional Issues in Therapeutic Recreation

Elective Courses (count towards certification and are highly recommended)

HKR 3485: Therapeutic Recreation Service Delivery

HKR 3685: Assessment and Documentation in Therapeutic Recreation

Elective Courses (required for certification but not a degree requirement)

HKR 4785: Internship in Therapeutic Recreation

PSYCH 3640: The Psychology of Abnormal Behaviour

***Please see [Appendix D](#) in this document for the BREC Degree Map. The degree map lists all of the courses that are required for the degree and the sequence in which the courses should be completed.**

Careers

Our alumni are leaders in recreation and wellness. Graduates commonly pursue careers as:

- athletic association directors
- community development specialists
- community programs directors
- family resource coordinators
- health promotion coordinators
- military recreation coordinators
- outdoor educators/outfitters
- park managers

- recreation consultants/directors
- seniors recreation coordinators
- special events coordinators
- sports and aquatics coordinators
- wellness coordinators
- recreation therapists

Note: some of these careers may call for supplementary education or preparation in the form of graduate studies, experiential learning or professional courses and exams.

FAQ: School of Human Kinetics and Recreation

What undergraduate programs are offered by the School of Human Kinetics and Recreation (HKR)?

HKR offers four undergraduate degree programs. Three programs are course based, with no co-operative education components: the Bachelor of Kinesiology, the Bachelor of Physical Education and the Bachelor of Recreation. For students seeking an undergraduate experience with co-operative education, the School offers a Bachelor of Human Kinetics and Recreation Co-operative (BHKRC).

Will any courses be offered during the summer semester for BKIN, BPE and BREC students?

Courses with summer activity components will be offered during intersession. The remainder of courses for the BKIN, BPE and BREC degrees will be offered over fall and winter semesters. You may choose to take non-HKR courses over the spring semester.

Where can I view the courses I will be taking over the duration of my program?

Degree maps have been created to provide visual examples of how typical programs will be timetabled. Students should follow the course sequencing listed in the degree maps. This will keep you on track for graduation. If you have any questions about your courses and registration, contact the School's Academic Program Officer: hkradvice@mun.ca.

Where can I request a Degree Audit to ensure I am on track with graduation?

Degree audit templates are located on our website in the same place as the degree maps. You can do up an individual audit for yourself to help you ensure you are on track for graduation. You can also request an official degree audit from the Academic Program Office by emailing hkradvice@mun.ca.

I need more academic advice, who can help me?

Students needing academic advice are encouraged to contact the School's Academic Program Officer, Ms. Penny-Lynn White, at hkradvice@mun.ca. Once we are back on campus you will also be able to book appointments with her via Navigate.

How can I find out more about Navigate?

Navigate is an app that Memorial University uses to assist students. The School of HKR uses it as a means to communicate with HKR students about academic changes that may have been implemented. Navigate is also how you can book an appointment with the School's Academic Program Officer. Here is the link for more information and to download the app: <https://www.mun.ca/success/guide/download.php>

I have been accepted beyond first year of my HKR program degree map, can I take HKR courses in any order?

No. Students must follow the degree map and course sequencing for their degree very closely to ensure you stay on track for graduation. As well, the registration numbers in the HKR courses are very limited and there is only a space in the courses for the students who should be completing the HKR courses at that specific time. Additionally, the courses are only offered in the sequence as they are listed in your degree map, therefore you must complete the courses as laid out in your map. If you are planning to complete your program on a part-time basis please consult with the Academic Program Officer.

Can I speed up when I will graduate with my HKR degree?

No. Even if students have a number of courses completed before being admitted, there is still a sequence you need to follow as laid out in your degree map. If you have been accepted into Academic Term 3 of your HKR degree program, you will still be in the School of HKR for three years regardless of what you have completed. This is due to the timing of when the HKR courses are offered and available seats.

I already have a lot of the required courses completed, what can I take to fill-in the course gaps in my semesters?

Other than completing some of your HKR electives and/or non-HKR electives, you cannot move around HKR courses from different semesters to try and obtain a full load of courses for that semester. If you have completed a lot of courses being admitted, you should be aware that there may be a semester or two where you only have a couple of courses to complete.

Are the HKR degree programs flexible in nature?

Historically, it has been viewed that the HKR degree programs are flexible in the sense that students could move courses around whenever they choose and complete the courses in any sequence. Now, with the adoption of the degree maps and degree audit templates on our website, our degree programs are much more structured. Students must follow the course sequencing as laid out in their degree map.

Can I do an Honours degree with my HKR degree?

Honours is available with the HKR degree options if you meet the criteria. The requirements for honours include:

- non-HKR average of 70%
- HKR average of 80%
- HKR 4600 with minimum grade of 80%
- HKR 4605 with minimum grade of 80%
- HKR 4610 with minimum grade of 80%

If you are interested in honours, you will need to secure a faculty member in HKR as a research supervisor in order to register for HKR 4605. There are limited spaces for honours students. If you are successful in securing a supervisor you will need to email Dr. Sullivan a completed course change form (https://www.mun.ca/regoff/registration/Course_Change_Form_2013.pdf) with confirmation from your faculty supervisor to be added to the course. You will then work with your faculty supervisor to develop a research proposal.

Where can I expect to work on my work-term?

HKR students work in a variety of settings for their work-terms. It could be in my massage therapy clinic or a student camp and could be located in St. John's or elsewhere. There is a placement competition in which students in the BHKRC apply for the positions they are interested in, go through a competition, which includes an interview process and then start the work-term, if selected. There are 3 work-terms within the BHKRC.

I would like to study abroad, are there any opportunities for HKR students to study abroad?

Yes, there are opportunities for HKR students to study abroad. We have a strong relationship with the University of Kassel and the University of Potsdam located in Germany, but students can also investigate their own exchange by contacting Memorial's Internationalization Office: <https://www.mun.ca/international/>

What academic awards are available to HKR students?

Within the School there are academic awards available to students along with the Dean's List. For a full listing of HKR academic awards, please see Appendix E this Handbook.

University Contact Information

Emergency Contact Numbers

<https://www.mun.ca/emergency/resources/emergencynumbers.php>

Access to Facilities

https://www.mun.ca/facman/access/card_access.php

Accommodations

<https://www.mun.ca/residences/>

Bookstore

<https://mun.bookware3000.ca/>

Child Care

<https://www.mun.ca/childcare/>

Computer Support

<https://www.mun.ca/cio/index.php>

Exam Schedules

<https://www.mun.ca/regoff/completing/finalexams.php>

MUNSU

<https://munsu.ca/>

Health Services for Students

<https://www.mun.ca/health/>

International Student Office and Associations

<https://www.mun.ca/international/>

Libraries

<https://www.library.mun.ca/>

Parking on Campus

<https://www.mun.ca/cep/parking/>

To Report an Emergency

Dialed from an On-Campus Phone:

St. John's Campus - 4100

Health Sciences Centre - 4100

**When utilizing 911, a follow-up call should be made to Campus Enforcement & Patrol using the appropriate number listed below.*

Emergency Service: Dial 911

Campus Enforcement & Patrol:

St. John's Campus - 8561

Health Sciences Centre - 9-777-7280

Emergency Phones

Memorial University has installed a number of emergency phones on campus to enhance safety. To operate, push button for direct link to Campus Enforcement and Patrol.

Appendix A: BHKRC Degree Maps

As described previously, the BHKRC has 4 optional pathways. You can choose one of these pathways to go with your BHKRC. The degree maps for each pathway are included below. Choose one of the pathway degree maps to follow.

Community Recreation pathway

The following shows how you should plan your registrations to meet the 120 credit hours required for the BHKRC degree (Community Recreation pathway). You can track your progress using the [degree audit template](#).

Year 1	Fall	Winter	Spring
	BIOL 2040 ENGL 1090 GEOG 1050 (QR#1) HKR 2000 PSYC 1000	BIOL 2041 CRW 1*** HKR 2500 PSYC 1001 SOC 1000	OPEN
Year 2	Fall	Winter	Spring
	HKR 1123 (non-credit) HKR 2300 HKR 2310 HKR comp study (2515) Non-HKR comp study (elective) PSYC 2*** SOC 2***	HKR 2320 HKR 3340 HKR comp study (2100) HKR comp study (2505) Non-HKR comp study (elective) STAT 2550 (QR2)	HKR 299W
Year 3	Fall	Winter	Spring
	HKR 3410 HKR 4600 HKR comp study (3535) HKR comp study (3575) Non-HKR comp study (elective) Non-HKR comp study (elective)	HKR 399W	HKR 3330 HKR 3555 HKR 3910 HKR 3920 HKR comp study (2545) HKR 4605 or HKR comp study (elective)
Year 4	Fall	Winter	Spring
	HKR 499W	HKR 3400 HKR 4575 HKR comp study (3100) HKR comp study (4485) HKR 4610 of HKR/non-HKR comp study (elective)	

Please note:

- This degree map is subject to change.
- For personalized advice please consult the [School's Academic Program Officer](#).
- This degree map applies to students commencing the degree in September 2018 and later. Students who began the degree prior to September 2018 should consult with the [School's Academic Program Officer](#).
- The information in each degree map has been extracted from the [Official University Calendar](#). While every reasonable effort has been made to duplicate the information contained in the Official University Calendar, if there are differences, the published Memorial University of Newfoundland Calendar will be considered the final and accurate authority.

Health Promotion pathway

The following shows how you should plan your registrations to meet the 120 credit hours required for the BHKRC (Health Promotion pathway). You can track your progress using the degree audit template.

Year 1	Fall	Winter	Spring
	BIOL 2040 ENGL 1090 GEOG 1050 (QR#1) HKR 2000 PSYC 1000	BIOL 2041 CRW 1*** HKR 2500 PSYC 1001 SOC 1000	OPEN
Year 2	Fall	Winter	Spring
	HKR 1123 (non-credit) HKR 2300 HKR 2310 HKR comp study (2515) HKR comp study (2585) PSYC 2*** SOC 2***	HKR 2320 HKR 3340 HKR comp study (2505) HKR comp study (elective) Non-HKR comp study (elective) STAT 2550 (QR2)	HKR 299W
Year 3	Fall	Winter	Spring
	HKR 3410 HKR 4600 HKR comp study (3535) HKR comp study (3575) Non-HKR comp study (elective) Non-HKR comp study (elective)	HKR 399W	HKR 3330 HKR 3400 HKR 3555 HKR 3910 HKR 3920 HKR 4605 or HKR comp study (elective)
Year 4	Fall	Winter	Spring
	HKR 499W	HKR Issues Course HKR 4610 of HKR/non-HKR comp study (elective) HKR comp study (4485) Non-HKR comp study (elective) Non-HKR comp study (elective) Non-HKR comp study (elective)	

Please note:

- This degree map is subject to change.
- For personalized advice please consult the School's Academic Program Officer.
- This degree map applies to students commencing the degree in September 2018 and later. Students who began the degree prior to September 2018 should consult with the School's Academic Program Officer.
- The information in each degree map has been extracted from the Official University Calendar. While every reasonable effort has been made to duplicate the information contained in the Official University Calendar, if there are differences, the published Memorial University of Newfoundland Calendar will be considered the final and accurate authority.

Kinesiology pathway

The following shows how you should plan your registrations to meet the 120 credit hours required for the BHKRC (Kinesiology pathway) degree. You can track your progress using the degree audit template.

Year 1	Fall	Winter	Spring
	CHEM 1050 ENGL 1090 HKR 2000 MATH 1000 PSYC 1000	CHEM 1051 CRW 1*** HKR 2500 PHYS 1020 or PHYS 1050 PSYC 1001	OPEN
Year 2	Fall	Winter	Spring
	BIOL 2040 HKR 1123 (non-credit) HKR 2300 HKR 2310 HKR 3410 HKR comp study (2600) STAT 2550 (QR2)	HKR 2320 HKR 3340 HKR comp study (3320) Non-HKR comp study (elective) Non-HKR comp study (elective) SOCI 1000	HKR 299W
Year 3	Fall	Winter	Spring
	HKR 4600 HKR comp study (2340) HKR comp study (2703) HKR comp study (3300) HKR comp study (3310) Non-HKR comp study (elective)	HKR 399W	HKR 3330 HKR 3400 HKR 3555 HKR 3910 HKR 3920 HKR 4605 or HKR comp study (elective)
Year 4	Fall	Winter	Spring
	HKR 499W	HKR 4410 HKR 4610 of HKR/non-HKR comp study (elective) HKR comp study (4702) HKR comp study (4703) Non-HKR comp study (elective) Non-HKR comp study (elective)	

Please note:

- This degree map is subject to change.
- For personalized advice please consult the [School's Academic Program Officer](#).
- This degree map applies to students commencing the degree in September 2018 and later. Students who began the degree prior to September 2018 should consult with the [School's Academic Program Officer](#).
- The information in each degree map has been extracted from the [Official University Calendar](#). While every reasonable effort has been made to duplicate the information contained in the Official University Calendar, if there are differences, the published Memorial University of Newfoundland Calendar will be considered the final and accurate authority.

Therapeutic Recreation pathway

The following shows how you should plan your registrations to meet the 120 credit hours required for the BHKRC degree (Therapeutic pathway). You can track your progress using the degree audit template.

Year 1	Fall	Winter	Spring
	BIOL 2040 ENGL 1090 GEOG 1050 (QR#1) HKR 2000 PSYC 1000	BIOL 2041 CRW 1*** HKR 2500 PSYC 1001 SOC 1000	OPEN
Year 2	Fall	Winter	Spring
	HKR 1123 (non-credit) HKR 2300 HKR 2310 HKR comp study (2515) HKR comp study (2585) PSYC 2*** SOC 2***	HKR 2320 HKR 3340 HKR comp study (3485 or 3685) Non-HKR comp study (PSYC 3640) Non-HKR comp study (elective) STAT 2550 (QR2)	HKR 299W
Year 3	Fall	Winter	Spring
	HKR 3410 HKR 4600 HKR comp study (3785) Non-HKR comp study (elective) Non-HKR comp study (elective)	HKR 399W HKR comp study (3485 or 3685)	HKR 3330 HKR 3555 HKR 3910 HKR 3920 HKR 4605 or HKR comp study (elective) HKR comp study (3515)
Year 4	Fall	Winter	Spring
	HKR 499W HKR comp study (HKR 4785)	HKR 3400 HKR 4685 HKR 4610 of HKR/non-HKR comp study (elective) HKR comp study (4485) Non-HKR comp study (elective)	

Please note:

- This degree map is subject to change.
- For personalized advice please consult the [School's Academic Program Officer](#).
- This degree map applies to students commencing the degree in September 2018 and later. Students who began the degree prior to September 2018 should consult with the [School's Academic Program Officer](#).
- The information in each degree map has been extracted from the [Official University Calendar](#). While every reasonable effort has been made to duplicate the information contained in the Official University Calendar, if there are differences, the published Memorial University of Newfoundland Calendar will be considered the final and accurate authority.

Appendix B: Bachelor of Kinesiology (BKIN) Degree Map

The following shows how you should plan your registrations to meet the 120 credit hours required for the BKIN degree. You can track your progress using the [degree audit template](#).

Year 1	Fall	Winter	
	CHEM 1050 ENGL 1090 HKR 2000 MATH 1000 PSYC 1000	CHEM 1051 CRW 1*** HKR 2500 PHYS 1020 or PHYS 1050 PSYC 1001	
Year 2	Fall	Winter	
	BIOL 2040 HKR 2300 HKR 2310 HKR 2600 STAT 2550 (QR2)	HKR 2320 HKR 3340 HKR comp study (elective) Non-HKR comp study (elective) Non-HKR comp study (elective)	
Year 3	Fall	Winter	
	HKR 2340 HKR 3300 HKR 3310 HKR 4600 Non-HKR comp study (elective)	HKR 3340 HKR 3400 HKR 4330 HKR comp study (elective) Non-HKR comp study (elective)	
Year 4	Fall	Winter	
	HKR 2703 HKR 3410 HKR 4605 or HKR comp study (elective) HKR comp study (elective) HKR comp study (elective)	HKR 4410 HKR 4610 of HKR comp study (elective) HKR 4702 HKR 4703 Non-HKR comp study (elective)	

Please note:

- This degree map is subject to change.
- For personalized advice please consult the [School's Academic Program Officer](#).
- This degree map applies to students commencing the degree in September 2018 and later. Students who began the degree prior to September 2018 should consult with the [School's Academic Program Officer](#).
- The information in each degree map has been extracted from the [Official University Calendar](#). While every reasonable effort has been made to duplicate the information contained in the Official University Calendar, if there are differences, the published Memorial University of Newfoundland Calendar will be considered the final and accurate authority.

Appendix C: Bachelor of Physical Education (BPE) Degree Map

The following shows how you should plan your registrations to meet the 120 credit hours required for the BPE degree. You can track your progress using the degree audit templates for the general option or teaching option.

Year 1	Fall	Winter	
	ENGL 1090 HKR 2000 MATH (3 credit hours) PSYC 1000 Minor/academic discipline	CRW 1*** HKR 2500 or minor/academic discipline Lab science (3 credit hours) Math (3 credit hours) PSYC 1001	
Year 2	Fall	Winter	
	HKR 2210 HKR 2300 HKR 2310 Lab science (3 credit hours) Minor/academic discipline	HKR 2100 HKR 2220 HKR 2320 HKR 2500 or minor/academic discipline STAT 2550	
Year 3	Fall	Winter	Intersession
	HKR 3110 HKR 3300 HKR 4600 Minor/academic discipline	HKR 3320 HKR 3340 HKR 3400 Minor/academic discipline Minor/academic discipline	HKR 2004 HKR 3220
Year 4	Fall	Winter	
	HKR 3310 HKR 4220 HKR 4605 or HKR comp study (elective) Minor/academic discipline	HKR 4210 HKR 4420 HKR 4610 of HKR comp study (elective) Minor/academic discipline	

Please note:

- This degree map is subject to change.
- For personalized advice please consult the School's Academic Program Officer.
- This degree map applies to students commencing the degree in September 2018 and later. Students who began the degree prior to September 2018 should consult with the School's Academic Program Officer.
- The information in each degree map has been extracted from the Official University Calendar. While every reasonable effort has been made to duplicate the information contained in the Official University Calendar, if there are differences, the published Memorial University of Newfoundland Calendar will be considered the final and accurate authority.

Appendix D: Bachelor of Recreation (BREC) Degree Map

The following shows how you should plan your registrations to meet the 120 credit hours required for the BREC degree. You can track your progress using the [degree audit template](#).

Year 1	Fall	Winter	
	ENGL 1090 GEOG 1050 HKR 2000 PSYC 1000 SOC 1000	CRW 1*** HKR 2500 PSYC 1001 SOC 2*** Non-HKR comp study (elective)	
Year 2	Fall	Winter	
	HKR 2300 HKR 2515 HKR 2585 HKR comp study (elective) Non-HKR comp study (elective)	HKR 2100 HKR 2505 HKR 3340 STAT 2550 Non-HKR comp study (elective)	
Year 3	Fall	Winter	Intersession
	HKR 3535 HKR 4600 HKR comp study (elective) Non-HKR comp study (elective) Non-HKR comp study (elective)	HKR 3100 HKR 3400 HKR comp study (elective) Non-HKR comp study (elective)	HKR 2545 HKR 3515 HKR 3555
Year 4	Fall	Winter	
	HKR 3575 or HKR 3785 HKR 4605 or HKR comp study (elective) Non-HKR comp study (elective) Non-HKR comp study (elective)	HKR 4485 HKR 4575 or HKR 4685 HKR 4610 of HKR comp study (elective) Non-HKR comp study (elective)	

Please note:

- This degree map is subject to change.
- For personalized advice please consult the [School's Academic Program Officer](#).
- This degree map applies to students commencing the degree in September 2018 and later. Students who began the degree prior to September 2018 should consult with the [School's Academic Program Officer](#).
- The information in each degree map has been extracted from the [Official University Calendar](#). While every reasonable effort has been made to duplicate the information contained in the Official University Calendar, if there are differences, the published Memorial University of Newfoundland Calendar will be considered the final and accurate authority.

Appendix E: HKR Awards and Scholarships

Margaret (Mag) Davis Memorial Scholarship

This scholarship has been established in memory of Margaret (Mag) Davis, former graduate of Memorial University of Newfoundland, dedicated physical education teacher and well-known athlete who excelled in the sports of softball, field hockey, ice hockey, soccer, ball hockey, curling, squash and golf. Valued at a minimum of \$500 annually, it will be awarded to a female undergraduate student studying in the programs of the School of Human Kinetics and Recreation. In awarding this scholarship, preference will be given to students who have demonstrated athletic ability and scholarship standing. The scholarship will be awarded by the Senate Committee on Undergraduate Scholarships, Bursaries and Awards upon recommendation of the Dean, School of Human Kinetics and Recreation.

J. Douglas Eaton Alumni Scholarship

This scholarship was established by the Alumni Association of Memorial University of Newfoundland to commemorate the 30th Anniversary of degree programs in the School of Human Kinetics and Recreation and to honour Dr. Eaton a former department head. The value of the scholarship will be determined by the interest accruing from the initial endowment. The scholarship shall be awarded to the student who attains the highest academic standing in the third year of the Bachelor of Physical Education, Bachelor of Recreation or Bachelor of Kinesiology. Recipients must also demonstrate commitment and service in activities related to their intended profession. The scholarship will be awarded by the Senate Committee on Undergraduate Scholarships, Bursaries and Awards based on recommendations from the Dean of the School.

Everest 2010 Mountain of Learning Experiential Education Award

This Award was established by TA Loeffler, faculty member in the School of Human Kinetics and Recreation, on the occasion of her second attempt on Mount Everest. The award, in honour of her grandmother, Frida Loeffler, celebrates Frida's lifelong love of learning. The award will be valued at a portion of the income on the endowment and will be awarded annually to a student who meets the minimum academic requirements for an award as defined by the University. The recipient may be enrolled in any one of the three co-operative education degree programs in the School of Human Kinetics and Recreation. To be eligible for this award, the student will have demonstrated an exceptional commitment to experiential education through their participation in activities or work terms related to their intended profession. The award will be administered by the Senate Committee on Undergraduate Scholarships, Bursaries and Awards upon recommendation of the Dean, School of Human Kinetics, in consultation with the School's Cooperative Education Coordinators. The award is presented annually at the Fall HKR Awards Celebration.

Matthew J. Foster Alumni Scholarship

This scholarship, established by the School of Human Kinetics and Recreation, Memorial University of Newfoundland, commemorates the 30th Anniversary awarding of the first Bachelor of Physical Education Degrees at Memorial University of Newfoundland and honours Mr. Foster (department head/director - 1964 until his retirement in 1986). They will be valued at the interest accruing from the initial endowment and awarded to the student in the second year of a program offered by the School of Human Kinetics and Recreation who attains the highest academic standing. Recipients should also have demonstrated leadership in activities related to their intended profession. The scholarship will be awarded by the Senate Committee on Undergraduate Scholarships, Bursaries and Awards based on the recommendation from the Dean of the School.

Mclsaac Health Systems Award in Fitness Leadership

This award, generously funded by Mclsaac Health Systems Inc. and its owner Michael R. Mclsaac, has been created to encourage the ongoing growth and development of qualified exercise professionals in Newfoundland and Labrador, by recognizing academic excellence in advanced fitness and leadership. Valued at \$400 annually the award will be granted to the student who has achieved the highest mark in Fitness Leadership in the Human Kinetics and Recreation program at Memorial University of Newfoundland. The recipient must meet the minimum academic requirements for an award as defined by the University. The award will be granted by the Senate Committee on Undergraduate Scholarships, Bursaries and Awards on the recommendation of the Dean, Human Kinetics and Recreation.

Dr. M.O. and Grace Morgan Scholarship in Physical Education

This fund is the result of an endowment to Memorial University of Newfoundland from the estate of Dr. and Mrs. Morgan. One or more scholarships, valued at a portion of the annual accrued interest, will be awarded to a Physical Education student in the first year of the Bachelor of Physical Education degree program. The recipients will have demonstrated scholarship standing as well as leadership in the professional preparation and/or services program of the School of Human Kinetics and Recreation. These Scholarships will be awarded by the Senate Committee on Undergraduate Scholarships, Bursaries and Awards upon the recommendation of the Dean, School of Human Kinetics and Recreation.

Newfoundland and Labrador Kinesiology Association Award

This award was established by the Newfoundland and Labrador Kinesiology Association (NLKA) to support kinesiologists as leaders in health, fitness and wellness. Valued at \$750 annually the award will be granted to a student in any year of study who is working towards a Bachelor of Kinesiology degree in the School of Human Kinetics and Recreation at Memorial University of Newfoundland and is actively involved with promoting health, fitness and wellness to the community. Preference will be given to students who are members of the NLKA. The recipient must

meet the minimum academic requirements for an award as defined by the University. The award will be granted by the Senate Committee on Undergraduate Scholarships, Bursaries and Awards on the recommendation of the Dean, School of Human Kinetics and Recreation.

Proactive Physiotherapy Award in Human Anatomy

This annually funded award, valued at \$250, is the result of a contribution from Proactive Physiotherapy, a company owned and operated by two alumni of Memorial University of Newfoundland's School of Human Kinetics and Recreation, Chris Cluett and Justin Whittle. This award is available to the candidate who receives the highest mark in the on-campus offering of HKR 2310, Human Anatomy each year. To be eligible, students must be enrolled full-time as undergraduates in the School of Human Kinetics and Recreation and be in clear academic standing. It will be awarded by the Senate Committee on Undergraduate Scholarships, Bursaries and Awards based on the recommendation of the Dean, School of Human Kinetics and Recreation. The award is presented annually at the Fall HKR Awards Celebration.

School of Human Kinetics and Recreation 30th/25th Anniversary Scholarship

School of Human Kinetics and Recreation 30th/25th Anniversary Scholarship In the calendar year 1994 the School commemorated 30 years of professional preparation in physical education/recreation and 25 years of Atlantic University Sport (AUS) competition at Memorial University of Newfoundland by hosting Anniversary Celebrations. The Steering Committee of these Anniversary Celebrations in co-operation with the two major organizing committees of these events established a \$500.00 Scholarship to be awarded annually to the undergraduate student who combines academic achievement and athletic prowess at the varsity level. In awarding this scholarship, preference will be given to candidates who have demonstrated ability and desire to coach, and to children of either graduates of the School or of former varsity athletes. The award is made by the Senate Committee on Undergraduate Scholarships, Bursaries and Awards on the recommendation of the Dean of the School of Human Kinetics and Recreation.

Keith Taylor Memorial Award

This award was established by generous donations from the family and friends of Keith Taylor. Keith was a faculty member at Memorial University of Newfoundland for over 35 years, serving as director of the School of Physical Education and Athletics until his retirement in 1994. He had a great interest in sport and outdoor recreation, and was instrumental in organizing and building volleyball, track and field, cross country running, cross country skiing, and orienteering in the province. This award is created in recognition of Keith Taylor's contribution to the sport and recreation community, both in the province and at Memorial University, and to assist current students who demonstrate similar ideals and community spirit. Valued at a portion of the income on the endowment, the award will be granted annually to a full-time undergraduate student in any program at the School of Human Kinetics and

Recreation who is beyond their first year of studies. The recipient must meet the minimum academic requirements for an award as defined by the university. This award will be granted by the Senate Committee on Undergraduate Scholarships, Bursaries and Awards on the recommendation of the Dean, School of Human Kinetics and Recreation.

Appendix F: On Campus Services and Transportation

Transportation

Parking

Parking on campus is limited. You can apply for a parking permit before the beginning of each semester on my.mun.ca. This should be done a month before the beginning of the semester and you will be entered into a draw for a parking permit.

Buses

MetroBus is the provider of public busing in St. John's. Schedules can be accessed online (metrobus.com) and at most bus stops. MetroBus offers a semester pass (four-month pass, for fall, winter, or summer semester). These can be purchased from MetroBus outlets (e.g., Avalon Mall (Customer Service Centre), Memorial University, (UC), CONA (Cashier's Office), Marine Institute (The Campus Store)). Student ID is required.

Taxi Services

St. John's has a number of taxi services available 24/7

Jiffy Cab – 722-2222

Newfound Cabs – 744-4444

City Wide – 722-0003

Bugden's Cabs – 722-4400

Walk Safe/Drive Safe

Memorial offers a Walk Safe/Drive Safe program to ensure students have safe travels on campus. Walk Safe offers a volunteer to accompany you to your on-campus destination and Drive Safe will take you to an off-campus destination. They can be found online at munsu.ca/services/safety or reached via email safedrive@munsu.ca or Walk Safe by phone (7pm-12am Sunday-Thursday) at 864-6464.

On Campus Services

Memorial's University Centre houses a number of important shops and services for all students.

The Attic

The Attic is located on the third floor of the University Centre. You can find a Canada Post office, a small convenience store where you can buy or top-up your bus pass, and printing services.

Ancillary Services:

Obtain or replace your student card or rent a locker:

<https://www.mun.ca/ancillary/campuscard/GetYourCampusCard.php>

The Blundon Centre:

<https://www.mun.ca/student/about/Blundon-Centre.php>

Bookstore

Memorial's bookstore can be found on the second floor of the University Centre. Here you can find any text books you may need, as well as stationary and other school supplies, and Memorial branded clothing and book bags.

Student Wellness and Counselling Centre:

<https://www.mun.ca/student/supports-and-resources/help/>

Career Development:

Can help you update your resume and prepare you for your job interview and much more:

<https://www.mun.ca/student/about/career-development-contact.php>

Work/Life Balance

Bitters – On-campus graduate student pub located on Prince Philip Drive in Field Hall. Offers food and drinks and Wi-Fi.

Breezeway – On-campus student bar, located on the first floor of the University Centre. Hosts open-mic and other entertainment, as well as pool and air hockey.

Fitness

Field House – On-campus students pay recreation fees which give them access to the Field House, Memorial's on-campus gym. The Field House is your place for working out and offers an indoor track, a weight room, and weight machines. You can also book squash and badminton courts, and table tennis. Students can access the MUN pool for lane swims at designated times. Schedules and more information can be found at theworksonline.ca

Athletics

The Memorial University Sea-Hawks seek to provide a high performance environment that is student centered, creates opportunities for regional and national championship success, and inspires excellence, pride and unity throughout our campus and community.

<http://www.goseahawks.ca/landing/index>

Food

Memorial's campus has a variety of food establishments spread over the campus.

Aquarena – Tim Horton's

University Centre (UC) – Booster Juice, Dairy Queen, Extreme Pita, Treats, Just Fries, Mustang Sallys, Manchu Wok

Engineering Building – Engineering Café

QEII Library – Jumping Bean Café