



Undergraduate Studies Academic Calendar
2012-2013

Faculty of Applied Health Sciences

Waterloo

Faculty of Applied Health Sciences

About the Faculty of Applied Health Sciences

Overview

It's been predicted that some of tomorrow's best career opportunities will be in the sectors of health promotion and disease prevention, rehabilitation, ergonomics, gerontology, and leisure. The Faculty of Applied Health Sciences' School of Public Health and Health Systems, and the Departments of Kinesiology, and Recreation and Leisure Studies, offer academic plans that provide the skills and expertise to prepare students for such opportunities.

The governing theme of the Faculty of Applied Health Sciences is the development and application of knowledge related to health and well-being. The Faculty, through its education, research, and services, aims to: 1) prevent illness and injury, 2) promote health and well-being, 3) optimize physical abilities, and 4) contribute to an improved quality of life. Courses in the Faculty explore these objectives as they pertain to people with and without disabilities, throughout the life span, both at work and at leisure.

Health Studies, a human science area of study, examines the relationship between lifestyle and health, and the importance of disease prevention. Gerontology is a multi disciplinary field that explores the aging process and issues affecting the older person. Kinesiology utilizes scientific study to investigate the mechanisms and principles of human movement and movement related conditions to optimize health and prevent illness and injury. Recreation and Leisure Studies combines the study of recreation and leisure with a strong management focus, providing students with the skills to develop, manage, market and administer recreation activities, facilities, and businesses. Options and Specializations are available within each of the Faculty's areas of study.

The School of Public Health and Health Systems, and the Departments of Kinesiology, and Recreation and Leisure Studies each offer both Regular and Co-operative systems of study. Regardless of their system of study, students have the opportunity to apply classroom knowledge to a variety of situations through labs, clinical courses, research, senior seminars, or volunteer opportunities.

School of Public Health and Health Systems

The Health Studies academic plan offered by the School of Public Health and Health Systems provides students with an integrated curriculum that combines the behavioural, biological, social, and health sciences in the examination of contemporary problems in health promotion and disease prevention. The plan explores the causation and prevention of diseases that contribute significantly to chronic disability and premature death, increased medical and social costs, and reduced quality of life. Of primary interest is the role of personal risk factors and societal determinants of the health of individuals and populations throughout the life span. Special emphasis is placed on the prevention of major chronic diseases which have modifiable risk factors - these include coronary heart disease, cancer, diabetes, obesity, drug and alcohol dependency, sexually transmitted diseases, dementia, mental illness, and other disabling conditions. The inclusion of methodology courses in statistics, research design, computer science, program evaluation, and epidemiology allows students to acquire the analytical skills necessary to pursue challenging careers in the development, management, and evaluation of health promotion services, or in many other health-related careers. Additional qualifications may be gained through the Pre-Health Professions Specialization for those students intending to pursue careers in medicine or other health professions, or through the Health Research Specialization for those students planning health research careers or further studies at the graduate level. Several other options or minors (e.g., Biology, Human Resources Management, Management Sciences) may be selected to further develop individual interests and career goals. The School of Public Health and Health Systems also offers a Health Informatics Option. Health Informatics is a multidisciplinary field that deals with the generation, dissemination, storage, and use of health information for problem-solving and decision making.

For students interested in the issues related to aging, the School offers a Minor in Gerontology or an Option in Aging Studies. These plans provide an awareness of aging processes and prepare students for careers or professions that deal with the institutional care or community support of older adults.

Career opportunities for graduates from the School of Public Health and Health Systems exist in the public sector through the federal, provincial, and regional health agencies; in school, hospital, and

institutional health centres; and through community health organizations. In the private sector, employment opportunities are found in the voluntary health organizations, in health management consulting, and in health related industries such as pharmaceuticals, medical products, and health services. Graduates may also pursue further studies in health promotion, medicine, biomedical research, gerontology, public health, health administration, environmental health, epidemiology, education, and related fields.

Kinesiology

The Kinesiology plan encompasses the scientific study of human movement in order to optimize health and prevent illness and injury. The plan provides a foundation in anatomy, biomechanics, physiology, and psychomotor behaviour, complemented by biology and chemistry courses from the Faculty of Science. In keeping with an emphasis on applied and experiential learning, competence is developed through various laboratory courses, facilities, and assignments as well as advanced practicum courses in sports injury assessment, cardiac rehabilitation, and movement assessment. With one of the largest Kinesiology departments in North America, students also have the unique opportunity to take specialized kinesiology electives, and distinguish themselves with expertise in areas such as gait analysis, altitude and aerospace physiology, motor learning, or low back disorders.

Students intending to pursue careers in medicine or other health professions (e.g., chiropractic, physical therapy) can gain additional preparation through the department's Pre-Health Professions Option. The Department offers two other specializations – an Ergonomics Option, and a Neurobehavioural Assessment Option – for those wishing to concentrate their studies within these areas related to kinesiology. The plan may also be tailored to individual interests in other disciplines by selecting elective courses from other departments on campus, and by using electives to complete a complementary option or minor (e.g., Chemistry, Biology, Gerontology, Management Science).

Kinesiology graduands enjoy career success in areas such as rehabilitation, ergonomics, and fitness/exercise management, while others pursue further specialization in graduate programs or professional schools (e.g., medicine, physiotherapy, chiropractic, and occupational therapy).

Recreation and Leisure Studies

Recreation and Leisure Studies is concerned with the ways in which health and well-being are enhanced through the effective use of leisure. The plan combines a knowledge of people, environments, and management into an academic package that prepares graduates for careers in a variety of public and private agencies. In addition, the plan provides a foundation for future graduate studies in a variety of disciplines. This Honours Bachelor of Arts academic plan allows students to obtain a proficiency in an area of specialization by taking one of the following majors or options:

1. Recreation and Sport Business Major
2. Therapeutic Recreation Major
3. Tourism and Parks Management Major
4. Double Major in Honours Recreation and Sport Business, Therapeutic Recreation, and Tourism and Parks Management
5. Parks Option
6. Tourism Option

Joint Honours degrees are available in twelve different disciplines including such popular choices as Geography and Environmental Management, Psychology, Sociology, and Speech Communication. Through technical and report writing, group and independent projects, interactions with leading professionals from the field, research, applied computer work, presentations, and case studies, students develop professional skills which are marketable in many employment settings.

The diverse backgrounds of the faculty, the variety of courses from which students may choose, and the option to select the Co-operative or Regular mode of education, make Recreation and Leisure Studies at the University of Waterloo one of the leading degrees of its kind in North America.

Degrees

School of Public Health and Health Systems graduates receive an Honours Bachelor of Science degree in Health Studies. Kinesiology graduates receive either an Honours Bachelor of Science degree or a General Bachelor of Science degree. Recreation and Leisure Studies graduates receive either an

Honours Bachelor of Arts degree or a General Bachelor of Arts degree. Studies in Gerontology lead to a Minor in Gerontology in conjunction with any type of Honours or four-year General degree.

Graduates who have pursued their studies in a Co-operative system of study and who have successfully completed four work terms, four work reports, four professional development courses, and who remain registered in the Co-operative system, will have the Co-operative designation noted on their diploma.

Joint Honours Plans

In addition to existing explicit Joint Honours plans, many Honours plans may be combined within and between Faculties. However, before embarking on a Joint Honours plan, students are required to consult with the Academic Advisors for each plan. Students must meet the requirements of both plans as stated in the Undergraduate Calendar and should be aware that combining some Honours plans may require more than the normal number of academic terms to complete.

Systems of Study

Co-operative System

All academic plans

Arrangements for work assignments are made through the Department of Co-operative Education and Career Services of the University which provides the liaison between the campus and the field situation. Students should refer to The Department of Co-operative Education and Career Services (www.cecs.uwaterloo.ca/) for further details.

Regular System

In the Regular system of study students normally attend school during the Fall and Winter terms.

Admission

Overview

The admission categories, requirements, and procedures for all programs are outlined in detail in the [Admissions](#) section of the Undergraduate Calendar.

Advanced Standing

Normally students transferring from another faculty or university may be granted credit for relevant courses in which they have received a grade of 60.0% or better.

One term of advanced work experience standing may be granted to students transferring into the third year of the Co-operative system of study in Applied Health Sciences. Details are available from the Department of Co-operative Education and Career Services.

Regardless of the number of courses that are presented for transfer, students admitted from another post secondary institution will be required to complete a minimum of 50% of their course work while registered in the new academic plan within the Faculty of Applied Health Sciences. Students admitted from another academic plan within the University of Waterloo may be granted transfer credit for all acceptable courses and milestones completed at the University of Waterloo at the discretion of the Admissions Committee. Students should be aware that all requirements of the new academic plan must be met in order to graduate with that degree, regardless of the number of transfer credits that are granted.

University of Waterloo students have two options with respect to the assignment of transfer credits. These options are:

Option One: All courses, both passed and failed, taken in other Faculties at the University of Waterloo are transferred and are used in the calculation of cumulative overall and major averages.

Option Two: Only courses in which a grade of 60.0% or better has been achieved will be transferred. These courses will not be used in the calculation of cumulative and major averages.

Examinations and Standings

Examinations and Standings

1. Final Examinations

- To pass a course, a student must obtain a minimum of 50 in the combined term and examination marks. Some courses/instructors may not require final examinations. In such cases term work only will be used in determining a final grade.
- Regulations concerning examinations may be found in "Examination Regulations and Related Matters" available at www.registrar.uwaterloo.ca/exams/ExamRegs.pdf.
- Students absent from an examination, except for properly certified reasons, do not have make up privileges.
- The Faculty of Applied Health Sciences does not grant supplementary examinations for students who fail courses.

2. Grades

- Numeric grades in the range 0-100 are assigned in most of the courses in the Faculty of Applied Health Sciences. The minimum passing mark in all courses is 50. Certain AHS courses may be graded as on a credit (CR) or no credit (NCR) basis. Further information is outlined in the "Grading System" in this Calendar.
- If a student does not write a final examination and does not give a properly documented reason (e.g., illness), the instructor will either submit a grade of DNW (did not write) or submit a numerical grade based on the term work, with a grade of zero for the examination.
- In exceptional circumstances, for example, an examination missed due to illness, an instructor may assign a grade of INC (course incomplete).
 - A medical certificate presented in support of an official request for relief from normal academic requirements must provide all the information requested on the University of Waterloo "Verification of Illness Form" or it will not be accepted. This form can be obtained from Health Services at www.healthservices.uwaterloo.ca/.
 - A grade of INC which is not cleared by the deadline set by the instructor, which will be no later than 12 months after the end of term, will be automatically converted to an FTC (failure to complete, no credit granted) which will have the effect of counting a grade of 32.0% in average calculations.
 - Students should not register (again) in a course for which they have received an INC.
- All grades awarded to a student are recorded on their University of Waterloo official transcript. Students may view their official grades and standing on Quest after final grades have been posted.
 - If a student fails a course, then repeats the course and passes it, both courses are shown on the official transcript and both grades are counted in the overall and/or major average.
 - This same rule holds for a student who repeats a passed course.

3. Term Dean's Honours List

- To recognize outstanding academic achievement, the Faculty has established the Faculty of Applied Health Sciences Term Dean's Honours List.
- To be included on the Dean's Honours List at the end of each academic term, the student must:
 - Be registered in at least 2.0 units per term.
 - Achieve a minimum Overall Term Average of 80.0%.
- The designation "Dean's Honours List" will appear on the student's transcript.
- Students will not be eligible for consideration of Dean's Honours List status if they have any failing grade, including any INC, DNW, NMR, UR, FTC, NCR.

4. Graduating Dean's Honours List

- Graduating students with a minimum Cumulative Overall Average of 80.0% AND a Major Average of 80.0% AND no failing grades (including DNW or FTC), will have the designation "Graduating Dean's Honours List" appear on their graduation diploma.

5. Standing

- Decisions on academic standings are made at the end of each academic term.
- Students must meet the minimum cumulative average (CAV) and major average (MAV) as shown in the chart below in order to be eligible to continue in their plan. CAV is based on all courses taken at the University of Waterloo, whether passed or failed. For all joint and double honours plans, the MAV of both majors must be satisfied.
- A student's academic standing is determined by the averages attained:
 - **Cumulative Overall Average:** Average of the grades in all courses taken regardless of faculty.
 - **Plan (Major) Average:** Average of the grades in all courses taken with the student's plan (eg. Major, Minor, Option). Normally all courses taken under the rubric of the student's plan, including cross-listed courses (HLTH for Health Studies, KIN for Kinesiology and REC for Recreation and Leisure Studies) are included in the plan average regardless of whether any of these courses are in excess of the minimum required by the plan.
- The following chart provides minimum grade requirements that will be used when reviewing and making decisions.

Standing	Cumulative Average (CAV)		Major Average (MAV)	
	Program	Percent	Program	Percent
Satisfactory (Honours Programs)	HS*	63	HS*	67
	KIN	63	KIN	67
	RLS	65	RLS	70
Satisfactory (General Programs)	KIN	53	KIN	60
	RLS	60	RLS	65

* Students must achieve a minimum cumulative average of 63%. Students must achieve a minimum cumulative major average of 67% calculated based on a minimum of 2.0 HLTH units attempted.

- Students who meet the academic requirements for their plan will be in Excellent, Good or Satisfactory standing, depending on the plan and their term and overall averages. Failure to meet minimum average requirements for the plan may result in a Conditional Standing or a Failed decision. Students with a Conditional Standing are strongly advised to meet with their Academic Advisor for plan-specific advice or a Success Coach for strategies to overcome barriers to academic success. Students with a Conditional Standing are normally given only one additional term to attain a Satisfactory standing.
- Students who receive a Conditional academic standing at the end of their first or second term of study may, in consultation with their Academic Advisor, choose to enroll voluntarily in the [Foundation Term](#). This option may also be available to students whose Academic Advisors feel they would benefit from the [Foundation Term](#).
- Students may be Required to Withdraw from the Faculty at any time under special circumstances, such as leaving their plan without notification or failing to write examinations.
- General students who raise their Cumulative Average and Major Average to Honours levels may apply to be readmitted to Honours plans.
- Students who have been inactive for three or more terms must apply for readmission to their plan. Note that work terms are not considered inactive terms.

6. Readmission following a "Failed" Decision

- Readmission applications will be considered only if it is the student's first Failed decision within the Faculty of Applied Health Sciences.
- Students who receive a Failed decision at the end of their first or second term of study may complete a [Foundation Term](#) or sit out two consecutive terms as a condition of readmission.
- Normally, students in *2A or above* who receive their first Failed decision may apply for readmission to the University of Waterloo after an absence of two consecutive academic terms (eight months). Students seeking readmission should meet with an Academic Advisor and submit an application for readmission for ONE term of non-degree studies (see Non-Degree Term description below) at least two months prior to the requested term of readmission. A co-op work term immediately following a Required to Withdraw standing is not counted towards the two term absence.
- If a student is granted readmission into a program in the Faculty of Applied Health Sciences:
 - The student's cumulative overall and major (program specific) averages will be cleared – that is, grades achieved in all previous course work will not be counted in the calculation of cumulative averages.
 - All previous University of Waterloo course attempts and grades will remain on the student's mark reports and transcripts.

7. Non-Degree Term

- The student may use this **ONE** non-degree term to meet the specified criteria for readmission into any program in the Faculty of Applied Health Sciences, another Faculty at the University of Waterloo, or another academic institution. Normally, no further non-degree terms will be granted.
- Students requesting readmission or transfer to another Faculty within the University of Waterloo must clarify admission requirements with an Academic Advisor from that respective Faculty. Written proof of stated conditions must be indicated and accompany the application for readmission.
- If, following the term of non-degree studies, a student is granted readmission into a program in the Faculty of Applied Health Sciences:
 - The student's cumulative overall and major (program specific) averages will be cleared – that is, grades achieved in all previous course work will not be counted in the calculation of cumulative averages.
 - All previous University of Waterloo course attempts and grades will remain on the student's mark reports and transcripts.
 - Courses with grades over 60% will contribute to the total units required for the Applied Health Science degree up to a maximum of 10 academic course units.

8. Eligibility for Co-op

- Students must be in an Honours academic plan to be eligible for the Co-op program.
- Health Studies students must meet the minimum degree requirements for their plan to continue in Co-op. That is, they must maintain a minimum 'Satisfactory' standing.

9. Appeals

- Appeals are governed by the University of Waterloo Student Appeals Policy 72 (www.adm.uwaterloo.ca/infosec/Policies/policy72.htm) outlined on the Secretariat website.

10. Petitions

- Petitions are requests from students seeking exceptions to, or relief from, normal Faculty or University rules and regulations because of special circumstances which must be documented, such as illness or bereavement.
- "Petition for Exception to Academic Regulations (Form 70A)" forms are available at www.registrar.uwaterloo.ca/forms/Petition.pdf (fill-in PDF form).
- A Standing and Promotions Committee will review the petition and make a decision. This decision is final. The decision will be forwarded via email to the student.
- The Standings and Promotions Committee does not accept petitions for selective removal of low grades.

11. Grievances

- Students who wish to question their final grade should document their reasons in writing and consult with the course instructor. This may lead to either requesting an official reassessment of the grade or to an appeal. Please consult the University of Waterloo Student Petitions and Grievances Policy 70 (www.adm.uwaterloo.ca/infosec/Policies/policy70.htm) for further information.

12. Submission of Course Material

- When courses are concurrent and in situations where a student wishes to submit a body of material to satisfy the requirement of more than one course, the student must notify the instructors of both courses of her/his intention, so that they may each decide what is appropriate for their own course.
- When one of the courses has been taken in a previous term, the current course instructor must be notified by the student of her/his intention of submitting the same course material. The current instructor has the final decision on the extent to which the material is allowed.

Academic Plans

Overview

Full-time students normally take five courses (2.5 units) in all terms in which they are registered.

Co-op students on work terms are limited to one course (0.5 unit), unless they have written support from their employer to take two courses (1.0 unit).

Part-time studies are available through the Department of Recreation and Leisure Studies. Part-time students may take up to two courses (1.0 unit) in a given term.

Incompatibility of Full-time Study with Full-time Employment

Students who by choice or necessity work on non-academic activities more than 10 hours per week should, where possible, structure their course/work load so that they can attend fully to their academic obligations.

Students accepted to professional programs who wish to return and complete their BSc degree, must consult with the Academic Advisor for a pre-approved plan of study before attending professional school.

Access to Programs, Plans, and Courses

Practical circumstances, such as significant budget shortfalls or the unavailability of qualified personnel, may result in restrictions in the choices available to students as compared with those listed herein or in other University publications. The University reserves the right to limit access to programs/plans or courses, and, at its discretion, to withdraw particular programs, plans/sub-plans/options/minors, or courses altogether. In the event that existing resources make it necessary to limit admission to a plan,

sub-plan, option or minor, the admission process will be based on competition for the spaces available.

Course and Plan Changes

The Faculty of Applied Health Sciences adheres to the University of Waterloo wide schedule (see "[Important Dates](#)" for exact dates).

Students should consult their Academic Advisors before withdrawing during the Drop, Penalty 2 Period because these courses will remain on students' records with a grade of WF (withdrew/failure, no credit granted, 32% is recorded in the average calculations).

Auditing a Course

Applied Health Sciences students are allowed to audit a maximum of one course per term. It is the responsibility of the student to request permission from the course instructor at the beginning of the course so that a contract outlining the particular auditing requirements for that course be established. This approval must be reported to the Registrar's Office via a "Course Override Form" (www.registrar.uwaterloo.ca/forms/CourseOverride.pdf). Note: The full course fee must be paid to audit a course.

Letter of Permission

Students who are in satisfactory standing or better may request permission to take a course(s) at another university for credit toward their degree at the University of Waterloo. A maximum of five units can be obtained this way. Credit will be given only if the grade is 60.0% or higher and the "Letter of Permission Form" is approved by the School or Departmental Associate Chair, Undergraduate Studies, *before* taking each course. The "Letter of Permission Form" is available at www.registrar.uwaterloo.ca/forms/LetterOfPermission.pdf. Students should provide details of the course(s) to be taken, appropriate course descriptions and the reasons for the request. All courses taken on Letter of Permission will be recorded with a grade of CR and will not factor into average calculations. It will be the student's responsibility to ensure that an official transcript is sent to the Assistant Registrar, Applied Health Sciences, Needles Hall, University of Waterloo, Waterloo, Ontario, N2L 3G1, within two months of the completion of the course(s).

Note

The granting of any Letter of Permission by the University of Waterloo does not necessarily ensure that the student will be able to enrol in the approved course at the other University. There may be restrictions on class enrolment etc., at that institution. Students should contact that institution's Registrar's Office for procedural details. Any changes to the original Letter of Permission course selection must be re-submitted for approval prior to completion of the course.

Centre for Extended Learning

Online courses may be taken at any time by on-campus students.

Degree Requirements

Requirements	<i>Health Studies Honours*</i>		<i>Kinesiology Honours</i>		<i>Kinesiology General</i>	<i>Recreation and Leisure Studies Honours</i>		<i>Recreation and Leisure Studies General</i>
	Co-op	Regular	Co-op	Regular		Co-op	Regular	
Minimum Academic Units	20.0	20.0	20.0	20.0	20.0	20.0	20.0	20.0
Minimum Work-term Units	2.0	Not Applicable	2.0	Not Applicable	Not Applicable	2.0	Not Applicable	Not Applicable
Minimum Professional Development Units	2.0	Not Applicable	2.0	Not Applicable	Not Applicable	2.0	Not Applicable	Not Applicable
Minimum Cumulative Average	63%	63%	63%	63%	53%	65%	65%	60%
Minimum Major Average	67%	67%	67%	67%	60%	70%	70%	65%
Minimum Number of Full-time Terms	4	4	4	4	4	4	4	4
English Writing Skills	All Faculty of Applied Health Sciences candidates must satisfy the English Writing Skills requirement before end of Year 2; see below.							

Requirements	<i>Health Studies Honours*</i>	<i>Kinesiology Honours</i>	<i>Kinesiology General</i>	<i>Recreation and Leisure Studies Honours</i>	<i>Recreation and Leisure Studies General</i>
--------------	--------------------------------	----------------------------	----------------------------	---	---

* Students must achieve a minimum cumulative average of 63%. Students must achieve a minimum cumulative major average of 67% calculated based on a minimum of 2.0 HLTH units attempted.

The actual number of units required for the awarding of a degree varies with enrichment and emphasis, and depends on the academic plan(s) and system of study selected by the student. See the detailed description under the individual plans for plan specific requirements.

Co-op Requirements

Co-op students in the Faculty of Applied Health Sciences are required to successfully complete four Professional Development Courses, which include an introductory course (PD1) that must be taken before the first work term. Each PD course is worth 0.5 unit and may not be substituted for regular academic course credit. Students are required to take PD2, "Critical reflection and report writing", during their first work term. The completion of PD2 will also count for credit as the co-op student's first work term report. Therefore, by the beginning of the 2B term, students should have completed two of the four required PD courses and must complete two more during subsequent work terms.

Residency Requirement

All undergraduate degree plans in the Faculty of Applied Health Sciences have to be completed while meeting specific residency requirement guidelines. For Honours Health Studies, Honours and 4-year General Kinesiology programs and Honours Co-op Recreation and Leisure Studies programs, students must successfully complete all degree requirements within eight calendar years from the time students first enter their program. For these AHS plans, students admitted with the equivalent of one year advanced standing must complete the Applied Health Sciences degree requirements in seven calendar years. For those admitted with the equivalent of two years of advanced standing, the program degree requirements must be completed within six calendar years of entry into the plan.

Students in the Regular Honours Recreation and Leisure Studies and the 4-year General Recreation and Leisure Studies programs may complete their studies on a part-time basis. Those students admitted to 1A must complete all degree requirements within 12 years of entry into the program. Students admitted with one year or more of advanced standing must complete their degree within 10 years of point of entry.

For all undergraduate degree plans in the Faculty of Applied Health Sciences, a minimum of 50% of degree requirements must be completed through University of Waterloo courses. Students must adhere to the course requirements for the specified year as defined in the "Course Sequence" within each plan in the Undergraduate Calendar.

WHMIS Requirements

All students in the Faculty of Applied Health Sciences who are enrolled in lab courses must have appropriate instruction on issues of safety. The Workplace Hazardous Material Information System (WHMIS) training satisfies this requirement which must be satisfied by the end of the third week of the first term of enrolment. For further information about WHMIS, please visit www.safetyoffice.uwaterloo.ca/whmis/index.html.

English Language Proficiency Requirement

The Faculty of Applied Health Sciences requires that all students have a basic competency in written English in order to be successful in their university studies and to qualify for a degree. The English Language Proficiency Examination (ELPE) is a diagnostic exam intended to determine the level of a student's ability in written English. All students including transfer students entering the Faculty of Applied Health Sciences **must** write the English Language Proficiency Examination by the end of their second term. There are no exceptions and students must achieve a grade of 60 or higher to satisfy this requirement.

Students who do not achieve this grade must fulfill this requirement by the end of their 2B term in one of the following ways:

- Re-write the English Language Proficiency Examination and achieve a grade of 60 or higher
OR
- Successful completion of the work assigned by the University of Waterloo Writing Centre
OR
- Successful completion of a University of Waterloo English course with a grade of 60 or better. Acceptable University of Waterloo courses are ESL [102R](#), ESL [129R](#), ENGL [109](#), [129R](#), [140R](#), any 210 course, and [240R](#).

ELPE (<http://elpp.uwaterloo.ca/>) is written during the student's first term. Sitzings of ELPE are also available prior to the start of the Fall, Winter, and Spring examination periods.

Notes:

1. *Students are normally required to write the ELPE exam in December. Those who are unable to do so may write the exam in April.*
2. *Students can arrange a special sitting of the ELPE outside of the scheduled dates for an extra administration charge. Contact the Writing Centre directly.*
3. *Students who have not completed the English Language Proficiency Requirement by the end of second year will have their future registrations cancelled and will be allowed to proceed only after successful completion of this requirement.*
4. *A completed English Proficiency milestone on a student's academic record will indicate successful completion of this requirement.*
5. *Transfer credits can not be used to satisfy the English Language Proficiency Requirement.*

Responsibility for Meeting Degree Requirements

Students are responsible for being aware of all regulations pertaining to their plans of study. When all requirements for a particular degree have been met, it is each student's responsibility to submit a completed "Intention to Graduate" form (www.registrar.uwaterloo.ca/forms/IntentionToGraduate.pdf) to the Registrar's Office.

Degree Upgrade

Recreation and Leisure Studies general students may pursue a degree upgraded from general to honours. Graduates with a general degree who wish to upgrade will be admitted on a case-by-case basis. Normally, applications to upgrade a degree must be completed within eight years following completion of the general degree. Students wishing an upgrade are required to turn in the earlier degree in order to be granted the upgraded degree. Such upgrades do not require clearing of averages for transfer credit purposes or the creation of new averages.

Gerontology

The Area of Gerontology

In recent years there has been an increased interest in the older person and in the aging process. An important reason for this interest is the recent growth in the proportion of older people in the population of many countries, including Canada. A host of concerns has been raised by the changing age structure of the Canadian population, which can be addressed properly only by examining carefully the aging process and the circumstances of the older person – the field of study known as Gerontology.

Gerontology involves a number of disciplines. For example, biologists investigate the changes at the molecular, cellular, and organismal level that take place over time, with a view to possible modification. Gerontologists trained in fields such as psychology, sociology, health studies, and the environment focus on other age-related changes in individual and population aging. To illustrate, psychologists examine the changes with age in psychological functions (perception, thinking, learning) whereas sociologists are interested in reciprocal relationships between the aging person and society. Similarly, those with a background in Environmental Studies direct their attention to the impact of the environment on aging.

Gerontology is intended to provide a focus to aging studies at Waterloo. It has two components: a Minor in Gerontology and an Option in Aging Studies. In addition, graduate studies and research are carried out within Gerontology.

The Minor and Option represent multidisciplinary academic plans combining courses from a variety of departments such as Biology, Psychology, Sociology, and Statistics. These plans are intended to enhance students' understanding of aging processes and to prepare students for careers in those professions which deal with the care of older adults. The plans provide professional development to those already working in these areas, and raise the awareness of the non-specialist for this important, emerging area of study, and concern.

Minor in Gerontology

The Minor in Gerontology is open to University of Waterloo students who wish to obtain some specialization in Gerontology.

Academic Requirements for the Minor

1. Students must be in an Honours or Four-year General program at the University of Waterloo.
2. An overall minimum average of 67% is required for courses presented for the Minor.
3. Normally, a maximum of 2 courses (1.0 unit) obtained on letter of permission or in transfer credit may be applied toward fulfilment of Gerontology Minor Course Requirements. These courses must be equivalent to courses listed in the course requirements as assessed by the School/Department offering the replaced course.
4. Successful completion of 5.0 units from the following requirements:
 - Required Courses (1.0 unit):
 - GERON [201](#)/HLTH [201](#) (normally should be taken before List A or List B courses)
 - GERON [400](#)/HLTH [400](#)
 - Restricted Electives (List A plus List B must total 4.0 units):
 - **List A** (a minimum of 2.0 units) from the following:
 - GERON [245](#)/HLTH [245](#)
 - GERON [255](#)/SCI [255](#)
 - GERON [352](#)/HLTH [352](#)/KIN [352](#)/REC [362](#)/SOC [352](#)
 - HLTH [253](#)/SOC [253](#)
 - HLTH [451](#)
 - KIN [406](#)
 - KIN [418](#)
 - REC [361](#)
 - SOCWK [367R](#)
 - **List B** (remaining units to a total of 4.0 units) from the following:
 - GERON [210](#)/HLTH [210](#)/KIN [210](#)
 - GERON [218](#)/HLTH [218](#)/PSYCH [218](#)
 - GERON [220](#)/HLTH [220](#)
 - HLTH [407](#)/KIN [407](#)

[HLTH 420](#)/[GEOG 432](#)/[PLAN 432](#)
[KIN 422](#)
[KIN 429](#)
[KIN 456](#)
[PHIL 226](#)
[PSYCH 398](#)
[SOC 248](#)
[SOCWK 240R](#)

An approved course in Statistics (a list of approved courses is available from the School of Public Health and Health Systems Undergraduate Office).

Option in Aging Studies

The Option in Aging Studies is open to University of Waterloo students who wish to obtain some interdisciplinary knowledge issues related to aging, but do not wish to complete the Minor.

Academic Requirements for the Option

1. A minimum overall average of 67% is required for the courses presented for the Option.
2. Normally all courses must be taken at University of Waterloo; there is no allowance for transfer of credit from other institutions.
3. Successful completion of 3.0 units from the following requirements:
 - Required Course (0.5 unit):
 GERON [201](#)/HLTH [201](#) (normally should be taken before List A or List B courses)
 - Restricted Electives (2.5 units):
 - **List A** (2.0 units) from the following:
 GERON [245](#)/HLTH [245](#)
 GERON [255](#)/SCI [255](#)
 GERON [352](#)/HLTH [352](#)/KIN [352](#)/REC [362](#)/SOC [352](#)
 HLTH [253](#)/SOC [253](#)
 HLTH [451](#)
 KIN [406](#)
 KIN [418](#)
 REC [361](#)
 SOCWK [367R](#)
 - **List B** (0.5 unit) from the following:
 GERON [210](#)/HLTH [210](#)/KIN [210](#)
 GERON [218](#)/HLTH [218](#)/PSYCH [218](#)
 GERON [220](#)/HLTH [220](#)
 HLTH [407](#)/KIN [407](#)
 HLTH [420](#)/[GEOG 432](#)/[PLAN 432](#)
 KIN [422](#)
 KIN [429](#)
 KIN [456](#)
 PHIL [226](#)
 PSYCH [398](#)
 SOC [248](#)
 SOCWK [240R](#)

An approved course in Statistics (a list of approved courses is available from the School of Public Health and Health Systems Undergraduate Office).

Further Information

For more information about the Minor or Option in Gerontology, please contact:

School of Public Health and Health Systems
 B.C. Matthews Hall
 University of Waterloo
 Waterloo, ON N2L 3G1

519-885-4567 ext. 36341

Health Studies

Overview

In the Health Studies academic plan the knowledge from several traditional disciplines is combined and focused on the study of health and disease. Courses provide students with an understanding of (a) the nature of diseases, (b) their causes, (c) behavioural factors that contribute to disease, and (d) ways in which health behaviour can be changed.

The curriculum has four core areas:

1. Health Sciences – the scientific facts and principles pertinent to personal and community health. Specific subject areas include
 - introduction to health sciences,
 - determinants of disease (epidemiology),
 - environmental health,
 - nutrition, and others.
2. Behavioural Sciences – introduction to psychology, determinants of health behaviour and health behaviour modification.
3. Biological Sciences – the basic principles of biology, physiology, and biochemistry.
4. Evaluation and Research – the principles of statistics and research design aimed at developing sufficient competencies to enable students to evaluate and interpret the findings of health-related research.

Students may apply for admission directly into Honours Health Studies, Regular or Co-operative System of Study.

Honours Health Studies

In order to receive the Honours BSc degree the student must successfully complete 20.0 units of which at least 10.0 total units are at or above 200-level and including the following requirements:

1. Required Health Studies Courses (8.0 units):
HLTH [101](#), [102](#), [201](#), [210](#), [220](#), [245](#), [260](#), [330](#), [333](#), [340](#), [341](#), [344](#), [346](#), [360](#), [410](#), [435](#)
2. Required Kinesiology Courses (1.0 unit):
KIN [217](#), [222](#)
3. Required Courses from other departments (4.0 units):
BIOL [130/130L](#), [239](#), [273](#)
CHEM [120/120L](#)
STAT [316](#)
PSYCH [101](#)
SOC [101](#)
4. Restricted Electives (1.5 units):
One of: ENGL [109](#) or [140R](#) (recommended for Year One) or any [210](#) (recommended for Year Two)
One of: PHIL [110B](#), [145](#), [215](#), [216](#), [218J](#), [219J](#), [220](#), [224](#), [226](#), [319J](#)
One of: BIOL [240](#), [301](#) or KIN [100](#), BIOL [211](#), [241](#), [303](#), [308](#), [309](#), [331](#), [354](#), [373](#), [441](#), [455](#);
HLTH [350](#), [407](#), [421](#), [461](#), [471](#), [472*](#), [473*](#), KIN [404](#), [472*](#)
5. Free electives: 5.5 units

* Must be approved by the Associate Director, Undergraduate Studies for the School of Public Health and Health Systems.

Course Sequence

Year One (Regular and Co-operative System of Study)

1A (Fall)

HLTH [101](#)

BIOL [130](#)/BIOL [130L](#)
CHEM [120](#)/CHEM [120L](#)

One Elective

1B (Winter)

HLTH [102](#)

BIOL [239](#)

PSYCH [101](#)

SOC [101](#)

One Elective

Regular System of Study

Year Two

2A (Fall)

HLTH [201](#)

HLTH [220](#)

HLTH [245](#)

KIN [217](#)

One Elective

2B (Winter)

HLTH [210](#)

HLTH [260](#)

BIOL [273](#)

KIN [222](#)

One Elective

Year Three

3A (Fall)

HLTH [333](#)

HLTH [341](#)

HLTH [344](#)

HLTH [346](#)

One Elective

3B (Winter)

HLTH [330](#)

HLTH [340](#)

HLTH [360](#)

STAT [316](#)

One Elective

Year Four

4A (Fall)*

4B (Winter)*

HLTH [410](#)

HLTH [435](#)

**Eight Electives to be taken in Year Four*

Co-operative System of Study

Year Two

2A (Fall)

HLTH [201](#)

HLTH [220](#)
 HLTH [245](#)
 KIN [217](#)
 One Elective

2B (Spring)

HLTH [210](#)
 HLTH [260](#)
 BIOL [273](#)
 KIN [222](#)
 One Elective

Year Three

3A (Winter)

HLTH [330](#)
 HLTH [340](#)
 HLTH [360](#)
 STAT [316](#)
 One Elective

3B (Fall)

HLTH [333](#)
 HLTH [341](#)
 HLTH [344](#)
 HLTH [346](#)
 One Elective

Year Four

4A (Fall) *

4B (Winter) *

HLTH [410](#)
 HLTH [435](#)

**Eight Electives to be taken in Year Four*

Health Informatics Option

Health Informatics is a rapidly expanding area of expertise relevant to all aspects of health. Evidence-based decision-making, fundamental to effective health policy and planning, is dependent upon collection and analysis of new data as well as the analysis of existing data, and this, in turn, is increasingly dependent upon information technology.

The Health Informatics Option is designed for Health Studies students who are interested in the application of information technology to all aspects of applied health research and practice, including clinical practice, health promotion and disease prevention, delivery of health services, and health policy development. This Option offers students interdisciplinary training in basic computer science and information management in addition to their training in health sciences. Admission and graduation requirements are listed below:

1. Normally, Health Studies students who intend to have the Health Informatics Option recognized on their transcript must communicate that intention to the Associate Director, Undergraduate Studies for the School of Public Health and Health Systems, prior to the start of Year 3 by completing a Plan Modification/Internal Transfer Form (www.registrar.uwaterloo.ca/forms/PlanModification.pdf).
2. Successful completion of 20.0 units, including the requirements for the Honours Health Studies degree.
3. Students are required to complete 3.5 units from the following Health Informatics clusters:
 - Management (0.5 unit):

- BUS 111W (see [WLU calendar](#)) or AFM [131](#)
 - Computer Science & Technology (1.0 unit):
CS [100/200](#)
or
CS [115/116](#)
 - Socioeconomic aspects of Health Information (0.5 unit):
STV [100](#), STV [202](#), STV [205](#), ECON [101](#)
 - Multidisciplinary seminar in Health Informatics (0.5 unit):
HLTH [451](#)
HLTH [452](#)
HLTH [473](#) Contemporary Issues in Health (Health Informatics) - topic to be approved by the Associate Director, Undergraduate Studies
 - 1.0 additional unit from:
CS [330](#), CS [432](#)
or additional courses from any of the Socioeconomic aspects of Health Information list or Multidisciplinary seminar in Health Informatics list.
4. The cumulative averages required are the same as for Honours Health Studies. Refer to Applied Health Sciences, Standings.

Pre-Health Professions Specialization

This program combines the Honours BSc Health Studies degree requirements with a specified grouping of elective courses from Chemistry, Mathematics, Physics, Biology, and Kinesiology.

This Specialization is intended to provide suitable preparation for entry into medical school and other health professional schools. However, students must consult the admission requirements of specific professional schools when choosing from the electives.

Admission to the Specialization requires at least good standing with an overall cumulative average of 75% (minimum) and a cumulative Major average of 75% (minimum). Students may only declare one Specialization. Students may declare the Health Informatics Option, Gerontology Minor or Option in Aging Studies concurrent with the Specialization. Students may not declare both the Pre-Health Professions Specialization and the Pre-Health Professions Option.

In order to graduate with this Specialization, the following requirements must be met:

1. An overall cumulative average of 75% and cumulative Major average of 75%.
2. Declare Specialization by the beginning of 3A academic term.
3. Successful completion of 21.0 units, including all requirements of the Honours BSc Health Studies Degree.
4. Successful completion 1.0 unit from the following list:
 - (0.5 unit) Fourth-year seminar course from HLTH [421](#), [448](#), [449](#), [451](#), [452](#), [461](#), [471](#), or a [473](#) approved by the Associate Director, Undergraduate Studies.
 - (0.5 unit) Fourth-year research methods course HLTH [433](#), [442](#), [444](#) or a HLTH course approved by the Associate Director, Undergraduate Studies.
5. Successful completion of 4.0 total units from the following list:
BIOL [240](#), [241](#), [302](#), [303](#), [308](#), [309](#), [331](#), [373](#), [441](#), [442](#), [444](#)
CHEM [123/123L](#), [266/266L](#), [267/267L](#)
KIN [100](#), [100L](#), [101](#), [105](#), [121](#), [205](#), [221](#), [242](#), [301](#), [340](#), [341](#)
MATH [127](#), [128](#)
PHYS [111/111L](#), [112/112L](#)

Pre-health streams are also offered by the Department of Kinesiology (Pre-Health Professions Option) and the Faculty of Science (Biomedical Sciences Major).

Health Research Specialization

Employers need professionals who can understand, generate, and assess health research to enable effective decision-making. Graduate and professional schools are looking for undergraduates with

demonstrated experience in research design, data management, analysis, and critical interpretation. In the Health Research Specialization, students will be provided with advanced opportunities to use and generate research and evaluation data relevant to the design and implementation of health programs, services, and policies and systems.

This Specialization is designed for Health Studies students who are considering graduate studies and/or professional health research careers. The curriculum combines in-depth preparation in research methods, advanced seminars and the opportunity to collaborate with a faculty member in the development of an honours thesis.

Admission to the Specialization requires at least good standing with an overall cumulative average of 75% (minimum) and a cumulative Major average of 75% (minimum). Students may only declare one Specialization. Students may declare the Health Informatics Option, Gerontology Minor or Option in Aging Studies concurrent with the Specialization.

In order to graduate with this Specialization, the following requirements must be met:

1. An overall cumulative average of 75% and cumulative Major average of 75%.
2. Declare Specialization by the beginning of 3B academic term.
3. Successful completion of 21.0 units, including all requirements of the Honours BSc Health Studies Degree.
4. Successful completion of 2.5 total units including the following:
 - (1.0 unit) 4th year Research Methods HLTH [433](#), [442](#), [444](#) or a course approved by the Associate Director, Undergraduate Studies
 - (1.0 unit) HLTH [432](#) A/B Honours Thesis
 - (0.5 unit) 4th year seminar course from HLTH [421](#), [448](#), [449](#), [451](#), [452](#), [461](#), [471](#), or a [473](#) approved by the Associate Director, Undergraduate Studies

Joint Honours Degree

A Joint Honours degree is available with Health Studies and Psychology (home Faculty must be Applied Health Sciences).

Further information regarding specific course sequences, course or credit requirements, and minimum averages for the Joint Honours degree may be obtained from the Associate Director/Chair, Undergraduate Studies for each plan. Students typically apply for the Joint Honours Degree at the end of first year (submit a Plan Modification/Internal Transfer Form). If a student wishes to pursue a Joint Honours degree with another department not listed above, he/she should contact the Associate Director, Undergraduate Studies.

Human Nutrition

Overview

Human Nutrition examines the effects of diet and food on health and disease in human individuals and at the population level. The study of nutrition includes investigations of cellular metabolism and physiological responses to nutrients, the impact of diet on chronic disease risk, and examinations of food choices in populations. As such, the study of nutrition is multidisciplinary, but at the core requires a fundamental understanding of biochemistry and physiology. The Minor in Human Nutrition is designed to provide these fundamentals followed by the application of the basic concepts of nutrition to various aspects of health and disease.

Human Nutrition Minor

The Minor in Human Nutrition is open to University of Waterloo students who wish to obtain some specialization in nutrition.

Degree Requirements for the Minor:

1. Students must be in an Honours or four-year General program at the University of Waterloo.
2. An overall minimum average of 67% is required for courses presented for the Minor.

3. Normally, a maximum of 5 courses (2.5 units) obtained on Letter of Permission or in transfer credit may be applied toward fulfillment of Human Nutrition Minor course requirements. These courses must be equivalent to courses listed in the course requirements as assessed by the Department offering the replaced course.
4. Successful completion of 5.0 units from the following requirements:
 - Required Courses (2.5 units):
 - BIOL [273](#)
 - BIOL [373](#)
 - HLTH [346](#)/KIN [346](#)
 - KIN [217](#) or CHEM [233](#) or CHEM [237](#)
 - KIN [446](#)
 - Electives: (2.5 units):
 - BIOL [241](#)
 - BIOL [345](#)
 - HLTH [360](#)
 - HLTH/KIN [407](#)
 - HLTH [421](#)
 - HLTH [449](#)
 - HLTH [471](#)
 - KIN [307](#)
 - KIN [404](#)
 - KIN [408](#)
 - KIN [429](#)
 - KIN [432](#) Research Project (Nutrition) or HLTH [432B](#) Honours Thesis (Nutrition)*
 - KIN [433](#) Senior Essay (Nutrition) or KIN [472](#) Directed Study in Special Topics (Nutrition) or HLTH [472](#) Independent Study (Nutrition) or HLTH [473](#) Contemporary Issues in Health (Nutrition)*
 - KIN [470](#) Seminar in Kinesiology (Nutrition)
 - KIN [471](#) Contemporary Issues in Kinesiology (Nutrition)

*Transfer course equivalency, topic of independent study, research projects and seminar courses must be approved by the Human Nutrition Academic Advisor.

Further Information

For more information about the Minor in Human Nutrition, please contact:

Department of Kinesiology
 B.C. Matthews Hall
 University of Waterloo
 Waterloo, ON N2L 3G1
 519-885-4567 ext. 36363

Kinesiology

Overview

Listed below are the course combinations leading to the Honours (Regular and Co-operative System of Study) and General (Regular System of Study only) degrees in Kinesiology. Students are encouraged to make full use of the advisory system of the Department in formulating their academic plans.

Honours and General Kinesiology

Honours

Successful completion of 20.0 units is necessary in order to obtain the Honours BSc degree in Kinesiology. The plan must be completed in eight years.

1. Required Kinesiology Courses (7.5 units):
 KIN [100](#), [100L](#) (.25), [101](#) (.25), [104](#), [105](#), [121](#), [205](#), [217](#), [221](#), [222](#), [250](#), [255](#), [330](#), [346](#), [354](#),

[470](#)

2. Required Courses from other Departments (3.5 units):
BIOL [130](#), [273](#), CHEM [120](#), MATH [124](#) or [127](#), PHYS [111](#), PSYCH [101](#), SOC [101](#)
3. Kinesiology Electives: 3.5 units from those offered in the Department in addition to the required courses. As part of their Kinesiology elective package, those students who wish to do so may specialize in one of the streams designated by the Department.
4. Free Electives: The remaining 5.5 units may be chosen from any Department. Kinesiology electives may be taken as free electives.

Note: Students should choose electives in consultation with their Academic Advisor.

General

The General degree is offered through the Regular System of Study only and may be taken by part-time study.

In order to receive the General BSc degree a student must successfully complete 20.0 units including the following requirements:

1. Required Kinesiology Courses (6.5 units):
KIN [100](#), [100L](#) (.25), [101](#) (.25), [104](#), [105](#), [121](#), [205](#), [217](#), [221](#), [222](#), [250](#), [255](#), [346](#), [354](#)
2. Required Courses from other Departments (3.5 units):
BIOL [130](#), [273](#), CHEM [120](#), MATH [124](#) or [127](#), PHYS [111](#), PSYCH [101](#), SOC [101](#)
3. Kinesiology Electives: 3.5 elective units in Kinesiology
4. Free Electives: The remaining 6.5 units may be chosen from any Department. Kinesiology electives may be taken as free electives.

Course Sequence (Honours and General)

Year One (Regular and Co-operative System of Study)

1A (Fall)

KIN [104](#)
KIN [255](#)
BIOL [130](#)
CHEM [120](#)
SOC [101](#)

1B (Winter)

KIN [100/100L](#)
KIN [101](#)
BIOL [273](#)
PHYS [111](#)
PSYCH [101](#)

Regular System of Study

Year Two

2A (Fall)

KIN [105](#)
KIN [121](#)
KIN [217](#)
KIN [354](#)
MATH [124](#) or [127](#)

2B (Winter)

KIN [205](#)
KIN [221](#)
KIN [222](#)
KIN [250](#)

One Elective

Year Three

3A (Fall)

KIN [346](#)

Four Electives

3B (Winter)

KIN [330](#)*

Four Electives

Year Four

4A (Fall)

KIN [470](#)*

Four Electives

4B (Winter)

Five Electives

Co-operative System of Study

Year Two

2A (Fall)

KIN [105](#)

KIN [121](#)

KIN [217](#)

KIN [354](#)

MATH [124](#) or [127](#)

2B (Spring)

KIN [205](#)

KIN [221](#)

KIN [222](#)

Two Electives

Year Three

3A (Winter)

KIN [330](#)*

KIN [250](#)

Three Electives

3B (Fall)

KIN [346](#)

Four Electives

Year Four

4A (Fall)

KIN [470](#)*

Four Electives

4B (Winter)

Five Electives

* for Honours students only

Note:

1. All students in Year One are Honours students.
2. Kinesiology students may count Activity courses (taken at Wilfrid Laurier University) toward their degree, to a maximum of .5 credit. Students should consult with Wilfrid Laurier University regarding availability of these courses since enrolment is often limited.

Pre-Health Professions Option

This Option, available in either a Regular or Co-operative System of Study, combines the Honours Kinesiology degree and its emphasis on human applications, with specific requirements in Chemistry and elective opportunities. It is intended to allow an academic profile which may prepare students for potential study in medicine, podiatry, chiropractic, speech pathology, and physical or occupational therapy. It is also intended for the student whose interests develop into graduate study in the health disciplines. Students are urged to consult the admission requirements of the professional schools of interest to aid in their choice of electives. Overall and major cumulative averages of 75% are considered minimal to be competitive for application to study in the health professions. Admission and graduation requirements are listed below:

1. Cumulative overall and major averages of 75% are required to complete the Option.
2. Students must complete 21.0 units, including all the requirements for the Honours Kinesiology degree.
3. Students must complete the following 3.0 units: CHEM [120*](#), [120L*](#), [123*](#), [123L*](#), [266*](#), [266L*](#), [267*](#), [267L*](#).
4. Students must complete 3.5 Kinesiology elective units.
5. Students must complete 4.0 free elective units. See Pre-Health Professions Option Academic Advisors for suggested electives.

Pre-health streams are also offered by the School of Public Health and Health Systems (Pre-Health Professions Specialization) and the Faculty of Science (Biomedical Sciences Major).

Course Sequence**Regular System of Study****Year One****1A (Fall)**KIN [104](#)KIN [255](#)BIOL [130](#)CHEM [120*](#)/[120L*](#)SOC [101](#)**1B (Winter)**KIN [100/100L](#)KIN [101](#)BIOL [273](#)CHEM [123*](#)/[123L*](#)PHYS [111](#)**Year Two****2A (Fall)**KIN [105](#)KIN [121](#)KIN [217](#)CHEM [266*](#)/[266L*](#)MATH [124](#) or [127](#)**2B (Winter)**

KIN [205](#)
KIN [221](#)
KIN [222](#)
KIN [250](#)
PSYCH [101](#)

Year Three

3A (Fall)

KIN [346](#)
KIN [354](#)
Three Electives

3B (Winter)

KIN [330](#)
CHEM [267*](#)/[267L*](#)
Three Electives

Year Four

4A (Fall)

KIN [470](#)
Four Electives

4B (Winter)

Five Electives

Co-operative System of Study

Year One

1A (Fall)

KIN [104](#)
KIN [255](#)
BIOL [130](#)
CHEM [120*](#)/[120L*](#)
SOC [101](#)

1B (Winter)

KIN [100/100L](#)
KIN [101](#)
BIOL [273](#)
CHEM [123*](#)/[123L*](#)
PHYS [111](#)

Year Two

2A (Fall)

KIN [105](#)
KIN [121](#)
KIN [217](#)
CHEM [266*](#)/[266L*](#)
MATH [124](#) or [127](#)

2B (Spring)

KIN [205](#)
KIN [221](#)

KIN [222](#)
 PSYCH [101](#)
 One Elective

Year Three

3A (Winter)

KIN [250](#)
 KIN [330](#)
 CHEM [267](#)*/[267L](#)*
 Two Electives

3B (Fall)

KIN [346](#)
 KIN [354](#)
 Three Electives

Year Four

4A (Fall)

KIN [470](#)
 Four Electives

4B (Winter)

Five Electives

* denotes Pre-Health Professions Option required courses

Ergonomics Option

Injuries occur in the workplace every day. While this is a sad commentary on the quality of worker safety it presents outstanding challenges to Ergonomists/Kinesiologists. The Department of Kinesiology of the University of Waterloo presents the **only** undergraduate Ergonomics Option in Canada. The **Ergonomics Option is a unique opportunity** to prepare those interested in making a contribution to the well-being of others. Kinesiologists are concerned with the assessment and prescription of solutions to problems in the workplace that involve issues such as human-machine interaction, matching skill level with job demands, employee wellness, circadian rhythm, workplace boredom, fatigue, and design of equipment in the interests of maximizing productivity and minimizing the risk of injury. The Co-operative System of Study rewards students with deeper insight into solving workplace problems. Our Department has been the leader in producing graduates who secure high paying jobs due to their Co-op job experience and comprehensive course work. The course requirements have been selected to provide students with a thorough background in the biophysical and behavioural sciences of human motion and related measurement and problem-solving skills. Admission and graduation requirements are listed below.

1. Normally, Co-op Kinesiology students will apply at the end of Year One for admittance for the Fall term of Year Two. Application materials will be available from the Ergonomics Coordinator during the Winter term. Approximately ten students per year will be selected, dependent upon the number of Co-op jobs available.
2. Normally at least three of the last four work terms, including work term reports, must be ergonomics related.
3. Students must complete 22.0 units. A non-credit tutorial, KIN [10](#), is required each term.
4. The cumulative averages required are the same as for Honours Kinesiology. Refer to Applied Health Sciences, Standing.

Plan Courses (22.0 units)

1. Required Life Sciences (5.0 units):
 KIN [100](#), [100L](#) (.25), [101](#) (.25), [105](#), [121](#), [205](#), [217](#), [221](#), [346](#), BIOL [130](#), [273](#)
2. Required Behavioural Sciences (3.0 units):
 KIN [250](#), [255](#), [354](#), [356](#), PSYCH [101](#), SOC [101](#)

3. Required Physical and Technical Sciences (4.0 units):
KIN [222](#), [330](#), MATH [124](#) or [127](#), PHYS [111](#), [112](#), CHEM [120](#), STV [202](#), one of HLTH [333](#) or STAT [316](#)
4. Required Ergonomics (7.0 units):
KIN [104](#), [320](#), [340](#), [420](#), [427](#) or [428](#), [431*](#), [432*](#), [470E*](#), [472*](#), [494](#), SYDE [348](#), [543](#), MSCI [211](#) or PSYCH [338](#), MSCI [261](#)
5. Restricted Electives (2.5 units):
1.0 unit from: KIN [341](#), [402](#), [403](#), [407](#), [416](#), [425](#), [427](#) or [428](#)
1.5 units from departments other than Kinesiology:
ARTS [303](#), BUS 111 (WLU), ECON [101](#), [102](#), ENGL [210E](#) or [210F](#), HLTH [340](#), [350](#), HRM [200](#), [301](#), PSYCH [207](#), SYDE [542](#), MSCI [311](#), STV [302](#)
6. Free Electives: 0.5 unit

* KIN [431](#), [432](#), [470E](#), [472](#) must be on Ergonomics topics approved in advance by an Ergonomics Option Advisor.

Course Sequence

Year Two

2A (Fall)

KIN [105](#)
KIN [121](#)
KIN [217](#)
KIN [320](#)
MATH [124](#) or [127](#)

2B (Spring)

KIN [205](#)
KIN [221](#)
KIN [222](#)
PHYS [112](#)
STV [202](#)

Year Three

3A (Winter)

KIN [250](#)
KIN [330](#)
KIN [356](#)
KIN [420](#)
STAT [316](#) or Restricted Elective
SYDE [348](#)

3B (Fall)

KIN [340](#)
KIN [346](#)
KIN [354](#)
SYDE [543](#)
MSCI [211](#) or PSYCH [338](#)
Restricted Elective or HLTH [442](#)

Year Four

4A (Fall)

KIN [431](#) Ergo
KIN [470E](#)
MSCI [261](#)

Two Restricted Electives
One Elective

4B (Winter)

KIN [427](#) or [428](#)

KIN [432](#) Ergo

KIN [472](#) Ergo

KIN [494](#)

Two Restricted Electives

Neurobehavioural Assessment Option

This limited enrolment Co-operative System of Study Option is designed to prepare graduates who can evaluate the physiological, biomechanical, and neuropsychological bases of acquired or developmental motor impairments from a strong background in the neurosciences and the behavioural and biophysical sciences related to the learning and control of human movement.

The course requirements have been selected to provide students with a thorough background in the biophysical, behavioural, and neural mechanisms involved in the learning and control of movement. Measurement and problem solving skills associated with the assessment of human movement in healthy individuals and persons with various disabling conditions are also learned. Admission and graduation requirements are listed below.

1. Normally, Co-op Kinesiology students will be admitted to the Option for the Fall term in Year Two. First year grades and an interview will be part of the admission consideration. Approximately ten students per year will be selected, depending on the number of Co-op jobs available.
2. Normally at least three of the last four work terms, including work term reports, will be related to neurobehavioural assessment activities.
3. Students must complete 20.0 units. (See current list of Option Courses.)
4. The cumulative averages required are the same as for Honours Kinesiology. Refer to Applied Health Sciences, Standings.

Option Courses (20.0 units)

1. Required Life Sciences (5.5 units):
KIN [100](#), [100L](#) (.25), [101](#) (.25), [104](#), [105](#), [121](#), [205](#), [217](#), [221](#), [346](#), BIOL [130](#), [273](#)
2. Required Behavioural Sciences (3.0 units):
KIN [250](#), [255](#), [354](#), [356](#), PSYCH [101](#), SOC [101](#)
3. Required Physical and Technical Sciences (3.0 units):
KIN [222](#), [330](#), MATH [124](#) or [127](#), PHYS [111](#), CHEM [120](#), one of CS [200](#) or STAT [316](#)
4. Required Neurobehavioural Assessment Courses (5.0 units):
KIN 1*, [242](#), [301](#), [416](#), [422](#), [431](#)** , [432](#)** , [456](#), [457](#), [470](#)** , [493](#)
5. Restricted Electives (2.0 units):
1.0 unit from: KIN [357](#), [391](#), [405](#), [420](#), [472](#)**
1.0 unit from departments other than Kinesiology
Suggested list (but others are allowed):
GERON [255](#), PSYCH [207](#), [213](#), [257](#), [306](#), [307](#), [334](#)
6. Free Electives: 1.5 units

* *Non-credit required tutorial each term for work term review, advising and discussion of Neurobehavioural Assessment issues.*

** *KIN [431](#), [432](#), [470](#), [472](#) must be on Neurobehavioural Assessment topics approved in advance by the Option Co-ordinator.*

Course Sequence

Year Two

2A (Fall)

KIN [105](#)

KIN [121](#)
KIN [217](#)
KIN [301](#)
MATH [124](#) or [127](#)

2B (Spring)

KIN [205](#)
KIN [221](#)
KIN [222](#)
CS [200](#) or Restricted Elective
One Elective

Year Three

3A (Winter)

KIN [250](#)
KIN [330](#)
KIN [356](#)
CS [200](#) or STAT [316](#) or Restricted Elective
One Elective

3B (Fall)

KIN [242](#)
KIN [346](#)
KIN [354](#)
KIN [416](#)
KIN [422](#)
KIN [456](#)

Year Four

4A (Fall)

KIN [431](#)
KIN [470](#)
Two Electives

4B (Winter)

KIN [432](#)
KIN [457](#)
KIN [493](#)
Two Electives

Joint Honours Degree

Joint Honours degrees are available to Kinesiology students who wish to specialize in two academic areas of study. Application for Joint Honours must be approved by the Associate Chair, Undergraduate Studies of both Departments; your course selection, year-end standing, and graduation must also be approved. Students interested in pursuing a Joint Honours degree should consult with the Academic Advisor for further information. Students interested in pursuing a Joint Honours degree should begin to take the appropriate courses no later than the beginning of second year.

Recreation and Leisure Studies

Overview

The Recreation and Leisure Studies degree contains a core of courses in leisure studies, research, and management. The Department of Recreation and Leisure Studies offers the following academic plans:

- General four-year BA Recreation and Leisure Studies
- Honours BA Recreation and Leisure Studies

- Honours BA Recreation and Sport Business
- Honours BA Therapeutic Recreation
- Honours BA Tourism and Parks Management
- Double Major in Honours Recreation and Sport Business, Therapeutic Recreation, and Tourism and Parks Management

Note: For all plans in Recreation and Leisure Studies, students may complete a maximum of 1.0 unit towards their degree as any four 0.25 unit University of Waterloo courses. This may include a maximum of two .25 credit university level Activity courses taken at another university (e.g. WLU KPE courses). Students may not count two 0.25 unit courses as a 0.5 unit Restricted Elective.

General Recreation and Leisure Studies

Note: The four-year General degree is offered through the Regular System of Study only.

1. Recreation courses (minimum of 9.0 units):
 - Required (3.5 units): REC [100](#), [101](#), [205](#), [220](#), [270](#), [371](#), and one 400 level REC course.
 - Recreation Electives (minimum of 5.5 units):
Each student must complete additional Recreation Electives to meet the required minimum of 9.0 Recreation units.
 - Please note that MU380E (see [WLU calendar](#)) "Creative Arts for Children with Special Needs" is accepted as a University of Waterloo Recreation Elective.
 - All cross-listed courses with REC are counted as Recreation Electives and are included in the major average.
2. Courses outside the Department of Recreation and Leisure Studies (maximum of 11.0 units):
 - Required (1.0 unit):
PSYCH [101](#)
SOC [101](#)
 - Select one course from four of the following eight categories (2.0 units Restricted Electives):
 - An English Course
An English writing course (one of ENGL [109](#), [129R](#), [140R](#), any [210](#) course, or [240R](#)) is strongly recommended.
 - A Fine or Performing Arts Course
DRAMA, FINE, MUSIC
 - A Humanities Course
CLAS, EASIA, HIST, HUMSC, JS, NATST, PACS, PHIL, REES, RS, SPCOM, SPD, WS
 - A Social Science Course other than Psychology or Sociology
ANTH, ECON, ISS, LS, PSCI, SMF, SOCWK, STV
 - A Language Course from the Faculty of Arts (other than English or ESL)
 - A Course from the Faculty of Applied Health Sciences (other than Recreation)
GERON, HLTH, KIN
 - A Course from the Faculty of Environment
ENVS, ERS, GEOG, INDEV, INTEG, PLAN
 - A Course offered by the School of Computer Science
Note: The course subjects listed may not be comprehensive. For a complete list, or approval of a specific course subject, please see an Academic Advisor or the Department website.
 - Students must take an additional 8.0 units of Open Electives.
3. Total number of units to complete degree is 20.0.

Course Sequence

See Honours Recreation and Leisure Studies Course Sequence.

Honours Recreation and Leisure Studies

Degree Requirements

1. Recreation courses (minimum of 10.0 units):

- Required (4.0 units): REC [100](#), [101](#), [205](#), [220](#), [270](#), [371](#), REC [471A/B](#) or two 400 level REC courses.
 - Recreation Electives (minimum of 6.0 units):
Each student must complete additional Recreation Electives to meet the required minimum of 10.0 Recreation units.
 - Please note that MU380E (see [WLU calendar](#)) "Creative Arts for Children with Special Needs" is accepted as a University of Waterloo Recreation Elective.
 - All cross-listed courses with REC are counted as Recreation Electives and are included in the major average.
2. Courses outside the Department of Recreation and Leisure Studies (maximum of 10.0 units):
- Required (1.0 unit):
PSYCH [101](#)
SOC [101](#)
 - Select one course from four of the following eight categories (2.0 units Restricted Electives):
 - An English Course
An English writing course (one of ENGL [109](#), [129R](#), [140R](#), any [210](#) course, or [240R](#)) is strongly recommended.
 - A Fine or Performing Arts Course
DRAMA, FINE, MUSIC
 - A Humanities Course
CLAS, EASIA, HIST, HUMSC, JS, NATST, PACS, PHIL, REES, RS, SPCOM, SPD, WS
 - A Social Science Course other than Psychology or Sociology
ANTH, ECON, ISS, LS, PSCI, SMF, SOCWK, STV
 - A Language Course from the Faculty of Arts (other than English or ESL)
 - A Course from the Faculty of Applied Health Sciences (other than Recreation)
GERON, HLTH, KIN
 - A Course from the Faculty of Environment
ENVS, ERS, GEOG, INDEV, INTEG, PLAN
 - A Course offered by the School of Computer Science
Note: The course subjects listed may not be comprehensive. For a complete list, or approval of a specific course subject, please see the Academic Advisor or the Department website.
 - Students must take an additional 7.0 units of Open Electives.
3. Total number of units to complete degree is 20.0.

Course Sequence

Year One (Regular and Co-operative System of Study)

1A (Fall)

REC [100](#)

REC [101](#)

PSYCH [101](#)

Two Restricted Electives

1B (Winter)

Two REC Electives from [200](#), [215](#), [230](#), [252](#), [280](#)

SOC [101](#)

One Restricted Elective

One Elective

Regular System of Study

Year Two

2A (Fall)

REC [220](#)

REC [270](#)

One Restricted Elective

Two Electives

2B (Winter)

REC [205](#)

Four Electives

Year Three

3A (Fall)

REC [371](#)

Four Electives

3B (Winter)

Five Electives

Year Four

4A (Fall)

A Fourth-year Recreation Course

Four Electives

4B (Winter)

A Fourth-year Recreation Course

Four Electives

Co-operative System of Study

Year Two

2A (Fall)

REC [220](#)

REC [270](#)

One Restricted Elective

Two Electives

2B (Spring)

REC [205](#)

Four Electives

Year Three

3A (Winter)

Five Electives

3B (Fall)

REC [371](#)

Four Electives

Year Four

4A (Spring)

A Fourth-year Recreation Course

Four Electives

4B (Winter)

A Fourth-year Recreation Course

Four Electives

Note:

1. The elective courses are used to fill the Recreation Electives and Open Electives.

Honours Recreation and Sport Business

Recreation and Leisure Studies students interested in the Recreation and Sport Business Major will declare this after completing at least 5.0 units (i.e., after the completion of Year One), with a minimum of 2.5 units completed while enrolled in Recreation and Leisure Studies, by submitting a Plan Modification/Internal Transfer Form (www.registrar.uwaterloo.ca/forms/PlanModification.pdf) to the Undergraduate Office for approval. Admission decisions are normally made in May after Winter term grades are available. To be considered for the Recreation and Sport Business Major, students must have completed a minimum of 5.0 units including REC [100](#), [101](#), and two of REC [200](#), [202](#), [203](#), [215](#), [230](#), [252](#), or [280](#); and students must be in good academic standing in an Honours program.

Degree Requirements

1. Recreation courses (minimum of 10.0 units):

- Required Required Recreation (6.0 units): REC [100](#), [101](#), [205](#), [220](#), [270](#), [371](#), [413](#), and one [400](#) level REC course; two of REC [215](#), [314](#), [316](#) or [415](#); two of REC [200](#), [202](#), [203](#).
- Recreation Electives (minimum of 4.0 units):
Each student must complete additional Recreation Electives to meet the required minimum of 10.0 Recreation units.
- Please note that MU380E (see [WLU calendar](#)) "Creative Arts for Children with Special Needs" is accepted as a University of Waterloo Recreation Elective.
- All cross-listed courses with REC are counted as Recreation Electives and are included in the major average.

2. Courses outside the Department of Recreation and Leisure Studies (maximum of 10.0 units):

- Required (3.5 units):
PSYCH [101](#)
SOC [101](#)
AFM [123](#)
AFM [131](#) or BUS 111W (see [WLU calendar](#))
BUS 121W (see [WLU calendar](#))
BUS 352W (see [WLU calendar](#)) or ECON [344](#)
BUS 288W (see [WLU calendar](#)) or PSYCH [338](#) or MSCI [211](#)
- Select one course from four of the following eight categories (2.0 units Restricted Electives):
 - An English Course
An English writing course (one of ENGL [109](#), [129R](#), [140R](#), any [210](#) course, or [240R](#)) is strongly recommended.
 - A Fine or Performing Arts Course
DRAME, FINE, MUSIC
 - A Humanities Course
CLAS, EASIA, HIST, HUMSC, JS, NATST, PACS, PHIL, REES, RS, SPCOM, SPD, WS
 - A Social Science Course other than Psychology or Sociology
ANTH, ECON, ISS, LS, PSCI, SMF, SOCWK, STV
 - A Language Course from the Faculty of Arts (other than English or ESL)
 - A Course from the Faculty of Applied Health Sciences (other than Recreation)
GERON, HLTH, KIN
 - A Course from the Faculty of Environment
ENVS, ERS, GEOG, INDEV, INTEG, PLAN
 - A Course offered by the School of Computer Science
Note: The course subjects listed may not be comprehensive. For a complete list, or

approval of a specific course subject, please see the Academic Advisor or the Department website.

- Recreation and Sport Business Electives
Recreation and Sport Business Electives have been categorized into five focus areas – Finance and Administration, Marketing, Human Resources, Management and Application, and Communications. Students may choose electives from one focus area or any combination of courses listed. The focus area is not designated on the degree. Select 2.0 units from the following list:

Finance and Administration

- AFM [102](#)
- AFM [231](#)/MTHEL [100](#)/BUS 231W (see [WLU calendar](#))
- BUS 311W (see [WLU calendar](#))
- ECON [101](#)
- PHIL [215](#)
- REC [316](#)
- SOC [241](#), [243](#)
- WS [207](#)

Marketing

- BUS 362W (see [WLU calendar](#))
- BUS 412W (see [WLU calendar](#))
- BUS 432W (see [WLU calendar](#))
- BUS 452W (see [WLU calendar](#))
- BUS 462W (see [WLU calendar](#))
- BUS 472W (see [WLU calendar](#))
- BUS 482W (see [WLU calendar](#))
- REC [215](#), [415](#)

Human Resources

- BUS 398W (see [WLU calendar](#))
- BUS 468W (see [WLU calendar](#))
- BUS 474W (see [WLU calendar](#))
- HRM [200](#)

Management and Application

- REC [311](#)
- REC [312](#)

Communications

- BUS 458W (see [WLU calendar](#))
- ENGL [210F](#)
- REC [314](#)
- SPCOM [223](#)
- SPCOM [100](#)/BUS 208W (see [WLU calendar](#))
- SPCOM [225](#), [324](#)

Note: Students may only count REC courses listed here as Business Electives if they are taken over and above the Required Recreation Business courses (see #1 above).

- Students must take an additional 2.5 units of Open Electives.

3. Total number of units to complete degree is 20.0.

Course Sequence

Year One (Regular and Co-operative System of Study)

1A (Fall)

REC [100](#)

REC [101](#)

PSYCH [101](#)

AFM [131](#) or BUS 111W (see [WLU calendar](#))

One Restricted Elective

1B (Winter)

Two REC Electives from [200](#), [202](#), [203](#), [215](#), [230](#), [252](#), [280](#)

SOC [101](#)

BUS 121W (see [WLU calendar](#))

One elective

Regular System of Study

Year Two

2A (Fall)

REC [220](#)

REC [270](#)

AFM [123](#)

Two Electives

2B (Winter)

REC [205](#)

One Required REC BUS Course

Three Electives

Year Three

3A (Fall)

REC [371](#)

BUS 352W (see [WLU Calendar](#)) or ECON [344](#)

BUS 288W (see [WLU Calendar](#))/PSYCH [338](#)/MSCI [211](#)

Two Electives

3B (Winter)

One Required REC BUS Course

Four Electives

Year Four

4A (Fall)

A Fourth-year Recreation Course

Four Electives

4B (Winter)

REC [413](#)

Four Electives

Co-operative System of Study

Year Two

2A (Fall)

REC [220](#)

REC [270](#)

AFM [123](#)

Two Electives

2B (Spring)

REC [205](#)
 BUS 352W (see [WLU Calendar](#)) or ECON [344](#)
 Three Electives

Year Three

3A (Winter)

One Required REC BUS Course
 Four Electives

3B (Fall)

REC [371](#)
 BUS 288W (see [WLU Calendar](#))/PSYCH [338](#)/MSCI [211](#)
 One Required REC BUS Course
 Two Electives

Year Four

4A (Spring)

A Fourth-year Recreation Course
 Four Electives

4B (Winter)

REC [413](#)
 Four Electives

Notes:

1. The elective courses are used to fill the Recreation Electives, Non-Department Restricted Electives, Recreation and Sport Business Electives, and Open Electives.
2. Students are permitted to pursue a double major in any of Honours Recreation and Sport Business, Therapeutic Recreation, and Tourism and Parks Management, by meeting the requirements of each plan.

Honours Therapeutic Recreation

Recreation and Leisure Studies students interested in the Therapeutic Recreation Major will declare this after completing at least 5.0 units (i.e., after the completion of Year One), with a minimum of 2.5 units completed while enrolled in Recreation and Leisure Studies, by submitting a Plan Modification/Internal Transfer Form (www.registrar.uwaterloo.ca/forms/PlanModification.pdf) to the Undergraduate Office for approval. Admission decisions are normally made in May after Winter term grades are available. To be considered for the Therapeutic Recreation Major, students must have completed a minimum of 5.0 units including REC [100](#), [101](#), [252](#), and one of REC [200](#), [215](#), [230](#), or [280](#); and students must be in good academic standing in an Honours program.

Degree Requirements

1. Recreation courses (minimum of 10.0 units):
 - Required Recreation (7.5 units): REC [100](#), [101](#), [205](#), [220](#), [251](#), [252](#), [253](#), [270](#), [350](#), [354](#), [356](#), [371](#), [450A](#) or an approved Work Term (see Academic Advisors for more information), [450B](#), and [455](#).
 - Recreation Electives (minimum of 2.5 units):
Each student must complete additional Recreation Electives to meet the required minimum of 10.0 Recreation units.
 - Please note that MU380E (see [WLU calendar](#)) "Creative Arts for Children with Special Needs" is accepted as a University of Waterloo Recreation Elective.
 - All cross-listed courses with REC are counted as Recreation Electives and are included in the major average.
2. Courses outside the Department of Recreation and Leisure Studies (maximum of 10.0 units):
 - Required (2.0 units):

AHS [150](#)
 HLTH [245](#)
 PSYCH [101](#)
 SOC [101](#)

- Select one course from four of the following eight categories (2.0 units Restricted Electives):
 - An English Course
An English writing course (one of ENGL [109](#), [129R](#), [140R](#), any [210](#) course, or [240R](#)) is strongly recommended.
 - A Fine or Performing Arts Course
DRAMA, FINE, MUSIC
 - A Humanities Course
CLAS, EASIA, HIST, HUMSC, JS, NATST, PACS, PHIL, REES, RS, SPCOM, SPD, WS
 - A Social Science Course other than Psychology or Sociology
ANTH, ECON, ISS, LS, PSCI, SMF, SOCWK, STV
 - A Language Course from the Faculty of Arts (other than English or ESL)
 - A Course from the Faculty of Applied Health Sciences (other than Recreation)
GERON, HLTH, KIN
 - A Course from the Faculty of Environment
ENVS, ERS, GEOG, INDEV, INTEG, PLAN
 - A Course offered by the School of Computer Science
Note: The course subjects listed may not be comprehensive. For a complete list, or approval of a specific course subject, please see the Academic Advisor or the Department website.
- Therapeutic Recreation Electives
 Select 3.0 units from:
 - BIOL [273](#)
 - BIOL [301](#)
 - GERON [220](#)/HLTH [220](#)
 - GERON [255](#)
 - HLTH [101](#)
 - HLTH [102](#)
 - ISS [150R](#)
 - KIN [100](#)
 - KIN [242](#)
 - MU380E (see [WLU calendar](#))
 - PHIL [226](#)
 - PSYCH [211](#)
 - PSYCH [213R](#)
 - PSYCH [257](#)/PSYCH [323R](#)
 - PSYCH [317](#)
 - PSYCH [334](#)
 - REC [351](#)
 - REC [361](#)
 - REC [362](#)/GERON/HLTH/SOC [352](#)
 - REC [405](#)
 - SOC [222](#)
 - SOC [223](#)
 - SOC [248](#)
 - SOC [249](#)
 - SPCOM [225](#)
 - SPCOM [324](#)
- Students must take an additional 3.0 units of Open Electives.

3. Total number of units to complete degree is 20.0.

Course Sequence

Year One (Regular and Co-operative System of Study)

1A (Fall)

REC [100](#)

REC [101](#)

PSYCH [101](#)

Two Electives

1B (Winter)

AHS [150](#)

REC [252](#)

One REC Elective from [200](#), [215](#), [230](#), [280](#)

SOC [101](#)

One Elective

Regular System of Study

Year Two

2A (Fall)

REC [220](#)

REC [270](#)

REC [251](#)

HLTH [245](#)

One Elective

2B (Winter)

REC [205](#)

REC [253](#)

Three Electives

Year Three

3A (Fall)

REC [354](#)

REC [356](#)

REC [371](#)

Two Electives

3B (Winter)

REC [350](#)

Four Electives

3B (Spring)

REC [450A/B](#)

Year Four

4A (Fall)

Five Electives

4B (Winter)

REC [455](#)

Four Electives

Co-operative System of Study

Year Two

2A (Fall)

REC [220](#)

REC [251](#)

REC [270](#)

HLTH [245](#)

One Elective

2B (Spring)

REC [205](#)

REC [253](#)

Three Electives

Year Three

3A (Winter)

REC [350](#)

Four Electives

3A (Spring)

REC [450A/B](#) (or Winter/Fall)

3B (Fall)

REC [354](#)

REC [371](#)

Three Electives

3B (Winter)

REC [450A/B](#) (or Fall)

Year Four

4A (Spring)

REC [356](#)

Four Electives

4A (Fall)

REC [450A/B](#) (if not yet completed)

4B (Winter)

REC [455](#)

Four Electives

Notes:

1. The elective courses are used to fill the Recreation Electives, Non-Department Restricted Electives, Therapeutic Recreation Electives, and Open Electives.
2. Students are permitted to pursue a double major in any of Honours Recreation and Sport Business, Therapeutic Recreation, and Tourism and Parks Management, by meeting the requirements of each plan.
3. Students are required to complete REC 253 by the end of their third year. However, students are strongly encouraged to complete it within their second year.
4. Students who use an approved Co-op Work Term in place of REC 450A to complete their required

internship hours (see Academic Advisors for more details) must complete REC 450B during that work term. Students who use an approved work term in place of REC 450A should plan to complete an additional Recreation Elective worth 0.5 units so that they have the required 20.0 units to graduate.

Honours Tourism and Parks Management

Recreation and Leisure Studies students interested in the Tourism and Parks Management Major will declare this after completing at least 5.0 units (i.e., after the completion of Year One), with a minimum of 2.5 units completed while enrolled in Recreation and Leisure Studies, by submitting a Plan Modification/Internal Transfer Form (www.registrar.uwaterloo.ca/forms/PlanModification.pdf) to the Undergraduate Office for approval. Admission decisions are normally made in May after Winter term grades are available. To be considered for the Tourism and Parks Management Major, students must have completed a minimum of 5.0 units including REC [100](#), [101](#), [230](#), and [280](#); and students must be in good academic standing in an Honours program.

Degree Requirements

1. Recreation courses (minimum of 10.0 units):

- Required Recreation (6.5 units):
REC [100](#), [101](#), [205](#), [220](#), [230](#), [270](#), [280](#), [334](#)/ENVS [334](#), [371](#), REC [380](#), and three of REC [383](#)/GEOG [323](#), [416](#), [425](#)/PLAN [414](#), [433](#)/ENVS [433](#), [437](#)/ENVS [444](#), [480](#) with a minimum of two of these (1.0 unit) at the 400 level.
- Recreation Electives (minimum of 3.5 units):
Each student must complete additional Recreation Electives to meet the required minimum of 10.0 Recreation units.
- Please note that MU380E (see [WLU calendar](#)) "Creative Arts for Children with Special Needs" is accepted as a University of Waterloo Recreation Elective
- All cross-listed courses with REC are counted as Recreation Electives and are included in the major average.

2. Courses outside the Department of Recreation and Leisure Studies (maximum of 10.0 units):

- Required (2.0 units):
ECON [101](#)
ENVS [200](#) (Parks) or ECON [220](#) (Tourism)
PSYCH [101](#)
SOC [101](#)
- Select one course from four of the following eight categories (2.0 units Restricted Electives):
 - An English Course
An English writing course (one of ENGL [109](#), [129R](#), [140R](#), any [210](#) course, or [240R](#)) is strongly recommended.
 - A Fine or Performing Arts Course
DRAMA, FINE, MUSIC
 - A Humanities Course
CLAS, EASIA, HIST, HUMSC, JS, NATST, PACS, PHIL, REES, RS, SPCOM, SPD, WS
 - A Social Science Course other than Psychology or Sociology
ANTH, ECON, ISS, LS, PSCI, SMF, SOCWK, STV
 - A Language Course from the Faculty of Arts (other than English or ESL)
 - A Course from the Faculty of Applied Health Sciences (other than Recreation)
GERON, HLTH, KIN
 - A Course from the Faculty of Environment
ENVS, ERS, GEOG, INDEV, INTEG, PLAN
 - A Course offered by the School of Computer Science
Note: The course subjects listed may not be comprehensive. For a complete list, or approval of a specific course subject, please see the Academic Advisor or the Department website.
- Tourism and Parks Management Electives
Tourism and Parks Management Electives have been categorized into two focus areas –

Tourism Management and Park Management. Students may choose electives from one focus area or any combination of courses listed. The focus area is not designated on the degree.

Select 3.5 units from the following list:

Tourism Management

- ANTH [348](#)
- ENGL [208M](#)
- ENVS [200](#)
- GEOG [202](#)
- GEOG [233](#)
- GEOG [319](#)/PLAN [320](#)
- GEOG [323](#)/REC [383](#)
- GEOG [333](#)/REC [333](#)
- GEOG [423](#)
- GEOG [426](#)
- REC [215](#)
- REC [311](#)
- REC [425](#)/PLAN [414](#)
- REC [433](#)/ENVS [433](#)
- REC [480](#)

Park Management

- ECON [220](#)
- ENVS [201](#)
- ERS [215](#)
- ERS [383](#)/BIOL [383](#)
- GEOG [102](#) or SCI [250](#)
- GEOG [356](#)
- GEOG [368](#)/PLAN [341](#)
- GEOG [405](#)
- PLAN [340](#)
- REC [316](#)
- REC [416](#)
- REC [425](#)/PLAN [414](#)
- REC [433](#)/ENVS [433](#)
- REC [437](#)/ENVS [444](#)

Note: Students may only count courses listed here as Tourism and Park Management Electives if they are taken over and above the Required Recreation courses (see #1 above).

- Students must take an additional 2.5 units of Open Electives.

3. Total number of units to complete degree is 20.0.

Course Sequence

Year One (Regular and Co-operative System of Study)

1A (Fall)

REC [100](#)

REC [101](#)

PSYCH [101](#)

One Restricted Elective

One Elective

1B (Winter)

REC [230](#)

REC [280](#)

SOC [101](#)

One Restricted Elective

One Elective

Regular System of Study

Year Two

2A (Fall)

REC [220](#)

REC [270](#)

ENVS [200](#) or Elective

One Restricted Elective

One Tourism/Parks Management Elective

2B (Winter)

REC [205](#)

ECON [101](#)

One Restricted Elective

One Tourism/Parks Management Elective

One REC Elective

Year Three

3A (Fall)

REC [334](#)

REC [371](#)

One Tourism/Parks Management Elective

One REC Elective

One Elective

3B (Winter)

ECON [220](#) or Elective

One Required Tourism/Parks Management REC Course

One Tourism/Parks Management Elective

Two REC Electives

Year Four

4A (Fall)

[REC 380](#)

One Required Tourism/Parks Management REC Course

One Tourism/Parks Management Elective

Two REC Electives

4B (Winter)

One Required Tourism/Parks Management REC Course

Two Tourism/Parks Management Electives

Two REC Electives

Co-operative System of Study

Year Two

2A (Fall)

REC [220](#)

REC [270](#)

ENVS [200](#) or Elective

One Restricted Elective

One Tourism/Parks Management Elective

2B (Spring)

REC [205](#)

ECON [101](#)

One Restricted Elective

One Tourism/Parks Management Elective

REC Elective

Year Three

3A (Winter)

ECON [220](#) or Elective

One Tourism/Parks Management Elective

Two REC Electives

One Elective

3B (Fall)

REC [334](#)

REC [371](#)

REC [380](#)

One Required Tourism/Parks Management REC Course

One Tourism/Parks Management Elective

Year Four

4A (Spring)

One Required Tourism/Parks Management REC Course

Two Tourism/Parks Management Electives

Two REC Electives

4B (Winter)

One Required Tourism/Parks Management REC Course

One Tourism/Parks Management Electives

Two REC Electives

One Elective

Note:

1. The elective courses are used to fill the Recreation Electives and Open Electives.
2. Students are permitted to pursue a double major in any of Honours Recreation and Sports Business, Therapeutic Recreation, and Tourism and Parks Management, by meeting the requirements of each plan.

Honours Options

An Option is a specified combination or grouping of courses which provides the student with an emphasis in a particular discipline.

The Recreation and Leisure Studies Department has available the following Options to students in Honours plans:

1. Parks Option
2. Tourism Option

Students interested in pursuing an Option should speak with the Academic Advisor by the beginning of second year.

Parks Option

- Required Courses (2.0 units):
 - ENVS [200](#)
 - REC [230](#)
 - REC [334](#)/ENVS [334](#)
 - REC [433](#)/ENVS [433](#) or ENVS [444](#)/REC [437](#)
- Elective Courses (2.0 units):
(Choose 4 of the following)
 - ENVS [201](#)
 - ERS [215](#)
 - ERS [383](#)/BIOL [383](#)
 - GEOG [102](#) or SCI [250](#)
 - GEOG [356](#)
 - GEOG [368](#)/PLAN [341](#)
 - GEOG [405](#)
 - PLAN [340](#)
 - REC [280](#)
 - REC [316](#)
 - REC [416](#)
 - REC [425](#)/PLAN [414](#)
 - REC [433](#)/ENVS [433](#) or ENVS [444](#)/REC [437](#)

Notes:

1. Only the second completed course of REC 433/ENVS 433 or ENVS 444/REC 437 may be counted as a Parks Option Elective.
2. Students interested in working for the Canadian Federal Government are encouraged to take French language courses.

Tourism Option

- Required Courses (2.0 units):
 - GEOG [233](#)
 - GEOG [423](#)
 - REC [280](#)
 - REC [383](#)/GEOG [323](#)
- Elective Courses (2.0 units):
(Choose 4 of the following, at least 2 of which must be above the 200 level.)
 - ANTH [348](#)
 - ECON [220](#)
 - ENGL [208M](#)
 - GEOG [202](#)
 - GEOG [319](#)/PLAN [320](#)
 - GEOG [333](#)/REC [333](#)
 - GEOG [426](#)
 - REC [215](#)
 - REC [380](#)
 - REC [425](#)/PLAN [414](#)
 - REC [433](#)/ENVS [433](#)
 - REC [480](#)

Joint Honours Degrees

Joint Honours BA Recreation and Leisure Studies degrees are available with: Drama, English,

Environment and Resource Studies, Geography and Environmental Management, History, Legal Studies, Music, Political Science, Psychology, Social Development Studies, Sociology, and Speech Communication. Joint Honours BA Recreation and Sport Business degrees are available with: Speech Communication. Joint Honours BA Therapeutic Recreation degrees are available with: Fine Arts; History; Psychology; and Religious Studies. For Joint Honours degrees, where the Department of Recreation and Leisure Studies is the home Department, the requirements will be:

1. Recreation and Leisure Studies core requirements (4.0 units): REC [100](#), [101](#), [205](#), [220](#), [270](#), [371](#), REC [471A/B](#) or two [400](#) level REC courses.
2. All non-Department required courses (3.0 units): PSYCH [101](#), SOC [101](#), and four Restricted Electives.
3. Joint Honours requirements from the second Department.
4. Additional Department of Recreation and Leisure Studies Electives (minimum 5.0 units).
5. A minimum of 9.0 Recreation units in total.
6. A minimum of 20.0 units in total.
7. Major average requirements for each Department must be maintained. (The overall average is that of the home Department.)

Notes:

1. Any student pursuing a Joint Honours degree with the Faculty of Arts should be advised that the Arts Faculty restricts the number of double counted courses between Arts requirements and REC requirements to a maximum of 1.0 unit.
2. When the Department of Recreation and Leisure Studies is not the home Department, a student wishing to pursue a Joint Honours degree with Recreation and Leisure Studies, Recreation and Sport Business, or Therapeutic Recreation must complete the Honours requirements with the exception of the four restricted elective courses (2.0 units). In some Joint Honours plans REC 270 and REC 371 are fulfilled by the antirequisites in the home department. Two additional Recreation electives (1.0 unit) are therefore required to meet the minimum of 9.0 Recreation units.
3. Students wishing to pursue a Joint Honours degree in Recreation and Sport Business or Therapeutic Recreation must complete the Honours requirements in addition to points 3-7 of the Joint Honours degree requirements listed above.

Further information concerning Joint Honours degrees may be obtained from the Associate Chair, Undergraduate Studies and the Recreation and Leisure Studies Undergraduate Student Handbook. If a student wishes to pursue a Joint Honours degree with another Department not listed above, s/he should contact the Associate Chair, Undergraduate Studies.

Minors

A Minor is a group of approved courses taken by an Honours student in a subject area outside of Recreation and Leisure Studies. Minors are available in most Departments at Waterloo. Students interested in pursuing a Minor should consult with the Department offering the Minor. A Minor normally consists of 5.0 units. A Minor in Recreation and Leisure Studies is not available to students in other programs. However, a Joint Honours Degree may be available (see Joint Honours Degrees).

Note:

1. Any student pursuing a Minor with the Faculty of Arts should be advised that the Arts Faculty restricts the number of double counted courses between Arts requirements and REC requirements to a maximum of 1.5 units.