

# Centre for Sport & Exercise Education

## Administration

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## Centre Statement

The Pacific Institute for Sport Excellence at Camosun College, a nexus of academic and athletic excellence, research, and community programming, was opened in September 2008. The Centre for Sport & Exercise Education, the academic division of Camosun College and educational segment of the Pacific Institute for Sport Excellence, offers integrated, interactive, and flexible diploma and degree academic programs strongly connected to the pursuit of active lifestyles, athletic excellence, and of equal importance, programs responsive to the national health agenda.

The ongoing efforts of the Centre for Sport & Exercise Education are aimed at the delivery of distinctive programs that adopt a new approach to the traditional sport/physical education and health curriculum; beginning with the Diplomas in Exercise and Wellness, Sport Management, and Sport Performance, which include a practical internship; followed by two applied degrees: the Canadian Athletic Therapists Association (CATA) accredited Bachelor of Athletic and Exercise Therapy, and the Bachelor of Sport and Fitness Leadership. With the common denominator of all five programs being sport and exercise participation and performance, the programs attempt to cover a full spectrum of knowledge and skills of exercise adoption and adherence, health promotion, sport medicine, sport for all, and athletic performance enhancement.

## Standards of Academic Progress

The Centre for Sport & Exercise Education offers academic programs based on a strong foundation in science, communication, business, and program design enhanced by a strong practical and participation requirement in exercise and a variety of sports.

It is expected that students will possess an optimal level of health and sport-related fitness parameters, thus capable of obtaining certification from various sporting and fitness accreditation agencies. With the CPR and First Aid certifications being mandatory for enrolment in the "practical" component of the program, opportunity will be provided to obtain both certifications prior to the enrolment in the activity classes.

Every program in the Centre for Sport & Exercise Education has specific requirements concerning attendance, participation, performance, and completion time. These requirements will be described in the program and course outlines each student will receive during the first week of the program. The faculty, staff and administration are committed to provide an opportunity for success of every student enrolled by practicing exemplary teaching, advising and guidance. There is also a commitment to secure facilities, learning environment and outreach opportunities to enhance students' learning and employment potential. Ultimately, students are the ones responsible for their learning progress and outcomes.

The Camosun College *Academic Progress Policy* applies to all students. Refer to [camosun.ca/policies](http://camosun.ca/policies).

## Bachelor Program

- *Bachelor of Athletic and Exercise Therapy*
- *Bachelor of Sport and Fitness Leadership*
  - Sport Management Specialization*
  - Exercise and Wellness Specialization*
  - General Studies Option*

## Diploma Programs

- *Diploma in Exercise and Wellness*
- *Diploma in Sport Management*
- *Diploma in Sport Performance*

## Certificate Programs

- *Certificate in Exercise and Wellness Access*
- *Certificate in Sport Management Access*

# Sport & Exercise Education Programs & Credentials

## Bachelor Programs

### Athletic and Exercise Therapy

The Bachelor of Athletic and Exercise Therapy (BAET) degree is a four year program which focuses on the prevention, immediate care, and rehabilitation of musculo-skeletal injuries, and the prevention and management of hypokinetic diseases. It also addresses the design and application of conditioning and rehabilitation programs that enable injured and diseased individuals to return to activity. The BAET program provides knowledge and advanced skills in athletic and exercise therapy, exercise science, and business skills to operate a successful practice. Understanding of the Canadian health care system, culture and society that will enhance services to clients, and the research skills necessary to stay current of the advancements in the field of athletic and exercise therapy are the remaining underpinnings of this innovative program.

Through extensive clinical and fieldwork experiences, our degree will provide students with the theoretical knowledge, practical skills, and prerequisites necessary to seek designation as Certified Exercise Physiologist™ with the Canadian Society for Exercise Physiology (CSEP). In addition, the Centre for Sport & Exercise Education at Camosun College (CSEE) is seeking accreditation from the Canadian Athletic Therapists Association (CATA) to provide the opportunity for BAET graduates to become Certified Athletic Therapists.

Athletic therapists tend to work with the physically active population (athletes and recreationally active populations) and exercise therapists tend to work with those individuals who have conditions and diseases which have been the result of an inactive lifestyle (such as cardiovascular disease, diabetes, osteoporosis and obesity).

Employment settings for athletic and exercise therapists are many, including hospitals, athletic and exercise therapy clinics, schools, physician offices, physical therapy clinics, community based rehabilitation programs, occupational and industrial settings, professional sports teams and sports medicine clinics.

Graduates will have the knowledge, skills and abilities for advanced study in health promotion, public health, rehabilitation and sport sciences.

Length: Four years full time

Location: Interurban Campus

Starting: Fall

Program Code(s):

BAET1	Year 1
BAET2	Year 2
BAET3	Year 3
BAET4	Year 4

Admission Requirement(s):

- Submit proof of "C+" in English 12, or EFP 12, or TPC 12; or "C" in ENGL 092 and ENGL 094; or ENGL 092 and ENGL 096; or ENGL 140; or ELD 092 and ELD 094; or ELD 097; or assessment;
- Submit proof of "C+" in Principles of Math 11, or Pre-calculus 11, or Foundations of Math 11, or MATH 073; or assessment;
- Submit proof of "C+" in Biology 12, or BIOL 080, or BIOL 100, or BIOL 144;
- Submit proof of "C+" in any other grade 11 science course (Chemistry is highly recommended), or CHEM 060, or PHYS 060; and,
- Submit proof of "B" in Physical Education 11, or Community Recreation 12; or departmental assessment.

**Note:** *Acceptance to the Bachelor of Athletic and Exercise Therapy program is based on the cumulative grade point average (GPA) for the above five courses. The minimum cumulative GPA to qualify for consideration is a "B" grade or equivalent.*

Program Participation Requirement(s):

- Attendance at a program information session scheduled by the Centre for Sport & Exercise Education (CSEE) is mandatory. Clear expectations for the program and issues which may interfere with progress in this program will be addressed at this time;
- Students will participate in an interview process for aptitudes and suitability for work in the health care field as scheduled by the CSEE;
- Students will submit a portfolio which includes the student's declaration of preparation and motivation to the chosen career, and two reference letters addressing ethical and professional capabilities (to be provided in concert with the interview);
- Students will complete a program questionnaire, a lifestyle questionnaire and health-related fitness assessment that identifies their current level of fitness and supports their future development.

The lifestyle questionnaire and health-related fitness assessment will provide individual baseline data and assessments for each student and will assist in the measurement of their progress over their program;

- Students will be required to hold valid certificates for CPR (Health Care Practitioner) and Emergency First Aid which are mandatory for enrolment in the program. Opportunity for obtaining of the certificates\* will be provided during the program;
- A criminal record check may be required;
- Students will be required to apply to the Canadian Athletic Therapists Association (CATA) as a Certification Candidate\* prior to starting Year 2 of the Athletic and Exercise Therapy program. Students will ensure they are a member in good standing throughout the remainder of their course of study in the BAET program in order to be able to accumulate placement hours. These placement hours will be necessary in order for the Certification Candidate to qualify for CATA certification\*;
- Students will be required to obtain a First Responder Certificate\* after the completion of the Emergency Condition courses (AET 260 and AET 261);
- Students will be required to purchase a Bachelor of Athletic and Exercise Therapy (BAET) Placement Medical Kit; and,
- Students are responsible for obtaining 1200 clinical and/or fieldwork placement hours by the end of their Bachelor of Athletic and Exercise Therapy program. A minimum of 1200 hours will be obtained through placement courses and other opportunities provided through the BAET program as guided by Athletic and Exercise Therapy faculty and staff.

*\*Students are responsible for covering the fees of gaining the certifications.*

**Note:** *The work environment in which you'll be employed requires demanding lifting and moving techniques and extensive hand washing. If you have back, neck, or arm injury or serious skin disorders such as psoriasis, eczema, dermatitis or latex allergy you should consider carefully before making an application to this program. For the same reasons, if you have a significant health challenge you should consult with the Program Chair.*

### Program Completion Requirement(s):

- Students must complete all program courses with a minimum grade of "C", and achieve an overall cumulative GPA of 3.0 ("C+") in order to qualify for a Bachelor of Athletic and Exercise Therapy.

### Year 1

Academic Term 1 (Fall)	Credits
BIOL 143 Anatomy for Sport Education	4.0
ENGL 150 English Composition	3.0
EXW 120 Lifetime Sports 1	3.0
PSYC 160 Sport & Exercise Psychology 1	3.0
SPEX 110 Fitness for Life	3.0
<b>Total Credits</b>	<b>16.0</b>

Academic Term 2 (Winter)	Credits
BIOL 144 Physiology for Sport Education	4.0
EXW 121 Lifetime Sports 2	3.0
EXW 130 Life Cycle Fitness	3.0
HLTH 110 Health in Today's World	3.0
PHYS 160 Biomechanics of Sport	3.0
<b>Total Credits</b>	<b>16.0</b>

### Year 2

Academic Term 3 (Fall)	Credits
AET 201 Placement 1	4.0
AET 260 Emergency Conditions 1	2.0
AET 270 Field Conditions 1	2.0
EXW 220 Lifetime Fitness Program	3.0
EXW 230 Behavioral Fitness	3.0
SPEX 210 Exercise Physiology	3.0
<b>Total Credits</b>	<b>17.0</b>

Academic Term 4 (Winter)	Credits
AET 202 Placement 2	4.0
AET 261 Emergency Conditions 2	2.0
AET 271 Field Conditions 2	2.0
CHEM 214 Nutrition for Fitness	3.0
EXW 240 Fitness and Health Assessment	3.0
SPEX 250 Instructional & Program Design	3.0
<b>Total Credits</b>	<b>17.0</b>

### Year 3

Academic Term 5 (Fall)	Credits
AET 301 Placement 3	5.0
AET 310 Pathophysiology	3.0
AET 320 Human Motor Control	3.0
AET 330 Therapeutic Modalities	2.0
AET 340 Anatomy of the Lower Extremity	3.0
<b>Total Credits</b>	<b>16.0</b>

Academic Term 6 (Winter)	Credits
AET 302 Placement 4	5.0
AET 341 Anatomy of Upper Extremity	3.0
AET 360 Injury Prevention Equipment	1.0
AET 380 Clinical 1 Lower Extremity	3.0
SPEX 350 Health & Fitness Promotion	3.0
SPEX 370 Training for Performance	3.0
<b>Total Credits</b>	<b>18.0</b>

### Year 4

Academic Term 7 (Fall)	Credits
AET 401 Placement 5	5.0
AET 440 Anatomy of the Spine	3.0
AET 480 Clinical 2 Upper Extremity	3.0
SPEX 400 Chronic Disease Management	3.0
SPEX 420 Sport and Fitness Management	3.0
One (1) elective*	3.0
<b>Total Credits</b>	<b>20.0</b>

Academic Term 8 (Winter)	Credits
AET 402 Placement 6	5.0
AET 430 Concepts of Manual Therapy	3.0
AET 450 Ergonomics	3.0
AET 481 Clinical 3 Spine	3.0
SPEX 410 Research Methods	3.0
One (1) elective*	3.0
<b>Total Credits</b>	<b>20.0</b>

\*Electives must be 200 or higher level academic elective courses.

## Sport and Fitness Leadership

The Bachelor of Sport and Fitness Leadership (BSFL) is a four-year program that prepares students to lead, manage, and facilitate sport and fitness programs. Graduates will have an opportunity to positively shape public policy with regard to access to, and quality of, sport and fitness programs, and provide impetus to a "sport for all" system in Canada. They also will be prepared and encouraged to implement Canada's strong agenda for healthy lifestyles through sport and fitness participation.

The BSFL degree is structured to meet the needs of today's learner, and allows for entry from our existing Sport Management, and Exercise and Wellness diplomas.

All students will graduate with a Bachelor of Sport and Fitness Leadership. Students who meet the appropriate admission requirements will be able to select ONE of TWO distinct specializations (Sport Management or Exercise and Wellness), or may choose the General Studies option.

The BSFL degree will focus on the mass appeal of sport through regional, provincial, and national sport organizations, national and international high performance athlete preparation, the Olympic and Paralympic Games, sport for business, the growing international sport tourism factor, and sport for social justice.

This innovative degree will provide students with an understanding of the Canadian sport system, culture, and society, and will enhance access to a wide range of employment and participation opportunities. It will also provide the marketing and research skills that are necessary to address the ever-changing demands of society.

The escalating demand for quality leaders in sport and fitness will be addressed by a comprehensive curriculum, which includes program development and facility management, socio-cultural aspects of sport and society, human resource management, marketing and sport consumerism, financial management, communication, and public relations.

Sport and fitness leaders work across diverse populations, regardless of age, gender or ability. Their mandate is to promote and facilitate "sport for all", athletic excellence, physical activity, and lifetime physical activity. Students will strive to become true ambassadors for sport and fitness.

Employment opportunity sectors for graduates will include sport tourism, a variety of educational institutions, amateur and professional sport organizations, health, wellness and fitness leadership, high performance coaching, sport and fitness tourism, and marketing and media relations.

Graduates will have the knowledge, skills, and abilities necessary to explore the possibility of post-graduate studies in sport and fitness and health promotion, corporate wellness, sport management, coaching, and physical education.

The BSFL degree (together with the Sport Leadership specialization and the Fitness Leadership specialization, where applicable) will provide an opportunity for students to obtain employment-related certifications through organizations such as the National Coaching Certification Program, and many others. The program will also follow guidelines established by the North American Society for Sport Management (NASSM).

The BSFL degree options 1 and 2 are offered as full-time cohort models. Option 3 and part-time studies may not be available as a cohort-based program. Students interested in pursuing part-time and/or distance education studies should contact the Centre for Sport and Exercise Education (CSEE) to determine the current availability of these alternate offerings.

**Length:** Four years full time

**Location:** Interurban Campus (some courses at Lansdowne Campus)

**Starting:** Fall

**Program Code(s):**

BSFL 1 Year 1

BSFL 2 Year 2

BSFL 3 Year 3

BSFL 4 Year 4

**Program Admission Requirement(s):**

A student will be admitted to one (1) of the three (3) options in the Bachelor of Sport and Fitness Leadership based on the individual student's admission requirements.

#### Option 1

- For the Sport Management specialization, students will require a Camosun College Diploma in Sport Management (or equivalent) with a minimum cumulative GPA of 3.0 ("C+").

### Option 2

- For the Exercise and Wellness specialization, students will require a Camosun College Diploma in Exercise and Wellness (or equivalent) with a minimum cumulative GPA of 3.0 ("C+").

### Option 3

The General Studies option is intended for students who have not completed a Sport and/or Fitness diploma program (or equivalent) but whose academic background and interest makes them an ideal candidate for this program. For the General Studies option\*, students must submit proof of:

- Minimum 60 post-secondary academic credits at the 100 level or higher with a minimum grade of "C" in each course, with a cumulative GPA of 3.0 ("C+"). The 60 credits must include:
  - 3 credits of English;
  - 27 credits of Sport and/or Fitness-related courses; and,
  - 30 credits of additional academic electives which may include Sport and/or Fitness-related courses.

\* Students may be admitted to the General Studies option without having yet met the prerequisites to enrol in a number of courses. Once admitted, they should review course descriptions to determine whether they have the required prerequisites. Students who do not have all the prerequisites should speak with the Department Chair as soon as possible after admission to the program to clarify how they will progress through the program.

#### Program Participation Requirement(s):

- Possess valid CPR (Health Care Practitioner) and Emergency First Aid Certificates.

#### Eligibility for Internship Work Experience:

- Students must complete a minimum of nine out of ten courses of Year 3 of the Bachelor of Sport and Fitness Leadership, obtain an overall cumulative GPA of at least 3.0, and complete Workplace Education Prep (COOP WEP) prior to the work term (SFL 401).

#### Program Completion Requirement(s):

- Students must successfully complete all program courses, and achieve an overall cumulative GPA of at least 3.0 (C+);
- A "Complete" (COM) or "Complete with Distinction" (DST) in the Internship (in area of specialization where applicable);
- A minimum of two (2) approved sport or fitness certifications (in area of specialization where applicable);
- Valid CPR (Health Care Practitioner) and Emergency First Aid Certificates;

- A minimum of 126 Total Program Credits (includes Internship credits) is required to graduate from the program; and,
- A student will be required to complete one (1) of the three (3) options in the Bachelor of Sport and Fitness Leadership.

#### Option 1

Students in the Sport Management specialization will complete the four-year degree as follows:

- Minimum of 126 credits of course work, including the prescribed course work in Years 3 and 4, and the internship.

#### Option 2

Students in the Exercise and Wellness specialization will complete the four-year degree as follows:

- Minimum of 128 credits of course work, including the prescribed course work in Years 3 and 4, and the internship.

#### Option 3

Students in the General Studies option will complete the four-year degree as follows:

- Minimum of 123 credits of course work, including the prescribed course work in Years 3 and 4, and the internship.

### Years 1 and 2

#### Option 1: Sport Management Diploma and Specialization

Year 1		Credits
ENGL 150	English Composition	3.0
PSYC 160	Sport & Exercise Psychology 1	3.0
SPEX 100	Sport Leadership	3.0
SPEX 110	Fitness for Life	3.0
SPEX 150	Introduction to Sport Mgmt	3.0
SPEX 160	Sport Mktg & Promotions	3.0
SPMA 120	Kinesiology	3.0
SPMA 135	Sports Level 1	3.0
SPMA 140	Org of Sport in Canada	3.0
<b>Total Credits</b>		<b>27.0</b>

Year 2		Credits
ACCT 110	Financial Accounting 1	3.0
BUS 130	Business Communication	3.0
SPEX 250	Instructional and Program Design	3.0
SPEX 260	Life Cycle Sports	3.0
SPMA 101	Internship	3.0
SPMA 200	Behavior in Sport Orgs	3.0
SPMA 220	Sport Technology	3.0
SPMA 235	Sports Level 2	3.0
SPMA 250	Partnership/Stakeholder Mgmt	3.0
SPMA 260	Sport Event Management	3.0
SPMA 270	Sociocultural Aspects of Sport	3.0
<b>Total Credits</b>		<b>33.0</b>

#### Elective Options:

Choose one (1) elective from the following:

HIST 252	History of Sport	3.0
SPMA 225	Computer Applications in Sport	3.0
SPMA 255	Resource Management in Sport	3.0

### Option 2: Exercise and Wellness Diploma and Specialization

Year 1		Credits
ENGL 150	English Composition	3.0
BIOL 143	Anatomy for Sport Education	4.0
BIOL 144	Physiology for Sport Education	4.0
EXW 120	Lifetime Sports 1	3.0
EXW 121	Lifetime Sports 2	3.0
EXW 130	Life Cycle Fitness	3.0
HLTH 110	Health in Today's World	3.0
PHYS 160	Biomechanics of Sport	3.0
PSYC 160	Sport & Exercise Psychology 1	3.0
SPEX 110	Fitness for Life	3.0

**Total Credits 32.0**

Year 2		Credits
CHEM 214	Nutrition for Fitness	3.0
ENGL 165	Sport Literature	3.0
EXW 101	Internship	3.0
EXW 220	Lifetime Sports - Fitness Programs	3.0
EXW 230	Behavioral Fitness	3.0
EXW 240	Fitness and Health Assessment	3.0
EXW 270	Environmental Fitness	3.0
SPEX 150	Introduction to Sport Mgmt	3.0
SPEX 160	Sport Mktg & Promotions	3.0
SPEX 210	Exercise Physiology	3.0
SPEX 250	Instructional & Program Design	3.0

**Total Credits 33.0**

### Years 3 and 4

#### All Options

Year 3 - Academic Term 5 (Fall)		Credits
BUS 230	Elementary Statistics	3.0
SFL 300	Leadership in Sport & Fitness	3.0
SFL 310	Ethics in Sport and Fitness	3.0
SFL 330	Adapted Sport & Fitness	3.0
One (1) required elective		3.0

**Total Credits 15.0**

#### Year 3 - Academic Term 6 (Winter) Credits

ACCT 207	Managerial Accounting	3.0
BUS 380	New Venture Development	3.0
SFL 340	Sport & Fitness Assessment	3.0
SFL 350	Facilities Management	3.0
SPEX 350	Health and Fitness Promotion	3.0

**Total Credits 15.0**

#### Year 4 - Academic Term 7 (Fall) Credits

BUS 322	Leading Organizational Change	3.0
SFL 410	Social Process in Sport & Fitness	3.0
SFL 420	Sport and Fitness Law	3.0
SFL 430	Outdoor Adventure Leadership	3.0
SPEX 420	Sport and Fitness Management	3.0

**Total Credits 15.0**

#### Year 4 - Academic Term 8 (Winter) Credits

SFL 460	Media & Public Relations	3.0
SFL 470	Globalization of Sport & Fitness	3.0
SFL 490	Project & Program Design	3.0
COOP WEP	Workplace Education Prep	0.0
Two (2) electives, 300-level or higher		6.0

**Total Credits 15.0**

#### Work Term (Fall or Winter) Credits

SFL 401*	Internship	3.0
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**Total Credits 3.0**

**Year 3 & 4 Total Credits 63.0**

\* Students are required to participate in only one Work Term (e.g., Internship) and can select the semester in which it is taken after successfully completing Year 3, Fall and Winter Terms. Please contact CSEE for current list of electives.

# Diploma Programs

## Exercise and Wellness

The Diploma in Exercise and Wellness is a two-year program. Students in this program study physical activity and other healthy lifestyles as they contribute to optimal health and wellness throughout the lifespan.

Although physical activity and exercise are the central focus of our study, the program includes a broader landscape that encompasses healthy lifestyle promotion, including healthy nutrition, smoking cessation, stress management, successful aging, exercise testing and prescription, social/cultural issues, and factors involved in health behaviour change.

The program is designed to prepare professionals and scholars in exercise and physical activity leadership as well as in wellness education. Areas of study include the psychological, kinesiological and physiological foundations to foster healthy behaviours for daily living, and prepare individuals for their roles in our present and future culture. Students will learn by sequence of activities, encompassing daily fitness, lifetime sports and nutritional activities, carefully designed to promote healthy lifestyles and social responsibility.

Employment options range broadly across several sectors of the industry related to fitness, wellness, health promotion and the health professions. Those settings include worksite/corporate, clinical/medical, community/educational and the private/commercial sectors. Typical positions for the graduates include fitness instructors, group exercise coordinators, personal trainers, wellness/health promotion specialists, and program or facility managers. Note: Some of these positions require additional advanced or specialized training, certification, or advanced degrees.

This diploma is an ideal preparation for the Bachelor of Sport and Fitness Leadership, and/or the Bachelor of Athletic and Exercise Therapy.

Graduates will have the knowledge, skills and abilities for advanced study in health promotion, public health, rehabilitation, exercise training and sport sciences.

**Length:** Two years full time

**Location:** Interurban Campus (some courses at Lansdowne Campus)

**Starting:** Fall

**Program Code(s):**

EXWELL1 Year 1

EXWELL2 Year 2

### Admission Requirements:

- Submit proof of "C+" in English 12, or EFP 12, or TPC 12; or ENGL 092 and ENGL 094; or ENGL 092 and ENGL 096; or ENGL 140; or ELD 092 and ELD 094; or ELD 097; or assessment.
- Submit proof of "C+" in Principles of Math 11, or Pre-calculus 11, or Foundations of Math 11, or MATH 073; or assessment.
- Submit proof of "C+" in Biology 12, or BIOL 080, or BIOL 100.
- Submit proof of "B" in Physical Education 11, or Community Recreation 12; or departmental assessment.

### Program Participation Requirement(s):

- It is expected that students will sustain an optimal level of fitness throughout the duration of the program.
- Students will undertake a lifestyle questionnaire and health-related fitness assessment that identifies their current level of fitness and supports their future development. The questionnaire will provide individual baseline data and assessments for each student and will assist in the measurement of their progress over the two years of the program.
- It is expected that students will obtain certification from two (2) sport, coaching and/or fitness licensing programs (*students are responsible for covering the fees of gaining the certifications*).
- Students will be provided with the opportunity to obtain CPR (Health Care Practitioner) and Emergency First Aid certifications which are mandatory for enrolment in the "practical" component of the program. Opportunity will be provided to obtain CPR and First Aid certification prior to the enrolment in the lifetime sport activity and facility-based activity classes.
- The program may also require field based instruction in a variety of environmental conditions.

**Note:** A criminal record check may be required.

### Eligibility for Internship Work Experience:

- Students must complete a minimum of nine courses including SPEX 250, obtain an overall cumulative GPA of at least 2.0, and complete the Workplace Education Prep workshop series (COOP WEP) prior to the work term.

### Program Completion Requirement(s):

- Students must obtain an overall cumulative GPA of at least 3.0 and achieve a complete "COM" or complete with distinction "DST" in the internship term (EXW 101) in order to qualify for a Diploma in Exercise and Wellness, Internship Designation.

## Year 1

Academic Term 1 (Fall)		Credits
BIOL 143	Anatomy for Sport Education	4.0
ENGL 150	English Composition	3.0
EXW 120	Lifetime Sports 1	3.0
PSYC 160	Sport & Exercise Psychology 1	3.0
SPEX 110	Fitness for Life	3.0

**Total Credits** 16.0

### Academic Term 2 (Winter)

Academic Term 2 (Winter)		Credits
BIOL 144	Physiology for Sport Education	4.0
EXW 121	Lifetime Sports 2	3.0
EXW 130	Life Cycle Fitness	3.0
HLTH 110	Health in Today's World	3.0
PHYS 160	Biomechanics of Sport	3.0

**Total Credits** 16.0

## Year 2

### Academic Term 3 (Fall)

Academic Term 3 (Fall)		Credits
ENGL 165	Sport Literature	3.0
EXW 220	Lifetime Sports - Fitness Programs	3.0
EXW 230	Behavioral Fitness	3.0
SPEX 150	Introduction to Sport Mgmt	3.0
SPEX 210	Exercise Physiology	3.0

**Total Credits** 15.0

### Academic Term 4 (Winter)

Academic Term 4 (Winter)		Credits
CHEM 214	Nutrition for Fitness	3.0
EXW 240	Fitness and Health Assessment	3.0
EXW 270	Environmental Fitness	3.0
SPEX 160	Sport Mktg & Promotions	3.0
SPEX 250	Instructional & Program Design	3.0

**Total Credits** 15.0

### Work Term (Spring/Summer)

Work Term (Spring/Summer)		Credits
EXW 101	Internship	3.0

**Total Credits** 3.0

## Sport Management

The Sport Management program is a two-year, cohort-model program. The curriculum in this diploma-level program focuses on the art and science of sport, human dynamics and the fundamentals of sport management and business. Incorporating the core values of excellence and entrepreneurship, the program is activity-based, challenging and fun; fostering, and encouraging healthy lifestyles and wellness practices through sport. The inclusion of skill acquisition and development of motor skills rounds out this program, making it ideal for individuals with a passion for sport and a desire to facilitate health and wellness in society through athletic excellence, mass participation and performance enhancement of sport.

Based on the strong national agenda supporting healthy lifestyles for all through fitness and sport, increasing focus on high performance athletes (including athletes with disabilities), growing international sport tourism and the corresponding economic impact on Canada, there is increasing demand for sport management practitioners.

The Diploma in Sport Management program will prepare graduates to function as entry level coordinators, and front line managers in facilities, programs, and events; that support and provide physical activity, sport and exercise, for individuals and groups; in the community, and other settings. Graduates will have the knowledge, skills and abilities, attitudes and characteristics, to support sport programs and make contributions to society as a whole.

A work experience internship is a **mandatory** component of this program. The opportunity will also be provided to complete professional licensing in a variety of lifetime sports (e.g., ski, canoe, kayak) and coaching levels (e.g., Competition - Introduction, Part A/B).

Career options include positions in sporting organizations at all levels, professional sports, sport tourism, sporting foods sales and services, media and broadcasting, YM/YWCA's, municipal recreation, college athletics and high school sports.

The Diploma in Sport Management will assist in meeting the admission requirements for the Bachelor of Sport and Fitness Leadership.

**Length:** Two years full time

**Location:** Interurban Campus

**Starting:** Fall

**Program Code(s):**

SPMA1 Year 1

SPMA2 Year 2

**Admission Requirement(s):**

- Submit proof of "C+" in English 12, or EFP 12, or TPC 12; or "C" in or ENGL 092 and ENGL 094; or ENGL 140; or ELD 092 and ELD 094; or assessment;
- Submit proof of "C+" in Principles of Math 11, or MATH 073; or assessment; and,
- Submit proof of "B" in Physical Education 11, or Community Recreation 12; or departmental assessment.

**Program Participation Requirement(s):**

- Students will develop and maintain an optimal level of fitness, relative to their abilities, throughout the duration of the program;
- Students will undertake a lifestyle questionnaire and health-related fitness assessment that identifies their current level of fitness and supports their future development. The questionnaire will provide individual baseline data and assessments for each student and will assist in the measurement of their progress over the two years of the program;

- Students will obtain certification from two (2) sport, coaching or fitness licensing programs (*students are responsible for covering the fees of gaining the certifications*);
- Students will be provided the opportunity to obtain CPR (Health Care Practitioner) and Emergency First Aid certifications prior to the enrolment in the Lifetime Sport activity and Facility-based activity classes. CPR (Health Care Practitioner) and Emergency First Aid certifications are mandatory for enrolment in the 'practical' component of the program; and,
- Students will be involved in field-based instruction in a variety of environmental conditions.

**Note:** A criminal record check may be required.

**Eligibility for Internship Work Experience:**

- Students must complete Academic Terms 1 and 2, obtain an overall cumulative GPA of at least 3.0, and complete the Workplace Education Prep workshop series (COOP WEP) prior to the work term (SPMA 101).

**Program Completion Requirement(s):**

- Students must obtain an overall cumulative GPA of at least 3.0 and achieve a complete "COM" or complete with distinction "DST" in the internship term (SPMA 101) in order to qualify for a Diploma in Sport Management, Internship Designation.

### Year 1

Academic Term 1 (Fall)		Credits
ENGL 150	English Composition	3.0
SPEX 100	Sport Leadership	3.0
SPEX 110	Fitness for Life	3.0
SPEX 150	Introduction to Sport Mgmt	3.0
SPMA 120	Kinesiology	3.0
<b>Total Credits</b>		<b>15.0</b>

Academic Term 2 (Winter)		Credits
BUS 130	Business Communications	3.0
PSYC 160	Sport & Exercise Psychology 1	3.0
SPMA 135	Sports Level 1	3.0
SPMA 140	Org of Sport in Canada	3.0
SPEX 160	Sport Mktg & Promotions	3.0
<b>Total Credits</b>		<b>15.0</b>

Academic Term 3 (Fall)		Credits
ACCT 110	Financial Accounting 1	3.0
SPMA 200	Behaviour in Sport Orgs	3.0
SPMA 230	Sport Program Design	3.0
SPMA 235	Sports Level 2	3.0
SPMA 270	Sociocultural Aspects of Sport	3.0
<b>Total Credits</b>		<b>15.0</b>

Academic Term 4 (Winter)		Credits
SPEX 260	Life Cycle Sports	3.0
SPMA 220	Sport Technology	3.0
SPMA 250	Partnership/Stakeholder Mgmt	3.0
SPMA 260	Sport Event Management	3.0
Elective*		3.0
<b>Total Credits</b>		<b>15.0</b>

### \*Elective Options

One (1) of:

HIST 252	History of Sport	3.0
SPMA 225	Computer Applications in Sport	3.0
SPMA 255	Resource Management in Sport	3.0

Work Term (Spring/Summer)		Credits
SPMA 101*	Internship	3.0
<b>Total Credits</b>		<b>3.0</b>

*\*Students are required to participate in only one work term (e.g., internship) and can select the semester in which it is taken, after successfully completing Year 1, first and second academic terms.*

## Sport Performance

The Diploma in Sport Performance is a unique two-year diploma that prepares students for a successful career in performance sport as a performance athlete, coach or instructor, or practitioner, in specific sport performance disciplines such as physical training, sport and movement analysis, as well as leadership and management positions relating to performance planning and preparation.

This program educates performance athletes and coaches in both the coaching process and disciplines of sport performance relating to athlete development through courses linked to the thematic areas of performance planning, performance preparation, coaching, and leadership.

The graduate of the program will demonstrate competencies in a range of performance disciplines including sport psychology, strength coaching, biomechanical analysis, nutrition, and coaching through field-placements or practicum. The applied focus of this diploma will enhance opportunities for future employment. Career options for graduates will include positions with provincial/national sport organizations, college and high school sports programs, private sport-related businesses, and professional sports.

The diploma also provides the student with the opportunity to transition to the Bachelor of Sport & Fitness Leadership offered at Camosun College through the Centre for Sport & Exercise Education. It also provides foundational learning for further studies in the area of coaching, human kinetics, and physical education.

**Length:** Two years full time

**Location:** Interurban Campus

**Starting:** Fall

**Program Code(s):**

SPP1 Year 1

SPP2 Year 2

### Admission Requirement(s):

- Submit proof of "C+" in English 12, or EFP 12, or TPC 12; or "C" in ENGL 092 and ENGL 094; or ENGL 092 and ENGL 096; or ENGL 140; or ELD 092 and ELD 094; or ELD 097; or assessment;
- Submit proof of "C+" in Principles of Math 11, or Pre-calculus 11, or Foundations of Math 11, or MATH 073; or assessment.
- Submit proof of "C+" in Physical Education 11, or Community Recreation 12; or departmental assessment;
- Submit proof of "C+" in Biology 12, or BIOL 080, or BIOL 100; and,
- Submit proof of two years' experience in a competition and performance-based training environment, such as a reference letter from an employer, coach or athlete; or departmental assessment.

### Program Participation Requirement(s):

- Students will participate in an interview process for aptitude and athletic/coaching experience for suitability to undertake field placements relating to performance sport;
- Students will provide a portfolio of competencies and/or experience which include the student's declaration and motivation to the chosen career (to be assessed in concert with the interview) and two letters of reference supporting their suitability for the program;
- Students will sustain an optimal level of sport performance throughout the duration of the program;
- Students will achieve National Coaching Certification Program Part A/B Competition-Introduction or Part A/B Competition-Development. (*Students are responsible for covering the fees of gaining the certifications.*);
- Students will undertake a lifestyle questionnaire and skill-related fitness assessment that identifies their current level of fitness and supports their future development. The questionnaire will provide individual baseline data and assessments for each student and will assist in the measurement of their progress over the two years of the program;
- Students will obtain or be working toward certification (as approved by their faculty instructor) related to their coaching and/or instructional context and from the relevant accrediting agency or organization. (*Students are responsible for covering the fees of gaining the certifications.*);

- Students must obtain CPR (Health Care Practitioner) and Emergency First Aid certifications, which are mandatory for enrolment in the practical component of the program;
- Students may also require field-based instruction in a variety of environmental conditions; and,
- Students will be required to submit a criminal record check.

### Program Completion Requirement(s):

- Students must achieve a minimum of a 3.0 GPA ("C+").

### Year 1

Academic Term 1 (Fall)		Credits
SPEX 100	Sport Leadership	3.0
SPEX 110	Fitness for Life	3.0
SPMA 120	Kinesiology	3.0
SPP 101	Coaching Field Placement 1	3.0
SPP 150	Mental Training for Sport	3.0
<b>Total Credits</b>		<b>15.0</b>

Academic Term 2 (Winter)		Credits
BUS 130	Business Communications	3.0
SPP 140	Human Movement Analysis	3.0
SPP 102	Field Placement 1	3.0
SPP 110	Athlete & Coach Development	3.0
SPP 120	Sport Data Management	3.0
<b>Total Credits</b>		<b>15.0</b>

### Year 2

Academic Term 3 (Fall)		Credits
SPMA 220	Sport Technology	3.0
SPP 201	Coaching Field Placement 2	3.0
SPP 210	Planning & Periodization	3.0
SPP 220	Performance Physiology	3.0
SPP 250	Performance Psychology	3.0
<b>Total Credits</b>		<b>15.0</b>

Academic Term 4 (Winter)		Credits
SPP 202	Field Placement 2	3.0
SPP 240	Sport Performance Analysis	3.0
SPP 260	Coaching Skills & Behaviours	3.0
SPP 270	Fuelling Performance	3.0
SPP 290	Capstone: Applied Research	3.0
<b>Total Credits</b>		<b>15.0</b>

## Certificate Programs

### Exercise and Wellness Access

The Exercise and Wellness Access program is designed for students interested in the Exercise and Wellness diploma program who do not meet the admission requirements, or who wish to refresh their skills before starting a diploma program. Students are given the opportunity to gain their requirements or refresh their skills, while simultaneously taking a Sport & Exercise Education program course (SPEX 110). Students who complete this program will receive credit for one course towards the Exercise and Wellness diploma.

Some of the courses may be offered in the evenings during some of the semesters. Part-time study may be an option, subject to availability.

Although a personal computer at home is not a requirement for this program, students may find that having a PC at home is an enhancement to their studies.

**Length:** Six months full time

**Location:** Interurban Campus (some courses at Lansdowne Campus)

**Starting:** Winter

**Program Code(s):** EXWELLACC

### Admission Requirements:

- Submit proof of "C" in English 11; or "B" in ENGL 050; or B in ELD 072 and "COM" in ELD 074; or B in ELD 072 and "COM" in ELD 080; or assessment;
- Submit proof of "C" in Principles of Math 10, or Foundations of Math & Pre-calculus 10, or MATH 053, or MATH 057; or "C-" in Principles of Math 11; or assessment; and,
- Submit proof of "B" in Physical Education 11, or Community Recreation 12; or departmental assessment.

### Program Participation Requirement(s):

- It is expected that students will sustain an optimal level of fitness throughout the duration of the program. The program may also require field based instruction in a variety of environmental conditions.

### Program Completion Requirement(s):

- Students must successfully complete all the required courses and obtain a cumulative GPA of 3.0 in order to qualify for a Certificate in Exercise and Wellness Access.
- Students who pass all the required courses, obtain a "C+" in MATH 073 (or equivalent), a "C" in ENGL 140 (or equivalent) and a obtain a minimum GPA of 2.0 ("C" average) will have a seat reserved for them in the Exercise and Wellness diploma program in the next semester.

Academic Term 1 (Winter)		Credits
BIOL 080	Inquiry into Life	4.0
ELD 060*	ELD Support Course	0.0
ENGL 140	Technical & Professional English	3.0
MATH 072**	Advanced Mathematics 1	4.0
SPEX 110	Fitness for Life	3.0
<b>Total Credits</b>		<b>14.0</b>

Academic Term 2 (Spring)		Credits
MATH 073	Advanced Mathematics 2	4.0
<b>Total Credits</b>		<b>4.0</b>

*\*ELD 060 is required for students entering with ELD 072 and ELD 074/ELD 080. If entry is based on assessment, ELD 060 is required if deemed necessary by the ELD Assessment Counsellor.*

*\*\*Part-time students who require the Principles of Math 11 prerequisite must take MATH 072 first.*

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## Sport Management Access

The Sport Management Access program is designed for students interested in the Sport Management diploma program who do not meet the admission requirements, or who wish to refresh their skills before starting a diploma program. Students are given the opportunity to gain their requirements or refresh their skills, while simultaneously taking a Sport and Exercise Education program course (SPEX 110).

Students who complete this program will receive credit for one course towards the Sport Management diploma.

Some of the courses may be offered in the evenings during some of the semesters. Part-time study may be an option, subject to availability.

Although a personal computer at home is not a requirement for this program, students may find that having a PC at home is an enhancement to their studies.

**Length:** Six months full time

**Location:** Interurban Campus (some courses at Lansdowne Campus)

**Starting:** Winter

**Program Code(s):** SPMAACC

### Admission Requirements:

- Submit proof of "C" in English 11; or "B" in ENGL 050; or "B" in ELD 072 and "COM" in ELD 074; or B in ELD 072 and "COM" in ELD 080; or assessment;
- Submit proof of "C" in Principles of Math 10, or Foundations of Math & Pre-calculus 10; or "C" in MATH 053, or MATH 057; or "C-" in Principles of Math 11; or assessment; and,
- Submit proof of "B" in Physical Education 11, or Community Recreation 12; or departmental assessment.

### Program Participation Requirement(s):

- It is expected that students will sustain an optimal level of fitness throughout the duration of the program. The program may also require field based instruction in a variety of environmental conditions.

### Program Completion Requirement(s):

- Students must successfully complete all the required courses and obtain a cumulative GPA of 3.0 in order to qualify for a Certificate in Sport Management Access.

- Students who pass all the required courses, obtain a "C+" in MATH 073 (or equivalent), a "C" in ENGL 140 (or equivalent) and obtain a minimum GPA of 2.0 ("C" average) will have a seat reserved for them in the Sport Management diploma program in the next semester.

Academic Term 1 (Winter)		Credits
ELD 060*	ELD Support Course	0.0
ENGL 140	Technical & Professional English	3.0
MATH 072**	Advanced Mathematics 1	4.0
SPEX 110	Fitness for Life	3.0
<b>Total Credits</b>		<b>10.0</b>

Academic Term 2 (Spring)		Credits
MATH 073	Advanced Mathematics 2	4.0
<b>Total Credits</b>		<b>4.0</b>

*\*ELD 060 is required for students entering with ELD 072 and ELD 074/ELD 080. If entry is based on assessment, ELD 060 is required if deemed necessary by the ELD Assessment Counsellor.*

*\*\*Part-time students who require the Principles of Math 11 prerequisite must take MATH 072 first.*

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# Centre for Sport & Exercise Faculty Listing

## Exercise Science

Chair: Kristal Anderson  
Phone: 250-220-2564

Anderson, Kristal, MSc, PhD  
Farish, Tanis, PhD  
Gow, Jennifer, PhD  
Grondin, Isabel, MSc, BSc, DSA, BSCPT, Cat(C)  
Klassen, Constance, MSc, CAT(c)  
Lane, Kirstin, PhD  
O'Connor, Alyssa, B.H.K., MSc  
Ortilla, Noreen, MSc, CAT(c)  
Parkinson, Thalia, MSc, BKin, Nutr, CSEP-CEP  
Stoffel, Sonja, PhD  
Webster, Anthony, PhD, CSCS, CSEP-CEP

## Sport Education

Chair: Andy Van Neutegem  
Phone: 250-220-2556

Carre, F. Alex, PhD  
Harper, Nevin, PhD  
Van Neutegem, Andy, PhD  
Wadsworth, Kerry, MA  
Wilson, Ali, M.H.K., BSc