

KINESIOLOGY AND SPORT STUDIES – FITNESS AND HEALTH PROMOTION DIPLOMA
SCHOOL OF COMMUNITY, WELLNESS AND HEALTH

UPDATED: JULY 2022

You are responsible for ensuring that your registration is complete and appropriate and that your course choices comply with the program to which you have been admitted at Red Deer Polytechnic and/or to the university to which you wish to transfer (if applicable). You are cautioned that any changes to your courses, your major or your transfer destination may adversely affect your transferable credit (if applicable), admission requirements for future programs, or eligibility to graduate from Red Deer Polytechnic. Please consult with an Advisor if you have any questions.

Students in university transfer programs are strongly advised to refer to the calendar of the university to which they wish to transfer and should contact appropriate university departments as required.

ADMISSION REQUIREMENTS AND PROGRAM DESCRIPTION

- See the [Academic Calendar](#)

WHAT IS THIS GUIDE?

- This is an Academic Planning Guide, prepared by the Student Connect Centre to help you register for courses towards your desired program.
- If you are transferring to another institution to complete a degree, we strongly advise that you read the Academic Calendar of your destination institution for full information.

GRADUATION REQUIREMENTS:

- Students must complete all courses with a minimum grade of 'D' and an overall minimum grade point average (GPA) of **2.00**.
- Students must also complete Emergency First Aid and CPR Level C.
- Note that a higher GPA and/or course grade minimum may apply to students planning to transfer after graduation.

WHAT IS A TERM? TERMS ARE THE PERIOD IN WHICH YOUR STUDIES TAKE PLACE. AT RDP, WE OFFER FOUR TERMS.

- Fall term (September through December)
- Winter Term (January through April)
- Spring term (May through June): Spring term is an optional, condensed term. Course offerings are limited.
- Summer Term (July through August): Summer term is an optional, condensed term. Course offerings are very limited.

HOW MANY COURSES SHOULD I TAKE PER TERM?

- The maximum number of courses you can take in the Fall or Winter terms is 5 courses (KNSS 299 will not count towards this limit, as it is only 1.5 credits) and 2 courses in the Spring (optional).
- To complete your program in two years, you would need to take 10-11 courses per year (typically 5 courses in the Fall and 5 courses in the Winter). Some students will complete 10 courses in a year by taking 4 courses in the Fall, 4 courses in the Winter, and 2 courses in the Spring (or a combination thereof).
- We encourage you to find the best course load for you to be successful in your courses and your program!
- When determining your course load keep you funding in mind, if applicable. For course load requirements for funding purposes, please visit www.rdpolytech.ca/psfunding

WHAT HAPPENS IF I TAKE LESS THAN 10 COURSES A YEAR?

- You may need an extra term or year to complete your program.

WHAT IF I COMPLETED COURSES AT ANOTHER POST-SECONDARY INSTITUTION?

Once you are admitted to RDP, you can then apply to have your post-secondary courses assessed for transfer credit through our [Recognition of Prior Learning Office](#). Once admitted to RDP you can complete an [RPL application form](#), provide the Polytechnic Assessors with any and all transcripts, course outlines/descriptions, or other documentation necessary to support your application.

- **NOTE:** To qualify for a Red Deer Polytechnic program credential, students must complete at least 50% of the credit requirements for the credential through enrolment in RDP courses.

REGISTRATION AND PROGRAM AUDIT

- Refer to the **Registration** tab on your Loop account to view **Registration Tips and Tricks** for information on:
 - Registering in classes
 - Waitlisting
 - Checking Prerequisites and Corequisites
 - Courses listed as **prerequisites** must be completed before you start the course in question.
 - Courses listed as **co-requisites** must be taken at the same time as the course in question.
 - Viewing Your Schedule
 - And much more!
- You can also see for yourself exactly which criteria each course will meet, by using Grad Tracker. To access this, log in to the Loop and select Online Services→Student Services→Grad Tracker.
- After you have completed your registration, if you would like an advisor to review your registration please submit a [Registration Review Form](#).

SUGGESTED COURSE SEQUENCE

YEAR 1 COURSES	
FIRST TERM	SECOND TERM
ENGL 219	ENGL 220
KNSS 200	KNSS 204
KNSS 214	KNSS 250
KPAC 321 OR KDNC 200 (can take in either term)	KPAC 321 OR KDNC 200 (can take in either term)
PSYC 260 OR KNSS 209 (can take in either term)	PSYC 260 OR KNSS 209 (can take in either term)
YEAR 2 COURSES	
FIRST TERM	SECOND TERM
KNSS 220	KNSS 202
KNSS 240 OR Approved Option (can take in either term)	KNSS 240 OR Approved Option (can take in either term)
PSIO 258	PSIO 259
KNSS 201 OR KPAC 290 (can take in either term)	KNSS 201 OR KPAC 290 (can take in either term)
KNSS 299*	KNSS 299*
KNSS 244 – (can take in either term)	KNSS 244 – (can take in either term)

***Full year class – you MUST register in both terms**

GRADUATION CHECKLIST (UNOFFICIAL)

REQUIREMENT		PREREQUISITE(S)	COMMENTS	COMPLETED
YEAR ONE				
ENGL 219	Essay Composition & Critical Reading	English Language Arts 30-1		
ENGL 220	Literary Analysis	ENGL 219		
KNSS 200	Structural Anatomy		Fall or Spring only	
KNSS 204	Intro to Sociocultural Foundations of Sport		Winter only	
KNSS 209	Measurement and Evaluation			
KNSS 214	Introduction to Personal Physical Activity		Fall only	
KNSS 250	Intro to Admin of Sport, Physical Activity and Recreation Programs		Winter only	
KDNC 200	Spectrum of Dance in Society			
KPAC 321	Applied Resistance Training			
PSYC 260	Basic Psychological Processes			
YEAR TWO				
KNSS 201	Biomechanics			
KNSS 202	Physiology of Exercise	PSIO 258/259 (Pre or Co-requisite)	Winter only	
KNSS 220	Introduction to Athletic Therapy	KNSS 200		
KNSS 240	Adapted Physical Education	KNSS 204		

KNSS 244	Introduction to Nutrition			
KNSS 299	Directed Studies (Fitness and Health Promotion)		Full year class, must register in both Fall and Winter	
KPAC 290	Metabolic Conditioning			
PSIO 258	Elementary Physiology I	KNSS 200 (Pre or Co-requisite)	Fall only	
PSIO 259	Elementary Physiology II	PSIO 258	Winter only	
Approved Option*	See list below for options			
Emergency First Aid and CPR Level C Certifications are also required to graduate				

APPROVED OPTION LIST

Choose one course from the following list:

KNSS 203	Skills Acquisition and Performance			
KNSS 205	History of Sport	KNSS 204		
KNSS 312	Research Methods in Kinesiology	KNSS 209		
KNSS 307	Growth and Development	KNSS 204		
KNSS 253	Psychological Sport Performance			
BIOL 217	Introduction to Cell Biology	Bio 30		
BADM 132	Introduction to Marketing			
BUS 201	Introduction to Business			
INTD 325	Mindfulness, Meditation & the Body			

*Students interested in transferring to the University of Alberta Bachelor of Kinesiology should take one of the first four courses as their option.

IMPORTANT NOTES

WORK INTEGRATED LEARNING OPPORTUNITIES

KNSS 299 - This full-year directed studies class provides the opportunity to participate in applied practical experiences through the completion of a cooperative work experience of 90-100 hours plus 45 hours of seminars.

TRANSFER INFORMATION

Students who complete the Kinesiology Fitness and Health Diploma *may* qualify for the reserved seats in the University of Alberta Bachelor of Kinesiology program.

Seats are reserved for 30 RDP students who complete at least 15/20 of the courses from the Bachelor of Kinesiology guide, and who have a GPA above 3.0. If there are more than 30 students who meet these criteria, the admission will be competitive by GPA.

Please note that not all Kinesiology Diploma courses transfer to the University of Alberta, and transfer credit is only guaranteed for the courses that are cross listed with the Bachelor of Kinesiology program.

Students who do not meet these criteria can still apply to transfer to the U of A but will compete with all transfer students for seats.

Transfer to other institutions and programs may be possible – be sure to check the minimum admission requirements on your goal institution’s academic calendar and refer to Transfer Alberta for course transferability information.

CONTACT INFORMATION AND HELPFUL RESOURCES

Red Deer Polytechnic Student Connect Centre	studentconnect@rdpolytech.ca www.rdpolytech.ca/SCC 403.342.3254
Red Deer Polytechnic website	rdpolytech.ca
Transfer Alberta Guide	transferalberta.alberta.ca