

**DAWSON COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION**

WINTER - CURRICULUM

All Physical Education Courses are 30 hours, 1 credit, regardless of format.

Class Formats

Regular 15-week = courses are held on-campus in P.E. facilities, two-hour classes/once a week for 15-weeks
Pre-Semester = a course that starts & finishes before the start of the semester or may finish during the regular semester, see Timetable for dates
Outdoor Ed = a course that is predominantly held in an <i>Outdoor Environment</i>
Compressed (C) = a course that has a few lecture nights and 2-3 separate one-day weekends e.g. Sat Sept 7 & Sat Sept 14 or classes are longer than 2 hours and less than 15 weeks
Intensive (I) = a course that includes a few lecture nights and 2-3 consecutive weekend days e.g. Fri & Sat & Sun or Sat & Sun
On-Campus = courses are held on-campus, and may have sessions outdoors around the campus e.g. walk to Mt Royal or walk/run around Westmount e.g. Fitness Walking, Training for Running, Eco Landscaping
Off-Campus = Some lectures may be held on or off campus, intensive days are held off-campus in various areas outside of Montreal, travel is organized by the college e.g. Canoe Skills, Wilderness Camping, Yoga Retreat, Martial Arts Retreat or intensive days are held in the Montreal Area, transportation is the responsibility of the student, locations are accessible by public transportation e.g. Urban Hiking, Dragon Boating, Rowing, Cycling Skills

109-101-MQ PHYSICAL ACTIVITY & HEALTH	109-102-MQ PHYSICAL ACTIVITY & EFFECTIVENESS	109-103-MQ PHYSICAL ACTIVITY & AUTONOMY
REGULAR 15-WEEK COURSES		
Combative Fitness	Self Defense Kung Fu Karate	Combative Activities
Dance Fitness	Dance Styles Social Dance Aero Gym	Dance Activities
Resistance Training Alternative Fitness Fitness	Posture, Stability & Mobility Skills Fundamental Skills for Sport Weight Training Skills Stress Coping Skills Pilates Yoga	Sport Performance Training Active Living - Indoor Cycling Active Living – Fitness Active Living – Gym Fitness Activities
Introduction to Outdoor Ed Mind-Body Wellness Eco-Landscaping Fitness Walking	Rock Climbing Badminton Golf	Walking Activities* New Training for Running Yoga Lifestyle
Games Fitness Sport Fitness	Ultimate Frisbee Field Hockey Basketball Volleyball Soccer	Team Sports
PRE-SEMESTER COURSES ON-CAMPUS		
Outdoor Fitness	Posture, Stability & Mobility Skills Dance Styles Self Defence Kung Fu	Fitness Activities Yoga Lifestyle Active Living
COMPRESSED COURSES ON-CAMPUS		
Fitness Walking (on & off campus)	Sports Participation Contract Stress Coping Skills Yoga Compressed	Training for Running Walking Activities* New (on & off campus)
COMPRESSED & INTENSIVE COURSES OFF-CAMPUS		
Outdoor Fitness (C)	Cycling Skills (C) Orienteering (C) Rowing (C) Tennis (C) Golf (C)	Martial Arts Retreat (I) on campus Yoga Retreat (I) on campus
OUTDOOR EDUCATION COMPRESSED & INTENSIVE COURSES OFF-CAMPUS		
Eco Landscaping (C) <i>on campus</i> Urban Hiking (C) Day Hiking (C)	Canoe Adventure 102&103 (2 credits) (I) Out On The Land; Wilderness Skills (I) Downhill Skiing or Snowboarding (I) Cross Country Skiing / Snowshoeing (C or I) Canoe Skills (C or I) Downhill Skiing (I)	Living on The Land – Traditional Indigenous Outdoor Activities (I) Outdoor Ed. Activities (C & I) Wilderness Camping (I) Biking Explorations (I) Backpack Hiking (I) Canoe Camping (I) Winter Camping (I) Nature Retreat (I)
Complementary Courses - Science and Technology 109-BWT-03 (45 hours, 2 credits)		
Performance in Sport		