

**DAWSON COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION**

CURRICULUM – FALL

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
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

Note: some courses may not be offered for the current semester, refer to the Timetable to verify for course schedules.

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
Fitness for Sport Performance <i>(NEW)</i> Resistance Training Alternative Fitness Fitness	Posture, Stability & Mobility Skills Fundamental Skills for Sport Weight Training Skills	Sport Performance Training Active Living: Indoor Cycling Active Living: Volleyball <i>(NEW)</i> Active Living: Fitness Active Living: Gym Fitness Activities
Mind-Body Wellness	Stress Coping Skills Pilates Yoga	Mindful Living <i>(NEW)</i> Yoga Lifestyle
Introduction to Outdoor Education Fitness Walking	Rock Climbing Badminton Golf	Rock Climbing Lifestyle <i>(NEW)</i> Walking Activities
Games Fitness Sport Fitness	Ultimate Frisbee Field Hockey Basketball Volleyball Soccer	Individual Sports Team Sports
INTENSIVES & COMPRESSED COURSES		
Fitness Walking (comp.) Urban Hiking (comp.) Day Hiking (comp.)	Out On The Land; Bushcraft Skills (int.) Canoe Skills (int., comp.) Dragon Boating (comp.) Cycling Skills (comp.) Orienteering (comp.) Golf (int.)	Living On The Land–Traditional Indigenous Outdoor Activities (int.) Rock Climbing Lifestyle (comp.) <i>(NEW)</i> Outdoor Ed. Activities (int., comp.) Wilderness Camping (int.) Biking Explorations (comp.) Backpack Hiking (int.) Canoe Camping (int.)
Outdoor Fitness - H ₂ O Activities (comp.) Outdoor Fitness (comp.)	Posture, Stability & Mobility Skills (int.) Stress Coping Skills (int.) Dance Styles (int.) Self Defense (int.) Yoga Compressed	Training for Running (comp.) Martial Arts Retreat (int.) Fitness Activities (int.) Walking Activities (comp.) Nature Retreat (int.) Yoga Lifestyle (int.) Yoga Retreat (int.) Active Living (int.)
PRE-SEMESTER COURSES		
Eco Landscaping	Tennis	

Complementary Courses - Science and Technology 109-BWT-03

Human Adaptation to Stress
Performance in Sport