

# NIPISSING

U N I V E R S I T Y

North Bay

[www.nipissingu.ca](http://www.nipissingu.ca)

## Bachelor of Physical and Health Education





## Program Description

The Bachelor of Physical and Health Education (BPHE) is a four-year degree program that balances the science-based study of human movement with curricular opportunities that broaden socio-cultural experiences and promote health and wellness through physical activity. In addition to preparing community leaders, the program offers students an opportunity to meet the requirements for registration in the College of Kinesiologists of Ontario.

BPHE degree is offered through the Schulich School of Education at Nipissing. Located on a picturesque campus in North Bay, Ontario in a natural environment, you will find us nestled between the shores of two fresh water Lakes; Lake Nipissing and Trout Lake. The beauty and scenic vista offered by the Canadian Shield and seasonal changes in climate contribute to the availability of a variety of physical activities throughout the year. Diverse clubs within the city support international level athletes and recreational pursuits. The area provides extensive trail systems, waterfront activities, downhill skiing as well as groomed Nordic trails.

The campus includes its own trail system that leads to the spectacular Duchesnay Falls. A new Centre for Physical and Health Education includes

state of the art research and teaching laboratories, two gymnasiums, fitness rooms, squash courts, and soccer field. Students can also take advantage of the opportunity to participate in varsity sports such as hockey, volleyball, basketball, soccer, Nordic skiing, cross-country running, and rowing.

Nipissing prides itself on its approachability and the lively discussion that is encouraged by its small class sizes and consequently, the level of interaction between faculty and students. As a Physical and Health Education student you will study in a collaborative, welcoming and student-oriented environment where there are many opportunities to get involved, both on and off campus.

## Our Teaching Approach

Dedicated professors take a hands-on and interactive approach to learning and place a high value on student and community engagement. This four-year degree program is designed to provide students with a balanced curriculum that includes lectures, labs, seminars, physical activities, research opportunities, individual study, and community placements. Studies are enhanced with components of the program being offered both on and off campus.







Students choose to study at Nipissing because of its friendly and personable atmosphere. Because class sizes are small, students have access to reputable professors with a genuine interest in student well-being.

## Program and Faculty

Students in first year will study core theoretical courses including: Motor Development, Health Concepts in Physical Education, Human Anatomy, and Socio-Cultural Dimensions of Physical Activity. In addition, a physical education practical included in each year of the program promotes a wide variety of physical activities including team and individual sports and lifestyle activities.

Courses for upper-year students include: Motor Learning and Control, Sport and Exercise Psychology, Teaching and Learning in Physical Education, Technology in Physical Education and Sport, Biomechanics, Leadership, Research Methods and Statistics, Adapted Physical Activity, Leadership, Nutrition, Health Promotion, Exercise Physiology, Exercise Management for People With Chronic Diseases, Biomechanics, Coaching, Injury Prevention and Care, Fitness Principles, Exercise Prescription and Assessment, Health and Exercise Psychology, Group Dynamics, Ergonomics, Physical Activity and Cancer, Neuro-Motor Control of Movement, Issues in Sport and Physical Activity, School Health and Contemporary Health Issues.

Students will select fourteen electives throughout the four-year program, which allows an opportunity to explore secondary fields of study (for a list of current courses and course descriptions visit: [www.nipissingu.ca/calendar](http://www.nipissingu.ca/calendar)). A Community Leadership placement in

third and fourth year provides students with an opportunity to develop their skills as physical activity, sport, and fitness leaders within the community.

## Bachelor of Education: The Schulich School of Education

If you want to earn a Bachelor of Education (BEd) degree, you can choose from the Concurrent route (available with all honours undergraduate programs except Nursing and Social Work), or the Consecutive Program (once you've completed your undergraduate degree).

The Schulich School of Education is one of the best education programs in Ontario. It will prepare you to teach in both traditional and non-traditional environments, and you will gain communication and collaborative skills that can be used in any career.

Our teacher candidates are immersed in an active professional learning environment with support and resources available through our Professional Learning Centre.

Each term a calendar of opportunities is made available, and you will be invited to participate in a series of real-world professional experiences that help you to hone skills, strategies and activities that integrate digital technology resources, enhance school community involvement, develop a personal résumé, portfolio and interview techniques, and much more.

All professional learning opportunities are designed to support and supplement course content by broadening teaching/learning skills and by building your confidence and readiness for the teaching profession.

**TOP  
RATED**  
Survey Results



### How happy are you with your university education? (Excellent/Good)

First Year		Senior Year	
Queen's	99%	Guelph	89%
<b>NIPISSING</b>	<b>91%</b>	<b>NIPISSING</b>	<b>88%</b>
Guelph	90%	Trent	88%
Trent	89%	Brock	86%
Laurier	88%	Queen's	86%
Western	88%	Western	86%
Waterloo	86%	Laurier	85%
McMaster	85%	McMaster	83%
Carleton	85%		

NSSE survey as published in Maclean's University Rankings 2014 (Ontario Universities)



"Nipissing's BPHE program provided me with the best years of my life through small campus learning opportunities, student-run social events and an introduction to countless sports. These qualities along with the ability to get to know and connect with my professors have allowed me to excel during the pursuit of my Masters of Science (Physiotherapy)".

Amanda Voorberg,  
BPHE Grad '12,  
MScPT Grad '14

## Why Nipissing?

You will feel right at home the minute you step onto campus. Becoming a part of our community is just one of the many perks of attending Nipissing. You will also benefit from small class sizes where you will have a name and a voice. Should you need help, you will have access to our supportive professors, even outside of classroom hours.

Nipissing is focused on student success and you will have access to a full range of student services that will help you succeed academically, financially, and personally. In addition, we have some of the best residences in Canada, with a guaranteed private room for all first-year students coming directly from high school.

## Where Can I Go From Here?

Graduates of the BPHE program will go on directly, or via further post-graduate studies, to careers in teaching and coaching, kinesiology and physical therapy (e.g. as Registered Kinesiologists and Registered Physiotherapists), athletic therapy and sports medicine, research and health promotion, recreation and sports management, and many more.

Sign up for Open House, a tour, or more information: [ibelongatnipissingu.ca](http://ibelongatnipissingu.ca)

For more information please visit [www.nipissingu.ca/bphe](http://www.nipissingu.ca/bphe)



ONE STUDENT AT A TIME

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