

# Bachelor of Sport & Fitness Leadership – Exercise & Wellness

## Personal Learning Plan

Student Name	
Student Number	Date

### PROGRAM COURSES

Year 1 Courses			Pre/Co-requisite(s) – all courses require a minimum C grade unless otherwise stated	Semester Completed	Grade
<b>All of:</b>	BIOL 143	Anatomy for Sport Education	Eng. 12 and Science 11 or 12		
	BIOL 144	Physiology for Sport Education	BIOL 143		
	EXW 120	Lifetime Sports I			
	EXW 121	Lifetime Sports 2			
	EXW 130	Life Cycle Fitness	SPEX 110		
	ENGL 151*	Academic Writing Strategies	C+ Engl. 12		
	HLTH 110	Health in Today's World	Eng. 12		
	PSYC 160	Sport & Exercise Psychology 1	Eng. 12		
	SPEX 110	Fitness for Life	Engl. 11		
	SPP 150	Sport Biomechanics	SPMA 120 or BIOL 143 or SPEX 125		

\*Student may use ENGL 161, or ENGL 163, or ENGL 164, in lieu of ENGL 151 toward program completion.

Year 2 Courses					
<b>All of:</b>	AET 272	Field Prevention/Injury Care 1	<b>PREREQ-</b> BIOL 143 or 150 or 152), and <b>CO-REQ-</b> (BIOL 144 or 151 or 153)		
	CHEM 214	Nutrition for Fitness	SPEX 210		
	COOP WEP	Workplace Education Prep			
	EXW 220	Lifetime Sports–Fitness Programs			
	EXW 230	Behavioural Fitness	All of: BIOL 143, BIOL 144, PSYC 160		
	EXW 240	Fitness and Health Assessment	(pre/co)- SPEX 210		
	EXW 241	Exercise Prescription	EXW 240		
	SPEX 150	Intro to Sport Management	C+ Engl. 12		
	SPEX 210	Exercise Physiology	BIOL 143 and 144		
	SPEX 240	Canadian Sport for Life	One of: ENGL 151, ENGL 161, ENGL 163, ENGL 164		
	SPMA 225	Computer Applications in Sport	C+ Eng. 12 and Math 11		
	EXW 101	Internship (optional)	All of: EXW 220, 230, 240, SPEX 210, COM in WEP		

### PROGRAM INFORMATION

#### BSFL – EXWELL [Completion](#)

#### [Requirements:](#)

Students must successfully complete all program courses, and achieve an overall cumulative GPA of at least 3.0 (C+)

#### Who to Contact:

- Questions about your course requirements for your Camosun credential contact:  
**Centre for Sport & Exercise Education Academic Advisor**  
[academicadvising@camosun.bc.ca](mailto:academicadvising@camosun.bc.ca)  
(enter program in subject line)
- Questions about your personal learning plan or which elective to take in a term, Permission to Registration Authorization, Prior Learning Assessment, Transfer Credit Issues or comments or concerns regarding a course or instructor, contact:  
**Centre for Sport & Exercise Education**  
[sported@camosun.ca](mailto:sported@camosun.ca) / 250-370-4700
- Information about Co-operative Education, Work Terms, Internships, contact:  
Co-operative Education & Student Employment  
[co-op@camosun.bc.ca](mailto:co-op@camosun.bc.ca) | 250-370-4410

# Bachelor of Sport & Fitness Leadership – Exercise & Wellness

## Personal Learning Plan

Student Name	
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### PROGRAM COURSES

Year 3 Courses			Pre/Co-requisite(s) – <i>all courses require a minimum C grade unless otherwise stated</i>	Semester Completed	Grade
<b>All of:</b>	AET 310	Pathophysiology	BIOL 144 or 151		
	AET 320	Human Motor Control	EXW 230 and SPEX 210		
	SFL 335	Individual Sports & Activities	SPMA 235 or EXW 130		
	SPEX 255	Intro to Adapted Sport & Physical Activity	English 12		
	SPEX 350	Health & Fitness Promotion			
	SPEX 355	Etiology & Treatment of Obesity	<b>All of:</b> EXW 230 ,CHEM 214, SPEX 210 <b>One of:</b> EXW 241 or SPEX 370		
	SPEX 370	Training for Performance	EXW 240 and SPEX 210		
	SPEX 410	Research Methods	Math 11		
	SPMA 200	Behaviour in Sport Organizations	SPEX 150		
	SPMA 245	Facility Operations	BUS 150 or SPEX 150		
	COOP WEP	<i>Required if not previously completed</i>			

Year 4 Courses					
<b>All of:</b>	SFL 410	Social Process in Sport & Fitness	One of: C in ENGL 151, 161, 163 , 164		
	SFL 430	Outdoor Adventure Leadership			
	SPEX 400	Chronic Disease Management	HLTH 110 and EXW 240		
	SPEX 412	Physical Activity & Mental Health	All of: BIOL 144, EXW 230, SPEX 210, CHEM 214		
	SPEX 420	Sport & Fitness Management			
	SPEX 430	Cardiac Rehabilitation	AET 310 and SPEX 400		
	SPEX 450	Advance Exercise Physiology	SPEX 210		
<b>One of:</b>	SFL 402/402P	Internship	WEP/ Successful completion of 9 out of 10 courses in BSFL Year 3 with a GPA of at least 3.0		
	SFL 491	OR Applied Exercise Mgmt.	WEP		
	Elective				
	Elective				

### PROGRAM INFORMATION

*Personal Learning Plans represent the most recently approved changes to the program, and are intended for course-planning purposes. They are not a binding document. If program requirements have changed since your admission to the program, you may be eligible to graduate under a previous version of the program requirements. Please contact academic advising [AcademicAdvising@camosun.bc.ca](mailto:AcademicAdvising@camosun.bc.ca) or refer to the calendar for more information.*

[Request for Credential](#)

[Academic Progress Policy](#)

[Course Withdrawals](#)

**For more info on prerequisites and equivalents, go to:**

[Camosun course alternatives](#)

[Web page](#)

