

EDKP 235. NON-TRADITIONAL PHYSICAL

Credits: 3

Offered by: Kinesiology and Physical Ed (Faculty of Education)

Terms offered: Winter 2026

[View offerings for Winter 2026 in Visual Schedule Builder.](#)

Description

Martial arts, meditation, stress releasing and other related activities will be introduced to incorporate these activities into future physical education and health programs. The Quebec Physical Education Curriculum will be utilized.

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

[Launch Visual Schedule Builder](#)