

PHYSICAL AND HEALTH EDUCATION (B.ED.) (120 CREDITS)

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

Degree: Bachelor of Education

Program credit weight: 120 credits

Program Description

The Bachelor of Education (B.Ed.) - Physical and Health Education is a 120-credit program leading to teacher certification. Students who have not completed Quebec CEGEP, French Baccalaureate, International Baccalaureate, or at least one year of university studies prior to commencing the B.Ed. must also complete a minimum of 30 credits of Freshman courses (in addition to the 120 credit program) for a total of 150 credits.

The Physical and Health Education program prepares students to teach physical and health education at the elementary and secondary levels. In a unique structure interweaving academic studies, professional course work, and teaching practices over the course of study, students are rapidly given the opportunity to assume a teaching role; the extent of teaching involvement and expectations progressively building on additional academic and professional courses.

Please note that graduates of teacher education programs are recommended by the University for Quebec certification to the Ministère de l'Éducation, et L'Enseignement supérieur (MEES). For more information about teacher certification in Quebec, please refer to the Faculty of Education section under "Overview of Faculty Programs", "Undergraduate Education Programs", and "Quebec Teacher Certification".

Note: For information about Fall 2025 and Winter 2026 course offerings, please check back on May 8, 2025. Until then, the "Terms offered" field will appear blank for most courses while the class schedule is being finalized.

Freshman Program

Freshman students are required to complete 30 credits of introductory (100- or 200-level) courses. Students will not be granted permission to take first-year (U1) courses if the credits from the Freshman year have not been obtained. For students considering a second teachable subject, the following areas are recommended: history, geography, English, or mathematics.

From the "Required Courses" list, Freshman students take the 0-credit course EDEC 215 English Exam for Teacher Certification. English Language Requirement. In addition, in consultation with the Program Adviser, students may select courses from the recommended course list below or other courses.

Expand allContract all

Course	Title	Credits
EDEC 202	Effective Communication.	3
EDem 220	Contemporary Issues in Education.	3
WCOM 250	Research Essay and Rhetoric.	3

Required Courses (102 credits)

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Course	Title	Credits
EDEC 215	English Exam for Teacher Certification.	0
EDEC 247	Policy Issues in Quebec and Indigenous Education.	3
EDEC 260	Philosophical Foundations.	3
EDFE 246	First Field Experience (Physical Education).	3
EDFE 373	Second Field Experience (Physical Education).	3
EDFE 380	Third Field Experience (Physical Education).	7
EDFE 480	Fourth Field Experience (Physical Education).	7
EDKP 100	Introduction to Physical and Health Education in Quebec.	3
EDKP 204	Health Education.	3
EDKP 208	Biomechanics and Motor Learning.	3
EDKP 213	Aquatics.	1
EDKP 215		3
EDKP 217	Track and Field.	3
EDKP 223	Games 1: Elementary Physical Education .	3
EDKP 225	Games 2: Secondary Physical Education.	3
EDKP 232	Health-Related Fitness.	3
EDKP 235	Non-Traditional Physical Activities .	3
EDKP 237	Outdoor Education.	3
EDKP 253	Movement Education.	3
EDKP 261	Motor Development.	3
EDKP 292	Nutrition and Wellness.	3
EDKP 293	Anatomy and Physiology.	3
EDKP 307	Evaluation in Physical Education.	3
EDKP 330	Physical Activity and Public Health.	3
EDKP 342	Physical Education Methods.	3
EDKP 391	Physiology in Sport and Exercise.	3
EDKP 394	Historical Perspectives.	3
EDKP 396	Adapted Physical Activity.	3
EDKP 442	Physical Education Pedagogy.	3
EDKP 443	Research Methods.	3
EDKP 448	Exercise and Health Psychology.	3
EDKP 494	Physical Education Curriculum Development.	3
EDKP 498	Sport Psychology.	3
EDPE 300	Educational Psychology.	3

Complementary Courses (6 credits)

6 credits selected as specified below:

Multicultural Education

3 credits from:

Expand allContract all

Course	Title	Credits
EDEC 233	Indigenous Education.	3
EDEC 248	Equity and Education.	3
EDEC 249	Global Education and Social Justice.	3

Media, Technology, Computers and Education

3 credits from:

Expand allContract all

Course	Title	Credits
EDEC 262	Media, Technology and Education.	3
EDPT 200	Integrating Educational Technology in Classrooms.	3
EDPT 204	Creating and Using Media for Learning.	3

Electives (12 credits)

12 credits chosen from any of the University's course offerings to contribute to the student's academic proficiency and professional preparation. Students are encouraged to choose as they wish. However, beware that some courses have restrictions, pre-requisites and/or enrollment limitations.