Courses to fulfil Health and Physical Education teachable requirements
at Trent University

Please note that many of the courses listed below have prerequisites. Consult the Academic Calendar and plan in advance. Also note that there may be adjustments to the list so please continue to check back. ** It is strongly advised that students in the Teacher Education Stream complete their placement requirement in setting(s) which provide them with hands-on experience in the field.

**ANTH 3280H: Introduction to the anthropology of health (Sc)**
An introduction to the anthropological approaches to the study of health. The course examines the biological, ecological and cultural determinants of health, and explores the ways in which the health of human populations varies on a local, regional, and global scale. Prerequisite: ANTH 1000Y (100), or 1010H (101) and 1020H (102), or permission of instructor. Excludes ANTH 328H, 3480Y (348).

**ANTH - BIOL - 3460H: Biocultural explorations of the human life course (Sc)**
A survey of the human life-course through a bio-cultural lens, focusing on life history theory, demography, growth and development, adaptive human biology, determinants of health, and aging. The human species on the individual and population levels is seen as a product of evolutionary and biological forces, and of culture and society. Prerequisite: ANTH 1000Y (100), or 1010H (101) and 1020H (102), or permission of instructor. Excludes ANTH – BIOL 346H

**ANTH 4450H: Human adaptability (Sc)**
This course focuses on the ways in which modern humans have adapted to their environments. Human variation in responses to climatic, nutritional, disease, and demographic variables is explored, and emphasis is placed on the interactions between biology, culture and behaviour. Topics include adaptation to temperature, altitude, nutrition, and disease. Prerequisite: ANTH 2400Y (240) or permission of instructor.

**BIOL 1050H: Human anatomy**
This course is designed to provide the student with a basic understanding of the structure of the human body using a systems approach. In order to gain an appreciation of the complexity of the human body, it will be examined on both a microscopic and macroscopic level. Prerequisite: 4U Biology and Chemistry. Recommended: 4U Kinesiology. Excludes BIOL 105.
» **STRONGLY RECOMMENDED for teachable**

**BIOL 1051H: Human physiology**
This course is designed to provide the student with a basic understanding of the function of the human body using a systems approach. A central theme emphasized throughout the course will be the mechanisms used to maintain homeostasis under normal, healthy conditions. Prerequisite: 4U Biology and Chemistry. Recommended: 4U Kinesiology, BIOL 1050H. Excludes BIOL 105.
» **STRONGLY RECOMMENDED for teachable**
BIOL-NURS 2250H: Kinesiology I: Anatomy of Human Movement (Sc) Would need permission of kinesiology

Through didactic classroom lecturing, hands-on laboratories, use of models, and computer-based software examples, students take a regional approach to examine the anatomy and neural control of the musculoskeletal system. Special emphasis is on learning how the various regional structures contribute (both individually and synergistically) toward producing movement patterns. Prerequisite: 60% or higher in BIOL 1050H. Open only to students in the Kinesiology program.

» STRONGLY RECOMMENDED for teachable

BIOL-NURS 2270H: Kinesiology II: Exercise Physiology (Sc) Would need permission of kinesiology

Concepts of exercise physiology with an emphasis on the biochemical, circulatory, respiratory and musculoskeletal adaptations to both acute and chronic bouts of physical activity and exercise and its relation. Special attention is put upon the application of the physiological principles of conditioning for health promotion in an aging population. Prerequisite: 60% or higher in BIOL 1051H. Open only to students in the Kinesiology program.

» STRONGLY RECOMMENDED for teachable

BIOL-PSYC 3210H: Principles of the Nervous System (Sc)

An intensive coverage of the central nervous system, its anatomy, and physiological interactions. Emphasizes subcortical and cortical brain structures and their functional characteristics. Prerequisite: 8.0 university credits including PSYC 2200H or one of BIOL 2070H, 2110H, 2130H, or 3840H.

BIOL 4160H: Immunology

An introduction to the immune system, including a discussion of the organs, cells and molecules that constitute, as well as regulate, the immune system. Health-related aspects of the immune system, such as immunodeficiency, tumour immunology and allergies will also be explored. Prerequisite: 10.0 university credits including BIOL 2070H (207H) or permission of instructor. Excludes BIOL 416H.

BIOL 4190H: Biology of physical activity

This course will examine the physiological and biochemical adaptations to acute and chronic exercise with specific emphasis placed upon the oxygen transport system. The effects of a variety of conditions including age, gender, environmental conditions and disease on these adaptations will also be considered. Prerequisite: 10.0 university credits including BIOL 1051H (105H) or 3830H (383H), or permission of instructor. Excludes BIOL 419H.

» STRONGLY RECOMMENDED for teachable

ECON - CAST 3840H: Health Economics

Economic analysis of the organization, financing and utilization of health services. Patterns of consumer and provider behaviour; the functioning and regulation of markets for health services; policy issues in the provision of health care in Canada.
Prerequisites: 60% or higher in ECON 1010H (101H) and 1020H (102H) or permission of instructor. Excludes ECON – CAST 384H.

**GEOG - 3820H: Health, place and environment**  
This course studies the relationships between health, place and space. Traditional perspectives on the geography of diseases and health services ('medical geography') and contemporary perspective on the geographies of care and wellbeing ('health geography') are examined with specific reference to global trends, vulnerable populations and (un)healthy environments. Prerequisite: GEOG – CAST 2810H (281H) or permission of instructor.

**INDG - 2010H: Indigenous contemporary dance**  
Indigenous contemporary dance is rich in heritage and multi-faceted in form, including social and ancient dances based in ceremony, contemporary derivations, traditional choreography staged for theatrical performance. This course offers a study of the dance practice, history and cultural context of the intertribal dance of the contemporary powwow. Open to first-year students. Excludes INDG 201H, 3952H – Special Topic: Indigenous contemporary dance.

**INDG - 3030H: Indigenous Dance Theatre**  
An advanced course offering the opportunity to create new or reconstructed dance theatre works drawing creatively from the movement vocabulary of Indigenous dance practice. Dramatic themes will be drawn from traditional, historic and personal story lines. This workshop for dancers, actors, choreographers and playwrights culminates in production and public performance. Prerequisite: One of INDG 2010H (201H), 2020H (202H), 2110Y or 3010H, or permission of instructor. Excludes INDG 3953H, 303H.

**INDG/ERSC/ERST 3730Y: Indigenous Peoples, health and the environment**  
This course provides an introduction to the multidisciplinary field of environmental health and its application to understanding health among Indigenous Peoples. Students gain understanding of the concepts, theories and methods used in environmental health and apply this knowledge to the investigation of the changing health status of Indigenous populations. This course may be taken as a science credit by successfully undertaking an appropriate technical assignment. Prerequisite: ERSC 2240H (220) or ERST – INDG 2601Y (260) or ERSC – INDG 2150H (215H) or 265 or NURS 1000H, 1002H and 1010H (100). Excludes ERSC/ERST – INDG 373. Advanced Topics in Indigenous Peoples Health and the Environment

**INDG/ERSC/ERST/NURS 4740Y: Critical investigations in Indigenous Peoples’ health and the environment**  
The course will critically examine historical and contemporary issues in Indigenous Peoples’ health with a particular emphasis on the relation to land and other dynamic environments as a determinant of health status. The course will provide for the development of a basic foundation in understanding the key determinants of health for Indigenous peoples in Canada and around the world. Prerequisite: one of ERSC/ERST – INDG 3730Y or ERST – INDG 3630Y, or permission of the instructor. Excludes INDG 4200Y in 2009-2010.
PHIL 2020H: Philosophy of Sport and Recreation
A philosophical study of sport and recreation. Topics include conceptual, ethical, political, and aesthetic perspectives on sports, games, play, and leisure. Specific attention is paid to philosophical issues concerning human movement and physical activity, embodiment and the mind-body relationship, and wellbeing and quality of life. Prerequisite: 4.0 university credits or permission of department chair.

PSYC - 2200H: Introduction to Physiological Psychology
Basic neuroanatomy of the mammal with emphasis on the human nervous system. Examination of sensory and motor systems as well as the physiological mechanisms of behaviour, behaviour disorders and memory. Prerequisite: 60% or higher in PSYC 1020H (102H) and 1030H (103H) (or in PSYC 1010Y or 101). Excludes PSYC 222H, 221.

PSYC 2210H: Brain and Body in Action (Sc)
The functional anatomy of the central and peripheral nervous systems and the neuromuscular junction. The role of sensory and motor systems in the control of eye and hand movements and balance and gait control will be studied. Applications to product design, skill learning, and rehabilitation are included. Prerequisite: 60% or higher in PSYC 1020H and 1030H (or in PSYC 1010Y).

» STRONGLY RECOMMENDED for teachable

PSYC 3240H: Drugs and Behaviour (Sc)
A comprehensive review of psychoactive drugs and how they affect brain and behaviour. The course emphasizes the mechanisms by which drug use modifies brain function and behaviour. Drugs used to treat psychiatric disorders and drugs of abuse will be discussed, including a consideration of their social, financial, and familial impacts. Prerequisite: 8.0 university credits including PSYC 2200H or PSYC 2210H or PSYC-BIOL 3210H or NURS-BIOL 3550H.

PSYC - 3460H: Sensation and Perception
An intensive examination of how humans (and other species) perceive information presented to the senses. Topics include mechanisms of perception, detection, discrimination and pattern recognition. Psychophysical measurement, colour and spatial vision, hearing, taste, smell, and touch may be covered. Anatomical and physiological structures that support the senses are discussed. Prerequisite: 8.0 university credits including PSYC 2016H and 2017H, (or 215), and 0.5 credit from A2 category. Excludes PSYC 366H, 306.

PSYC - 3510H: Development of Adolescents and Young Adults
This course is designed to examine developmental theory and research in the area of development of adolescents and young adults. Topics include different theoretical views of physical, cognitive, moral and identity development and developmental issues in the contexts of family, peers, school and work. Prerequisite: 8.0 university credits including PSYC 2500H (281H) or 280. Excludes PSYC 381H.
PSYC 3530H: Atypical Development (Sc)
Examines theory and research in the area of atypical child development using a developmental psychopathology framework. Topics include anxiety disorder, learning disorders, and autism spectrum disorder (among others). Practical and clinical implications of research are emphasized as well as the importance of understanding typical child development. Prerequisite: 8.0 university credits including PSYC 2500H. Excludes PSYC 3580H.

PSYC 3730H: Intimate Relationships (Sc)
An examination of the development, maintenance, and breakdown of friendship and intimate relationships with emphasis upon individual differences in both quality and quantity of these relationships. Prerequisite: 8.0 university credits including PSYC 2700H.

PSYC 3750H: Health Psychology
Examines current views on the interface between psychosocial processes and physical health, focusing on theory-based psychological research and the practice of health psychology. Topics include models of health and illness, research methods employed, the impact of chronic illness on psychological well-being, and lifestyle and risk factors in various medical disorders. Prerequisite: 8.0 university credits including PSYC 2016H and 2017H (or 215) and 1.0 other 2000-level PSYC credit; OR 60% or higher in PSYC 1020H (102H) and 1030H (103H) or in PSYC 1010Y (101), NURS 2030H, 4.0 additional NURS credits, and co-registration in NURS 3030H. Excludes PSYC 343H, 353, 450.

PSYC 3760H: Human Sexuality (Sc)
Examines biological and social psychological components of human sexual development and behaviour from a life-span perspective in the North American context. Attention is given to formal and informal sexual socialization and to laws regulating sexual behaviour, with an emphasis on psychological research and theory and differing value perspectives. Prerequisite: 8.0 university credits including PSYC 2700H.

PSYC 4225H: Advanced cognitive neuroscience
This course will examine links between perception, cognition, and the central nervous system in detail. All topics will be approached from a systems-neuroscience perspective. Prerequisite: Minimum 65% average in completed PSYC courses; PSYC 3015Y (315) or 333; PSYC 3460H (366H) or PSYC – BIOL 3220H (376H); and at least 1.0 additional 3000-level PSYC credit. (PSYC 3015Y will be accepted as a co-requisite if the student has successfully completed 15.0 university credits.)

PSYC 4560H: Relationships and Health
This course explores lifespan developmental theory and research methodology in the area of personal relationships, emphasizing the influence of attachment relationships on health and wellness. Topics include influence of family and peer attachment relationships on physiology and physiological development, health promotion and health risk behaviours, and risk of disease and disease progression. Prerequisite: Minimum 65% average in completed PSYC courses; PSYC 3560H (384H) or 3730H (300H); PSYC 3015Y (315) or 333; and at least 1.0 additional 3000-level PSYC credit. (PSYC
3015Y will be accepted as a co-requisite, if the student has successfully completed 15.0 university credits). Excludes PSYC 433H.

**PSYC 4760H: Social Dimensions of Sexuality (Sc)**
A social psychological examination of sexuality. Social psychology and human sexuality are shaped by broader social contexts. Historical, cultural, interpersonal, and intrapersonal understandings shape our current knowledge about sex and sexuality. The focus is on the integration of social psychology and research with social aspects of human sexuality. Prerequisite: Minimum 65% average in completed PSYC courses; PSYC 3015Y; PSYC 3730H or PSYC 3760H; and at least 1.0 additional 3000-level PSYC credit.

**SOCI 2630H: Sociology of health and illness**
This course critically examines conceptualizations of health, illness, and disease, focusing on social determinants of health. Topics include income security, employment, and work; education, food production and access, education and literacy, Aboriginal health, and intersections of gender and health. Prerequisite: 60% or higher in SOCI 1000Y (100). Excludes SOC 3630Y (363).

**SOCI 4510H: Sociology of Sport and Leisure**
This course critically examines cultural and economic relations in sport and leisure. Topics include E-culture, outdoor recreation, spectator sport, informal play, and tourism. Topics will be explored from both historical and contemporary perspectives across the main theoretical positions in the field with emphasis on the dynamics of power and identity. Prerequisite: 10.0 university credits including SOCI 2110H or 2100Y (210) and 2150Y (215) and 2.0 credits at the 3000-level or permission of instructor. Excludes SOCI 451H.

**WMST-CAST-ERST 3141H: Gender, Health, and Environments**
Examines feminist engagements, in theory and practice, with environmental movements, issues, and health concerns, primarily in North America but with attention to north/south interconnections. Topics may include ecological feminisms, environmental justice, gender and climate change, environmental links to breast cancer and reproductive health, green consumerism, and gendered food politics. Prerequisite: 1.0 WMST, CAST, or ERSC/T credit, or permission of instructor. Excludes WMST-CAST-ERST 3140Y.