

# **COURSES TO FULFIL HEALTH AND PHYSICAL EDUCATION TEACHING SUBJECT 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)**

*(Not offered in the current academic calendar)*

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.

## **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 1001H (or both 1010H and 1020H) or permission of instructor.

## **ANTH-BIOL-SAFS 4440H: Nutritional Anthropology (Sc)**

Examines human dietary behaviour as a product of interactions among ecology, culture, and biology. It focuses on basic nutritional and ecological principles, diet from evolutionary, comparative, and historical perspectives, cultural factors influencing diet, food as medicine, and the impact of under-nutrition on human physiology and behaviour.

Prerequisite: ANTH 2410H or permission of instructor.

## **ANTH 4450H: Human Adaptability (Sc)**

*(Not offered in the current academic calendar)*

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. Not for credit toward a major or minor in Biology. Excludes BIOL 105.

**\*\*STRONGLY RECOMMENDED for Teaching Subject**

## **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. Not for credit toward a major or minor in Biology. Excludes BIOL 105.

**\*\*STRONGLY RECOMMENDED for Teaching Subject**

**BIOL-NURS 2250H: Kinesiology I: Anatomy of Human Movement (Sc)**

*(Previously offered, changed to KINE 2001H (would need permission of kinesiology if you are not in the KINE program))*

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 each of KINE 1001H and BIOL 1050H. Open only to students in the Kinesiology program. Equivalent to NURS-BIOL 2250H.

**BIOL-NURS 2270H: Kinesiology II: Exercise Physiology (Sc)**

*(Previously offered, changed to KINE 2002H (would need permission of kinesiology if you are not in the KINE program))*

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 each of KINE 1001H and BIOL 1051H. Open only to students in the Kinesiology program. Equivalent to NURS-BIOL 2270H.

**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 60% or higher in one of BIOL 2070H, 2110H, 3840H, or PSYC 2200H, and 60% or higher in an additional 0.5 credit at the 2000 level in BIOL or PSYC.

**BIOL 3660H: Critical Nutrition (Sc)**

Nutrition is the integrative science of what foods our body requires for health, growth, maintenance, and reproduction. This course covers the fundamentals of human nutrition, critically assesses evidence underlying dietary claims, and enables students to think critically about the complex interrelationships between food, nutrition, health, and society. Prerequisite: 8.0 university credits including 60% or higher in one of BIOL 2000H, NURS 2031H, MATH 2560H, or PSYC 2018H, and 60% or higher in an additional 0.5 credit at the 2000 level in BIOL, PSYC, or NURS.

**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: A minimum overall average of 65% in completed BIOL, BIOC, and/or BIOM courses and 12.0 university credits including BIOL 2070H and 1.0 BIOL credit at the 3000 level.

**BIOL 4190H: Biology of Physical Activity**

*(Previously offered, replaced with KINE 4190H (would need permission of kinesiology if you are not in the KINE program))*

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: A minimum overall average of 65% in completed BIOL /KINE courses and 10.0 university credits including BIOL 1051H or 3830H. Open only to students in the Kinesiology program, or with permission of instructor. Excludes BIOL 4190H.

**ECON 3840H: Health Economics**

*(Previously ECON - CAST - 3840H)*

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.

**ERSC-PSYC 3710H: Environmental Health (Sc)**

Examines environmental risk factors that affect human health and well-being, including diet and lifestyle, water and food security, exposure to chemicals, climate change, and the relationship between human and environmental health. Some principles of epidemiology are covered. Current topics in environmental health are examined in tutorial sessions. Prerequisite: ERSC 1010H and 1020H and one of ERSC 2230H, ERSC-INDG 2150H, ERST-INDG 2601Y, ERSC-BIOL 2701H; or BIOM 1000H, BIOL 1051H, and one of BIOL 2000H, PSYC 2018H, or PSYC 2019H

**GEOG-NURS 3820H: Health Geography**

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: One of GEOG-CAST 2710H or 2810H; or a minimum 60% in all required 1000- and 2000-level NURS courses; or BIOM 1000H and PHIL 2390H.

**GESO-NURS 2121H: Women and Health**

Addresses issues of importance to women as recipients and providers of health care and as subjects of health research. Students are introduced to various models of health and illness, and to the origins and theoretical underpinnings of the gendered dimensions of health in Canadian and global contexts. Prerequisite: 0.5 GESO or WMST credit at the 1000 level, or a minimum of 60% in all required NURS 1000-level courses, or permission of instructor. Equivalent to WMST 2121H

**HEAL-NURS 2005H: Health and Risk Behaviour (Sc)**

*(Only open to students in the Health & Behaviour program or the Nursing program.)*

Current trends in risk-taking behaviour are examined in the areas of tobacco and alcohol use, substance and drug misuse, violence and injury, nutritional and physical activity, and suicide. Risk behaviour and its impact on health are examined from a variety of worldviews, including biomedical, psychological, social, Eastern, and Indigenous perspectives. Prerequisite: HEAL-NURS 1005H.

**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 3060H: Theatre for Indigenous Communities**

Investigations in performance for Indigenous communities, focusing on the educational elements of Anishinaabeg storytelling. Skills in Indigenous dance/movement, ensemble work, music/voice, theatre games, storytelling, improvisation/clown, and Anishinaabemowin (Ojibwe language) are developed in class and taken into community workshop settings. Course fee: \$100. Prerequisite: One of INDG 2010H, 2020H, 2110Y or 3010H, or permission of instructor.

**INDG 3560Y: The Living History of Indigenous Dance and Theatre**

Explores Indigenous dance, theatre, song, orality, and performance art from its origins as an integral aspect of community life through to its living expression in the present. Reflects on the effects of colonial policies on Indigenous performance and its resurgence as a strategy for cultural revitalization. Recommended prerequisite: INDG 1001H, 2110Y, 2010H, or 2020H.

**INDG/ERSC/ERST 3730Y: Indigenous Peoples, Health and the Environment**

*(Previously offered)*

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

**ERSC/ERST-IESS-INDG 3731H: Understanding Indigenous Peoples' Health and the Environment (Sc depending upon topic)**

An introduction to the multidisciplinary field of environmental health and its application to understanding health among Indigenous peoples. Students gain an understanding of the concepts, theories, and methods used in environmental health. This course may be taken as a science credit by successfully undertaking an appropriate technical assignment. Prerequisite: One of ERSC 2240H, ERST-INDG 2601Y, or ERSC-INDG 2150H; or NURS 1000H, 1002H, and 1010H; or BIOM 1000H, PHIL 2390H, and 0.5 INDG credit. Not open to students with credit for ERSC/ERST-IESS-INDG 3730Y.

**ERSC/ERST-IESS-INDG 3732H: Addressing Indigenous Peoples' Health and the Environment Challenges (Sc depending upon topic)**

An introduction to the processes of environmental health risk/benefit assessment, management, perception, and communication and their application to addressing environmental health issues in Indigenous communities. Students are introduced to the processes used by communities to understand and address environmental and public health issues in the communities today. This course may be taken as a science credit by successfully undertaking an appropriate technical assignment. Prerequisite: ERSC/ERST-IESS-INDG 3731H. Not open to students with credit for ERSC/ ERST-IESS-INDG 3730Y.

**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: ERSC/ERST-INDG 3731H (or 3730Y) or permission of the instructor.

**NURS 2345H: Introduction to Injury Management (Sc)**

*(Previously offered, changed to KINE 3002H)*

Covers the fundamentals of sports injury management with emphasis on musculoskeletal injuries of the extremities. Emergency assessment, care, and treatment of the limbs, including basic taping and support techniques, will be covered. Review of functional anatomy provides the foundation for understanding the mechanisms of injury and possible injury prevention. Prerequisite: 60% or higher in BIOL 1050H and KINE 2001H. Open only to students in the Kinesiology program. Equivalent to NURS 2345H.

**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: Brain and Behaviour**

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/KINE 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 Teaching Subject**

**PSYC 2550H: Theories of Human Development (Sc)**

Provides students with both theoretical and empirical bases of current lifespan human development research. Students examine several lifespan developmental theories, including identity, psychosocial, cognitive, and socio-cultural development, as well as attachment. The course emphasizes original theoretical works and current psychological research rooted within those theories. Prerequisite: 60% or higher in PSYC 1020H and 1030H.

**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-KINE 2210H or PSYC-BIOL 3210H or NURS 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 2018H, 2019H, and 2400H.

**PSYC 3500H: Child Development (Sc)**

Provides students with an intensive examination of theory and empirical research in the field of child psychology. Topics covered include theories of development, advanced research methods, biological foundations, developmental changes in basic and complex psychological processes, cognitive and intellectual development, social and emotional development, and family and peer influences on children's behavior. Prerequisite: 8.0 university credits including PSYC 2550H; or 4.0 NURS credits; or 1.5 CHYS credits and 60% or higher in PSYC 1020H and 1030H. Not open to students with credit for PSYC 2500H.

**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 2550H; or 4.0 NURS credits; or 1.5 CHYS credits and 60% or higher in PSYC 1020H and 1030H.

**PSYC 3530H: Atypical Development (Sc)**

*(Previously offered, changed to PSYC 4150H)*

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-KINE 3725H: Sport Psychology (Sc)**

Introduces current theoretical, empirical and practical knowledge and application in the field of sport psychology. Applications of sport psychology are discussed from the perspective of athletes, coaches, trainers, and educational sport psychologists. Prerequisite: 8.0 university credits including PSYC 2018H and 2019H.

**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 or 2550H.

**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 2018H and 2019H and 1.0 additional 2000-level PSYC credit; or 60% or higher in PSYC 1020H and 1030H, NURS 2031H, 4.0 additional NURS credits, and co-registration in NURS 3031H.

**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 or 2550H.

**PSYC 4150H: 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 3500H, or 2.0 CHYS credits including CHYS 2005H and 60% or higher in PSYC 1020H and 1030H. Not open to students with credit for PSYC 3530H or 3580H.

**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 3016H (or 3015Y); PSYC-BIOL 3220H or PSYC 3460H; and at least 1.0 additional 3000-level PSYC credit.

**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 3016H (or 3015Y); one of PSYC 3560H, 3730H, or 3750H; and at least 1.0 additional 3000-level PSYC credit.

**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 3016H (or 3015Y); one of PSYC 3730H or 3760H; and at least 1.0 additional 3000-level PSYC credit.

**SOCI-GESO 2430H: Sociology of Gender**

Focuses on gender as a core aspect of social organization and inequality. Key concepts are gender, femininity, masculinity, sexuality, homosexuality, heterosexuality, and queer. Naturalist ideas and sociological analyses developed within feminism and lesbian and gay theories are studied. Prerequisite: 60% or higher in SOCI 1002H or 0.5 GESO credit. Not open to students with credit for SOCI-WMST 3430H.

**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 1002H or 60% or higher in SOCI 1001H and HEAL-NURS 1005H.

**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, 3151H, and 2.0 additional credits at the 3000 level of which at least 1.0 must be SOCI.

**GESO-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: 7.0 university credits including 0.5 GESO or WMST credit at the 2000 level or beyond, or permission of instructor. Not open to students with credit for WMST-CAST-ERST 3140Y. Equivalent to WMST 3141H.