

NIPISSING

U N I V E R S I T Y

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Bachelor of Physical and Health Education

The Bachelor of Physical and Health Education (BPHE) program offers a unique option for students seeking a four-year degree program that balances the science-based study of human movement and kinesiology with curricular opportunities that broaden socio-cultural experiences and promote health and wellness through physical activity and education.

Students learn both the underlying scientific basis of human movement and apply that understanding through regular participation in sport and physical activity. Our program's philosophy — education through the physical — enriches student awareness, deepens understanding, establishes disciplined habits of thought and prepares students for meaningful careers.

In addition, our curricular opportunities are supported by strong, faculty-driven research programs which provide students with direct and indirect experiences. Students are offered a multidisciplinary approach to discovery, dissemination, and application of knowledge related to the benefits of active, healthy behaviours on the prevention and treatment of disease. Ultimately, through the achievement of cognitive, affective, and psychomotor goals, students in the BPHE program will recognize the importance of their role as advocates to encourage health enhancement and disease prevention.

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Why Nipissing?

Notable elements of the BPHE program include:

- **Practical physical education and physical activity courses** — Through participation in a wide breadth of sports and physical activities, students gain an applied understanding of the diverse forms of human movement and behaviours studied in the BPHE curriculum. Furthermore, it is hoped that these practical courses will help students form the habit of incorporating physical activity into their daily lives and develop an understanding of how an active, healthy lifestyle fosters personal growth and enables one to meet the challenges of society.
- **Community leadership placements** — Students are required to complete an experiential, service-learning component (50-hours each) in third and fourth year of the program. The community leadership component places students within local health, physical education, physical activity and sport organizations to contribute to the development of leaders in the field and to develop on-going relationships with community-based services.
- **Breadth of course offerings** — Students also have the opportunity to take many elective courses in the BPHE program, for example with emphasis on the pedagogy of physical and health education (for careers in teaching and coaching), or an emphasis on professional kinesiology (for careers in kinesiology and other allied health professions). Graduates of the BPHE program are eligible to apply to write the College of Kinesiologists of Ontario exam to become a Registered Kinesiologist.

What does my first year look like?

In the first year of the BPHE program, students learn fundamental concepts in core courses such as anatomy, health, growth and development, leadership and professionalism that subsequent courses in second, third and fourth year will build upon. Each year in the BPHE program, students will choose six practical courses (such as swimming, gymnastics, basketball, volleyball, and more) that will help bridge theory to practice.

Where Can I Go After Graduation?

Many students each year choose BPHE with the goal of also completing a Bachelor of Education degree to become a certified teacher. Many other students go on to pursue careers as registered kinesiologists, physiotherapists, occupational therapists, chiropractors, medical doctors and more. Other students choose to pursue further scientific study of human movement, such as in our Master of Science in Kinesiology graduate program and eventually go on to complete a PhD with an aim to work in research or post-secondary education. We also see graduates choosing careers in coaching, sport and recreation organizations, and public health agencies.

TOP 3
in **STUDENT**
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among primarily undergrad
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For a
sample timetable
and more information
on the program, visit
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ONE STUDENT AT A TIME

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