

## Open House 2.0 FAQs

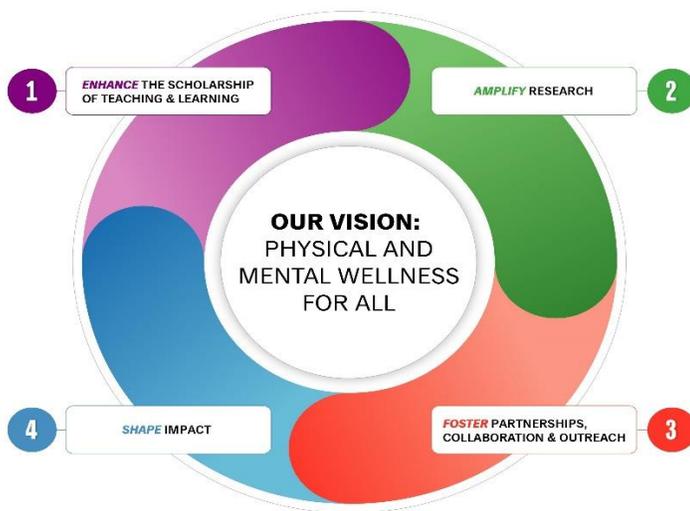
### GENERAL SCHOOL AND PROGRAM INFO

#### What does HAHP stand for?

HAHP is short for 'Health and Human Performance' – e.g. The School of HAHP

#### What are the Mission, Vision, and Values for the School of Health and Human Performance?

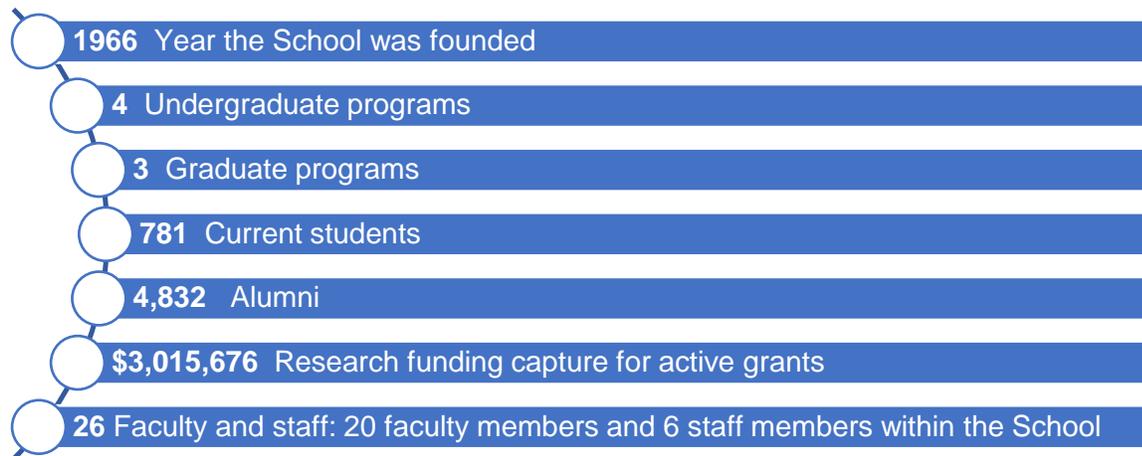
Our vision is physical and mental wellness for all. For the full Mission, Vision, Values statement, and our strategic plan visit: <https://www.dal.ca/faculty/health/health-humanperformance/about/mission-and-vision.html>



#### To what Faculty at Dalhousie does the School of HAHP belong?

The School of Health and Human Performance falls under the umbrella of the Faculty of Health at Dalhousie

### HAHP At a Glance (Fast Facts – 2019 data):



### Are HAHP programs ‘Health Sciences’?

Although Kinesiology, Health Promotion and Therapeutic Recreation are often considered applied health sciences, The School of Health Sciences at Dalhousie is separate from the School of Health and Human Performance. The School of Health Sciences offers diagnostic imaging programs/Bachelor of Health Science (BHSc) in four professional disciplines: Diagnostic Medical Ultrasound, Nuclear Medicine Technology, Radiological Technology, and Respiratory Therapy. They also offer Medical Laboratory Technology as a Post Diploma program.

### What makes the School of Health and Human Performance (HAHP) unique?

There are many unique qualities about the School of HAHP including our focus on prevention, our small intimate and unique programs, and our hands-on learning opportunities. Our equity, diversity and inclusion lens to health promotes conditions that enhance health and maximize performance for all people and communities, but especially marginalized populations.

We offer the only combined Recreation degree. Our Therapeutic Recreation program was the first in Canada to be accredited. Our Kinesiology program offers four introductory courses in first year alone as well as unique career exploration and alumni networking opportunities. All HAHP programs include a required internship (Health Promotion, Therapeutic Recreation, Recreation Management) or practicum option (Kinesiology) and other applied course work and service learning to help students build skills for a smooth transition into exciting careers upon graduation.

HAHP students also complete an [interprofessional learning portfolio](#) as part of their degree, a requirement unique to Dalhousie’s Faculty of Health.

For more information on our programs and what makes us unique please visit: [www.dal.ca/hahp](http://www.dal.ca/hahp)

### What programs does the School of HAHP offer?

HAHP offers 4 programs: Bachelor of Science, Health Promotion (4 years), Bachelor of Science, Kinesiology (4 years), Bachelor of Science, Therapeutic Recreation (4 years) and a combined Bachelor of Science, Recreation/Bachelor of Management dual degree (5 years). Although our degrees all carry the Bachelor of Science name in title, they do not fall under the Faculty of Science at Dalhousie but the Faculty of Health.

### How big is the School of HAHP?

We currently have about 800 students in our School and approximately 26 faculty and staff.

### How many students do you take each year into the various HAHP programs?

We admit approximately 150 students each year into Kinesiology, approximately 40-50 students to Therapeutic Recreation and Health Promotion, and approximately 20-25 students to the Recreation Management program.

### What are the admission requirements for HAHP programs (High School)?

<b>Program</b>	<b>English (min 70%*)</b>	<b>Other subjects (min 70%*)</b>	<b>Notes</b>
<b>Therapeutic Recreation</b>	✓	None	<i>Encouraged to participate in recreation activities prior to entry</i>
<b>Recreation Management</b>	✓	<b>Academic Math</b>	<i>Encouraged to participate in recreation activities prior to entry</i>
<b>Health Promotion</b>	✓	<b>Biology OR Chemistry</b>	
<b>Kinesiology</b>	✓	<b>Academic Math</b> <b>* Bio, Chem, Physics is recommended</b>	<i>Competitive; minimum may not guarantee entry; also recommend sciences</i>

### Transfer students

- Minimum GPA of 2.3\* and must fulfill subject requirements for the program to which they wish to apply (English and/or Math and/or Biology or Chem – as above).

\*Note: Early admission averages may be set higher. Meeting the minimum does not guarantee admission. Kinesiology is more competitive than some other HAHP programs and often competitive averages are set higher for that program.

For full details on admission to HAHP programs please contact [admissions@dal.ca](mailto:admissions@dal.ca) or visit: [https://www.dal.ca/admissions/undergraduate/hs\\_applicants.html](https://www.dal.ca/admissions/undergraduate/hs_applicants.html)

### Do you have an Equitable Admissions Policy?

Yes. Consideration is optional and includes students who self-identify as belonging to historically underrepresented groups: Persons of Aboriginal/Indigenous ancestry (especially Mi'kmaq), members of racialized groups, persons of African descent (especially African Nova Scotians), Acadians, persons

with disabilities, and persons belonging to minority sexual orientation and/or gender identity (SOGI) groups. To be considered for admission under this policy, students must meet the minimum requirements for admission and must not have been admitted through the regular admission process. The application and a written statement outlining his/her motivation for applying must be submitted to the Registrar's Office no later than March 15.

Please visit <https://www.dal.ca/faculty/health/health-humanperformance/programs/equitable-admissions-policy.html> for more information.

### **Can I start a HAHP program in January?**

Normally, no. HAHP admits students only in September.

## **TRANSFER STUDENTS**

### **Is it easy to transfer into a HAHP degree program if I am already in another degree?**

Depending on the program you are coming from and the number of years you have already studied, it can be relatively easy to transfer into a HAHP degree - provided you meet the admission requirements and deadlines to apply. Many students who transfer from other programs after first year can often complete their new HAHP program in the regular four (or five, for Recreation Management) years total time. Students who have already completed a degree (at Dal or elsewhere) are able to count up to half of their credits (for example, 60 credit hours for a 120-credit hour degree program) towards their new HAHP degree. Due to the nature and structure and course sequencing more than 2 years may still be required to complete the remaining degree requirements, even if carrying forward a full 60 credit hours of course work from a previous degree. More information for transfer student admissions can be found [here](#). For information on your specific situation please speak with a HAHP [advisor](#) or member of our admissions team ([admissions@dal.ca](mailto:admissions@dal.ca)).

### **How may courses would count?**

What courses would transfer towards a HAHP degree really depends on the program to which you are applying, your grades and what courses you took. Transfer credits for courses with grade of C or higher are assessed upon request after you are accepted and have accepted your place in the program. Some International Baccalaureate (IB) and Advanced Placement (AP) courses can also be considered for transfer.

Most of our programs do have approximately 30 credit hours of 'open' electives required and so many courses which may not be specific HAHP-related subjects or requirements can count towards those open electives which is often where a lot of general transfer course work ends up being applied.

For external transfer students, more information can be found [here](#), including a transfer equivalency table for courses from other institutions. You can also use our [program of study forms](#) outlining the requirements for each program to estimate what you have already completed and what might transfer. Please feel free to consult with an [advisor](#) or [transfercredits@dal.ca](mailto:transfercredits@dal.ca) (once you have been accepted) about your specific situation.

### **How do I transfer?**

Information for external transfer applicants (students wishing to transfer from another institution to Dalhousie) can be found [here](#). If you are already a Dalhousie student, you would need to apply to the

new program via Dal Online (Web for Students, Admissions, Returning Dalhousie application for Health Professions) and your previous Dalhousie credits should be automatically assessed for transfer if you are accepted to a new program. Please speak with a HAHP [advisor](#) for details on your specific situation and for help with course planning and information on degree completion timelines.

## **INTERNSHIPS AND PRACTICUMS**

### **What is the internship portion of the programs like?**

Students in their final year of the Health Promotion, Therapeutic Recreation and Recreation Management programs complete a term-long internship (worth 15 credit hours) following the completion of all other course work. Students are supported in finding exciting and rewarding placements at various public, private, government, and non-profit agencies through internship coordinators in the School. Internships include academic work (reflection assignments, a networking component, etc.) and special service-learning project. Supervisors and internship coordinator provide regular feedback on student progress and a grade is assigned for the internship just like for other course work.

### **What is the advantage of doing an internship and what kinds of internship opportunities exist for HAHP students?**

An internship is required as part of our Health Promotion, Therapeutic Recreation and Recreation Therapy programs. An internship is also a required component for eligibility to write an exam to obtain certification as a Therapeutic Recreation Specialist by NCTRC. Internships are a great way to apply learning from courses to 'real life' projects and work. Internship experiences are also a great way to network and build up your resume prior to graduation - a perfect segue into the work world following the completion of a degree program in HAHP. During Covid, the internships have operated virtually with some being in-person where possible/necessary.

### **What is the practicum in Kinesiology?**

In Kinesiology at Dalhousie students have the option of taking a 3-credit-hour practicum course in their final year – KINE 4600. The practicum provides students with the opportunity to broaden their scope of practice in Kinesiology by developing employment skills, enhancing professional and communication skills, and allows the translation of classroom learning to an applied workspace setting. Students must spend a minimum of 25 hours under the supervision of a mentor over the course of 6-10 weeks. A mentor/supervisor can be a kinesiologist, physiotherapist, exercise physiologist, fitness professional, ergonomist, sport scientist, certified coach or other kinesiologist-related professional. Students are placed depending on their interest and experience. During Covid, the practicum course operates more like a case studies course.

### **What other specialized and practical opportunities are there in the Kinesiology program?**

In years three and four of Kinesiology students can choose from a multitude of practical and seminar courses in special topics that allow an in-depth and hands-on experience on very specific topics within Kinesiology. Some examples include: Lumbar Spine Function and Dysfunction, Senior Seminar in Sports Nutrition, Physical Activity for Persons with Disabilities, and Coaching and Performance Coaching Practicum courses. For a full list of offerings see: [www.dal.ca/timetable](http://www.dal.ca/timetable) (search for 'Kinesiology' as the subject and click on Fall/Winter and 'All' to display all offerings; scroll to pages showing courses coded with a 3 or 4 at the start (signifying 3<sup>rd</sup> or 4<sup>th</sup> year courses in Kinesiology. To view individual course descriptions, simply click on the arrow next to the course title.)

## NATURE AND STRUCTURE OF HAHP DEGREES

### **What are the main differences between the different programs in HAHP and how can I know what will be the best fit for me?**

Kinesiology is the study of human movement and human kinetics and is our most science-based program, requiring 12 credit hours of introductory science where students choose from such subjects as Biology, Chemistry, Psychology and Math. An introductory Physics course is part of the requirements in year two. Most required Kinesiology courses are lecture plus lab format where students learn skills and competencies in Kinesiology through both theoretical and applied learning. Success in Kinesiology requires some scientific reasoning ability. Students will learn about a wide range of Kinesiology right in first year – from Psychology of Sport to Physical Activity to Ethics in Kinesiology and customize their degree with more specific Kinesiology electives in years three and four.

Health Promotion is our broadest health program at Dal and in the School of HAHP where students learn about prevention with a focus on the underlying determinants of health and how these affect individuals and communities. Students in Health Promotion can expect to learn about theories of health promotion and do a lot of writing, program planning and project work, including group work and applied service learning in the community.

Therapeutic Recreation is a helping profession with the main goal of improving the quality of life of individuals with disabilities, illness or other marginalized populations through leisure and recreation. The Bachelor of Science, Therapeutic Recreation program prepares students to become a Certified Therapeutic Recreation Specialist (CTRS) through NCTRC (see: [www.nctrc.org](http://www.nctrc.org)). Students in Therapeutic Recreation can expect to do a lot of program planning and project and group work, as well as applied service learning in the community and experiential learning with simulated patients in upper year classes.

Recreation Management is a dual degree program that teaches students the foundational concepts within recreation but also prepares them with business competencies to work in many different sectors including recreation and leisure service industry, tourism, arts and culture, sport and more. Course work in upper years includes specialized courses in Recreation Entrepreneurship and Special Events, Financial Management and Fundraising, Introduction to Marketing, Professional Communication Skills and more. Students take some financial math course work in this program and can expect to complete a lot of applied learning and project work, including group work and writing assignments.

We also have many students that begin their journey in one HAHP program and then apply to transfer to another after first year. This can often be a relatively seamless transition and one our advisors and admissions team are happy to help students navigate if they wish to transfer programs.

### **What are labs and tutorials and do HAHP programs require them?**

Labs are an applied component or portion of a course. They would operate much like high school science labs. Labs are typically required and happen on a bi-weekly basis. Tutorials are also linked with classes. Some are required and others are optional. Students are encouraged to attend tutorials even if they are optional because they are typically meant to provide extra support for the lecture portion of the course - to give time for you to work on specific assignments or to ask questions.

Kinesiology is the only HAHP program that has labs as part of most required courses in that degree. Some other programs have support course work with labs (e.g., Health Promotion and Therapeutic Recreation require introductory psychology which has a lab component).

Tutorials are required for some support course work for some courses in HAHP (e.g., as part of ENGL 1100, Writing for University, which is required in the Kinesiology and Health Promotion programs).

When there is a lab or tutorial component, you must register in the lab/tutorial alongside the lecture for a given course.

### **What does a typical first year look like?**

The first year of HAHP programs is very structured and mostly laid out for students, usually with at least one elective choice per term. To see our recommended first year courses/worksheets for the Fall 2020 entry year please visit (note these are usually revised for each entry year):

<https://www.dal.ca/faculty/health/health-humanperformance/current-students/undergraduate-forms.html>

### **What will I learn in Health Promotion?**

Students in Health Promotion can expect to learn about key concepts such as upstream approaches to health (prevention), social determinants of health, equity diversity and inclusion and its impacts on health, the built environment and more. The two streams in Health Promotion are *Community Health Promotion* and *Health Promotion Research and Policy* and required courses vary depending on the stream students choose, although the first year of the program is a common year and many courses are common/foundational including Program Planning, Health Promotion Theory, Health Promotion Policy, Community Development, Strategies in Health Promotion, etc. Students will engage in group and project work and complete a required term-long internship at the end of the program. There is a heavy emphasis on writing assignments in Health Promotion.

**What will I learn in Kinesiology?** Students in Kinesiology can expect to learn about the science of human movement and human kinetics through a multidisciplinary lens. Lectures and labs will help students build skills and competencies in Kinesiology (assessment, measurement, exercise prescription, etc.). Foundational courses include Anatomy, Physiology, Kinesiology and Physical Activity, Psychology of Physical Activity, Biomechanics, Motor Control, Kinesiological Anatomy, Physiology of Exercise, and others. The first two years of the program are relatively structured with some options for science course work. Students can customize their Kinesiology degree with a wide variety of open, science and Kinesiology electives and senior seminar (special topic) courses. Some examples include: Care and Prevention of Injuries, Advanced Biomechanics, Principle of Skill Acquisition, Senior Seminar in Sports Nutrition, Senior Seminar in Hips and Shoulders, and Senior Seminar in Physical Activity and Chronic Disease.

For a full list of offerings see: [www.dal.ca/timetable](http://www.dal.ca/timetable) (search for 'Kinesiology' as the subject and click on Fall/Winter and 'All' to display all offerings; scroll to pages showing courses coded with a 3 or 4 at the start (signifying 3<sup>rd</sup> or 4<sup>th</sup> year courses in Kinesiology. To view individual course descriptions, simply click on the arrow next to the course title.)

**What will I learn in Therapeutic Recreation?** Students in Therapeutic Recreation will learn about the foundations of recreation, theories on topics like play and inclusion, and about working with marginalized populations. Students can expect group and project work, community service learning, and to develop skills in writing, program and special events planning, counselling, and the administrative application of therapeutic recreation. Students will participate in a slew of hands-on learning including peer assisted and patient simulated learning and an internship in the last term of their degree. A unique Recreation Orientation in first year (fondly known as Rec-O!) is a cornerstone of the program -- a way for students to become introduced to key concepts in the course as well as connect with other students and professionals in the field in their program from day one. The degree prepares students to write the exam to become a CTRS (Certified Therapeutic Recreation Specialist) through NCTRC (see [www.nctrc.org](http://www.nctrc.org)).

**What will I learn in Recreation Management?** Recreation Management students also participate in Rec-O (see above) and take many common courses with Recreation Therapy students in years 1-3 of the program. As such, students in Recreation Management will learn the foundations of recreation from the Recreation side of the degree but also business competencies in ethics, financial management, marketing, data analytics, and more through the Management side of the degree. Specialized courses in Recreation Entrepreneurship and Special Events, Recreation Facility Design and Operations Management, Financial Management and Fundraising, and Management Strategy round out the upper years of the program as does a required internship placement in the last term of the program. Students in Recreation Management can expect group and project work, community service learning, program, and event planning and more.

**What is the Interprofessional Health Education Portfolio which is required for all HAHP degree programs?** Dalhousie University is unique in requiring all Faculty of Health students, as well as students in the Faculties of Dentistry and Medicine, to complete an Interprofessional Health Education Portfolio (IPHE 4900) as part of their degree. Through IPE experiences students will interact with students from other health professions, both in their own School and outside, and learn about the importance of collaborative and patient-centered care. IPE experiences can be tied with classes, offered as special events, or fulfilled through mini courses offered by the Faculty. Interprofessional activities are designed to enhance knowledge, understanding and respect for the expertise, roles and values of other health and human service professionals. HAHP students usually need to complete a total of 8 IPEs to graduate. The number is pro-rated for transfer students and based on the length of time they are enrolled in their respective program.

**What required courses do I have to take for my program in HAHP?**

Please refer to course planning documents (First year worksheets and Program of Study forms) here: <https://www.dal.ca/faculty/health/health-humanperformance/current-students/undergraduate-forms.html>

**As a HAHP student am I able to do a minor in another area?**

Due to the nature and structure of our programs, students in most HAHP programs do not declare minors or other majors as part of their degree programs. Recreation Management students only have the option of declaring a minor as part of the Management side of that degree (but it is not mandatory to do so). Open and health-related electives allow HAHP students to pursue courses in other subject areas outside of their respective degree programs. HAHP students are also able to include certificates as part of their degree programs – more information on certificate options can be found [here](#). In some cases, dual degrees are possible (consult an advisor if you are interested in learning more).

**What “extras” may be available to me during my degree? (certificates, etc.)**

All HAHP programs have a fourth year honours option as well as opportunities for independent study courses (up to 6 credit hours). An honours would provide an introductory research experience and the ‘honours’ designation on the degree/parchment whereas independent study courses provide students with the opportunity to further customize their program and work closely with a professor on a specific topic of interest not available as a regular course. HAHP students are also able to declare [certificates](#) which can be earned with their degree (these can be taken within the degree requirements or as ‘extra’ courses if desired/necessary). Health Promotion, Recreation Management, and Therapeutic Recreation programs all have required term-long internships (15 credit hours) and Kinesiology has an optional practicum course (3 credit hours). Students can also customize their HAHP degree using their open and/or health related electives (if applicable).

**What courses do you offer in the summer term?**

With a few exceptions, most required courses in the subjects of Health Promotion, Kinesiology, Recreation Therapy (Leisure) and Recreation Management (Leisure and Management) are only offered in Fall or Winter (some Health & Human Performance core courses are offered both terms). However, students can pursue electives and support course work during the spring/summer terms if desired. Several Management courses for the Recreation Management degree are offered during spring/summer terms.

**Can I finish my degree sooner than four years (or five for RM)?**

Possibly. HAHP programs are quite structured by nature so the typical timeline for completion is four years (five for Recreation Management). However, it may be possible to take summer courses and complete the requirements in a shorter time frame (it might be possible to complete in a term or year less). For various reasons (workload, financial considerations, family commitments, other), some students also opt to spread their course work out over an additional term or year – extending the completion time voluntarily - if that is what works best for them.

**Where do I go for more information on HAHP programs?**

Please visit our website for more information ([www.dal.ca/hahp](http://www.dal.ca/hahp)) or contact an [academic advisor](#) in the School.

## STUDENT EXPERIENCE

**What kind of research do you do in HAHP?**

There are many ways for students to get involved with research at the undergrad and graduate levels. All our programs offer an honours option and many students volunteer in labs, project, or research centres to build research experience under the supervision of our expert faculty members. For more information on the types of research taking place in our School please visit our research pages and [videos](#) on our website: <https://www.dal.ca/faculty/health/health-humanperformance/research.html>

**What is an ‘honours’ and do your programs have that option?**

An honours degree is usually required for admission to **graduate programs** (e.g., master's and doctoral degrees) because of the depth of study, the minimum GPA, and the fourth-year research project or seminar (honours essay). All four HAHP programs offer an honours option. In addition to the honours thesis course, the honours programs require the completion of additional course work. For Health

Promotion and Leisure students, an advanced/applied research methods course is required. For Kinesiology students, an additional math or statistics course is required. Students must meet specific GPA and minimum course grade criteria to be eligible and would apply to enter the honours program prior to their senior year.

### **What are the professors like in HAHP?**

So amazing! In the School of HAHP, we pride ourselves on being approachable and friendly. Our small school and programs mean students typically get to know their professors very well throughout the course of their degree program. You will be taught by some very smart and interesting people who are experts in their fields. Several of our professors have also won prestigious teaching awards. Take a sneak peek at our faculty compliment and learn about some of the amazing research they do here and through the research pages on our website: <https://www.dal.ca/faculty/health/health-humanperformance/faculty-staff.html>

### **What extra-and-co-curricular opportunities are your students involved with outside of class? (SAHHPer, program societies, intramurals, varsity, volunteering, etc.)**

Our School has a very active student body. The nature of our programs means that our students are often engaged in community and volunteer work inside and outside of the classroom from before first year and onward! We have a very active student society called The Student Association of Health and Human Performance (SAHHPer for short), as well as individual program societies for each area (Health Promotion, Kinesiology, and Recreation). Many of our students are involved in varsity or intramural sports and [a record number hold the title of 'Academic All Canadian'](#) - meaning they achieved a GPA of at least 3.50, over the academic year while competing in a varsity sport. At Dalhousie, there are so many ways to get involved and HAHP students are well-represented in activities across and outside of campus.

Our SAHHPer students have put together a [video](#) entitled '[Life as a HAHP Student](#)' so be sure to check that out on our Open House 2.0 program booth pages or on our website.

### **Where do I go for more information on HAHP programs? (website, fact sheets, advisor contact info)**

For more information on HAHP degree program please review our program [fact sheets](#), visit our website at [www.dal.ca/hahp](http://www.dal.ca/hahp) or talk to an [academic advisor](#) in the School.

## **HAHP CAREER INFORMATION**

### **What can I do with a degree in Health Promotion? (sample job titles, fields)**

The opportunities are growing as governments, organizations, and private businesses see the value of preventative health and enhancing wellness. Since you will not only learn the theory, but also put it to practice in real-world situations, you will be well prepared for exciting careers in many areas where health has an impact on people's lives. Examples include:

- community health worker
- health promoter for chronic disease and injury prevention agency
- child injury health promotion specialist

Future studies could include programs at the graduate level in health services research, medicine, or business administration.

**What can I do with a degree in Kinesiology? (sample job titles, fields)**

Job opportunities directly related to kinesiology are available in a variety of sectors. Because of the flexibility and individualization of the program, and the opportunity to take part in interprofessional learning, you will be well prepared for the multi-disciplinary approach used in many workplaces. After graduation, you could find yourself in any of the following careers:

- athletic therapist
- personal trainer
- ergonomics consultant
- health and safety manager
- chiropractic assistant

Many students choose to continue their studies by pursuing a Master of Science (MSc) in Kinesiology right here at Dalhousie. Your degree in kinesiology also gives you a rich base for further professional studies in fields such as medicine, nursing, physiotherapy, occupational therapy, chiropractic, law and more.

**What can I do with a degree in Therapeutic Recreation? (sample job titles, fields)**

Dalhousie students have higher than the national average of pass rates for the NCTRC exam. Within the testing period of 2017 to 2019, of the 64 Dalhousie students that wrote the exam 98.4% passed (National average is 81.6%). 2019 saw a 100% pass rate!

Graduates from Dalhousie's Recreation program are in demand now, as public, and private organizations plan for an aging and increasingly diverse population. Therapeutic recreation is a rapidly growing field, and new career opportunities are constantly being created. You will be well prepared to start a rewarding career as a member of an interdisciplinary team within the healthcare and recreation sectors. You might consider careers in the following areas:

- rehabilitation
- pediatrics
- palliative care

Future studies could include programs at the graduate level in science, health, or business administration.

**What can I do with a degree in Recreation Management? (sample job titles, fields)**

The demand for professionals in the fields of recreation and leisure is increasing as people, communities and governments prioritize healthier lifestyles. Because you will graduate with two degrees, you can take advantage of career options in both recreation and management as well as finding positions that combine the two disciplines.

Opportunities are available in such industries and organizations as municipal recreation agencies, national sport governing bodies, festival and special event management, professional sport organizations, tourism and leisure and sport marketing. Some career options to consider:

- events and promotion
- sports marketing and development
- recreation programming

Future studies could include programs at the graduate level in business administration or a professional degree such as medicine or law.

### **Can I get a job directly out of the undergraduate degree programs in HAHP?**

Yes! Our required internships and the hands-on, experiential learning students do in HAHP classes prepares them extremely well for the transition into careers directly following the completion of their degrees. If students desire to pursue future studies following their undergraduate degree, our advisors are also happy to support them with advice, degree, and career planning along the way!

## **OTHER**

### **What is a Certified Therapeutic Recreation Specialist and how does the Therapeutic Program prepare students for CTRS designation?**

Through specialized and support course work and the internship component, as well as support from faculty and administrators in the program and School, our Bachelor of Science, Recreation program prepares students to write the National Council for Therapeutic Recreation Certification (NCTRC) exam to become a Certified Therapeutic Recreation Specialist (CTRS). For more information on the profession and certification see: <https://canadian-tr.org/about-new/> and [www.nctrc.org](http://www.nctrc.org)

### **Are HAHP programs accredited?**

Dalhousie's Therapeutic Recreation program was the first to be accredited in Canada by the Commission on Accreditation of Allied Health Education Programs.

### **What is the best program to take if I want to get into medical school or another professional or allied health program after my undergraduate degree?**

Most medical schools do not require a specific type of undergraduate degree for admission purposes. For example, eligibility for admission to Dalhousie's Undergraduate medical Education program requires applicants to meet minimum academic requirements (GPA, MCAT) and minimum non-academic requirements as determined from CASPer, MMI, and Personal Statements/Supplemental. Some but not all medical schools do require specific *courses* for admission (e.g., specific science courses, language/humanities/social science courses, etc.).

As such, there are often multiple pathways to studying medicine. Students are encouraged to pursue an undergraduate degree in which they are interested/passionate about and one that will help prepare for the MCAT and develop skills and attributes conducive to ensuring a positive contribution to the profession of medicine. These include factors such as, but not limited to, social values, critical thinking, communication skills, empathy, resiliency, intellectual curiosity, teamwork, leadership, etc.

Your chosen program should allow space for any prerequisite course work you necessary to help prepare you for the MCAT or prerequisite courses specifically required by the medical school(s) to which you plan to apply. All HAHP programs can typically accommodate this type of course work and therefore may be conducive to preparing you for medical school.

### **Why would I choose Recreation Management over Kinesiology or vice versa?**

Students interested in the science of human movement and kinetics (or the science *behind* motion) and maximizing human performance as it relates to movement would fit better with Kinesiology whereas those who are less inclined towards science and who want to learn about recreation and business or certain areas within sport would lean more towards our Recreation Management program.

With respect to the focus on sport, Kinesiology is more concerned with exercise physiology, coaching and training aspects of sport whereas Recreation Management may be more conducive to careers in athlete management, sport and recreation facility operations or event management, and entrepreneurial sport and/or recreation business endeavours. (It should be stated that sport is just one of the many sectors in which Kinesiology and Recreation Management alumni work - see FAQs on 'What Can I do with a degree in Kinesiology?' and 'What Can I Do with a degree in Recreation Management?').

There are also differences in program structure. Kinesiology is our most science-based, 4-year program, requiring 12 credit hours of science courses and labs from a specific list as well as an introductory Physics course. Elective options for Kinesiology course work in years three and four include a 3-credit-hour practicum course (as well as many other practicum and applied course options). Recreation Management requires less science course work but more of a focus on business and financial math. Students complete a required term long internship at the end of their program which yields two degrees in 5 years (a BSc Recreation as well as a Bachelor of Management), leading to versatile career options.

If you are considering both programs or are unsure, a great tip is to read through the [program requirements](#) and [course descriptions](#) for each and speak with an [academic advisor](#).

### **How does Health Promotion compare to Nursing?**

Although they share some similar philosophies and common classes (e.g., Anatomy, Physiology, Human Growth and Development) and are both considered health professions, the Health Promotion and Nursing programs at Dalhousie are quite different from one another and from other HAHP programs. The Bachelor of Science, Nursing is a very structured applied, clinical program which prepares students to become an RN, or Registered Nurse. Health Promotion is an applied science program with a unique focus on prevention and encouraging the health and well-being of individuals and their communities. There are no clinical components but the BSc Health Promotion program at Dalhousie does require the completion of a term-long, 15 credit hour internship, giving students a comprehensive practical experience prior to graduation. If you are considering Nursing but also interested in Health Promotion, please feel free to discuss your questions with an advisor or admissions representative in the School of HAHP and/or Nursing.

## STUDENT SUPPORTS AND ADVISING

### **What kind of supports are there for HAHP students?**

All HAHP students have access to all the regular services for students at Dalhousie as well as two dedicated Student Services Administrators within the School. Some services which are commonly accessed by our students include Accessibility Services (for learning accommodations), Dalhousie Health & Wellness (physical and mental health practitioners), The Bissett Student Success Centre (professional and career advising), Human Rights and Equity Services, Indigenous Student Centre, Black Student Advising Centre, our Studying for Success study skills program, and the Writing Centre. See here for a full listing of services: [https://www.dal.ca/current\\_students.html](https://www.dal.ca/current_students.html)

### **Who do I see for academic/program advising in HAHP?**

Our school has two dedicated Student Service Administrators who advise all HAHP students. Their contact information can be found [here](#).

Students in HAHP also have access to success advisors in Dalhousie's Bissett Student Success Centre for professional and career advising ([advising@dal.ca](mailto:advising@dal.ca)).

Students in Recreation Management also access advising via the Management Advising Office at Dalhousie ([uao@dal.ca](mailto:uao@dal.ca)).

## GRADUATE PROGRAM INFORMATION

### **What graduate programs does HAHP offer?**

HAHP offers a Master of Arts, Health Promotion as well as a Master of Arts, Leisure Studies and a Master of Science, Kinesiology.

### **What are the minimum requirements for admissions to HAHP grad programs and what other considerations are there for admission?**

Minimum requirements and application information for all programs:

- Completion of a four-year bachelor's degree from a recognized university
- A 3.5 GPA in the final two years of undergraduate study
- A reasonable match of research interests between a potential thesis advisor and the student.
- Completion of an introductory statistics course with a final grade of 'B' or better.
- Completion of a research methods course.
- Previous research experience is an asset.

Program-specific requirements

- Health Promotion - Candidates must have a sufficient background in health promotion with at least 24 credit hours in health promotion or health-related courses.
- Kinesiology - Candidates must have a sufficient background in kinesiology and must hold a four-year honours or honours-equivalent degree in kinesiology or a related discipline.
- Leisure Studies - Candidates must have a sufficient background in recreation, leisure studies, or a related field.

To apply candidates have to submit their application [online](#) and send the required supporting [documents](#) to [hahpgrad@dal.ca](mailto:hahpgrad@dal.ca).

One key factor of the application is to secure a potential supervisor, so we strongly suggest candidates to reach out to the faculty of the department they are applying for and see if there is any professor who is willing to supervise them based on shared research interests. List of faculty members [here](#) and then just click on the department on the right-side menu to learn more about each faculty member.