### First Year Course Planning Guide

The guide below can be used to assist you with your first-year course selection. Use the table below, the academic timetable and the schedule worksheet to build your schedule. Plan your required courses first, and then choose your electives based on your interests and future goals. For complete degree requirements, see the Academic Calendar at [www.dal.ca/calendar](http://www.dal.ca/calendar).

Transfer students and any student with questions about Therapeutic Recreation course selection should contact one of the HAHP advisors: Heidi Tracey Baillie at htb@dal.ca or Lindsay Currie at lindsay.currie@dal.ca

<table>
<thead>
<tr>
<th>Fall</th>
<th>Winter</th>
</tr>
</thead>
</table>
| **Leisure Studies (LEIS) 1127:** Foundations of Recreation  
Lecture only | **Leisure Studies (LEIS) 2130:** Foundations and Concepts of Therapeutic Recreation  
Lecture only |
| **Anatomy (ANAT) 1020:** Basic Human Anatomy  
Lecture only | **Leisure Studies (LEIS 2296):** Leadership and Group Dynamics  
Lecture only |
| **Open Elective** | **Open Elective** |
| **Sociology & Social Anthropology (SOSA) 1002:** People & Culture: Introduction to Anthropology  
Lecture only | **Sociology & Social Anthropology (SOSA) 1003:** Introduction to Sociology  
Lecture only |
| **Psychology (PSYO) 1011:** Intro to Psych and Neuroscience 1  
Lecture and Lab | **Psychology (PSYO) 1012:** Intro to Psych and Neuroscience 2  
Lecture and Lab |
| **Interprofessional Health Education (IPHE) 4900:** Interprofessional Health Education Portfolio **  
Section 02 | **Interprofessional Health Education (IPHE) 4900:** Interprofessional Health Education Portfolio **  
Section 02 |

*Open Elective:* This can be any course of your choice for which you are permitted to register. Students should look through many subject areas in the timetable to find a subject of interest.

**IPHE 4900:** Register for this like you would a course but when the semester begins, you will not actually attend a lecture each Tuesday/Thursday as noted in the timetable. Students must register in IPHE 4900 (section 02) every term during the degree program.