

### 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 program requirements, see the Academic Calendar at [www.dal.ca/calendar](http://www.dal.ca/calendar).

Transfer students or any student with questions about Health Promotion course selection should contact one of the HAHP advisors: **Heidi Tracey Baillie** at [htb@dal.ca](mailto:htb@dal.ca) or **Lindsay Currie** at [lindsay.currie@dal.ca](mailto:lindsay.currie@dal.ca)

Fall	Winter
<b>Health and Human Performance (HAHP) 1000:</b> Introduction to Health Systems Lecture only	<b>Health Promotion (HPRO) 2110:</b> Health Promotion Theory Lecture only
<b>Health and Human Performance (HAHP) 1200:</b> Health Communications Lecture only	<b>Sociology &amp; Social Anthropology (SOSA) 1003:</b> Introduction to Sociology Lecture only
<b>Health Promotion (HPRO) 1195:</b> Introduction to Health Promotion Lecture and Tutorial	<b>Health Sciences (HSCE) 1030:</b> Human Anatomy and Physiology 2 Lecture only
<b>Health Sciences (HSCE) 1020:</b> Human Anatomy and Physiology 1 Lecture only	<b>Open Elective **</b>
<b>Writing Requirement ***</b> (It may be possible to move this to winter semester and to shift one Open Elective listed in winter to the fall semester)	<b>Open Elective **</b> (It may be possible to move this to fall semester and to shift the Writing Requirement from fall to winter semester)
<b>Interprofessional Health Education (IPHE) 4900 Section 02:</b> Inter-professional Health Education Portfolio *	<b>Interprofessional Health Education (IPHE) 4900 Section 02:</b> Inter-professional Health Education Portfolio *

\* **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.

\*\***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 academic timetable to try to find a 1000 level course in a subject area of interest.

\*\*\* **Writing Requirement Course Options:** There are many options from which to choose for the writing requirement course. This link – [Writing Requirements](#) - will take you to a page that lists all courses that count as a writing requirement. Scroll down the page until you see the heading “Writing Course Requirements”. Availability of each course in this list will vary from year to year so please check the academic timetable for availability of the course for the 2023/24 academic year.

**Note:** 6 credit-hour courses in a single term are the equivalent of two courses in that term and would complete the Writing Requirement plus an Open Elective. To accommodate a 6 credit-hour writing requirement in the fall term (SUST 1000, HIST 1510, or ENGL/CRWR 1030), please consult an advisor for assistance with your course plan/schedule.

Some courses in the Writing Requirement list above may have pre-requisites - please check before selecting your course. For example, OCEA 1002 cannot be taken unless OCEA 1001 has been completed so if looking to do OCEA for the writing requirement, a student would need to select OCEA 1001 in the fall semester.

# MY PLAN FOR FALL TERM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:35					
9:05					
9:35					
10:05					
10:35					
11:05					
11:35					
12:05					
12:35					
13:05					
13:35					
14:05					
14:35					
15:05					
15:35					
16:05					
16:35					
Evening Classes					

Course	Ex. Biology 2030					
Lecture CRN	10241					
Lab CRN	10245					
Tutorial CRN	10255					



# MY PLAN FOR WINTER TERM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:35					
9:05					
9:35					
10:05					
10:35					
11:05					
11:35					
12:05					
12:35					
13:05					
13:35					
14:05					
14:35					
15:05					
15:35					
16:05					
16:35					
Evening Classes					

Course	Ex. Biology 2030					
Lecture CRN	10241					
Lab CRN	10245					
Tutorial CRN	10255					

