

Bachelor of Health Promotion First Year Course Planning Worksheet

2025-2026 Academic Year

The guide below can be used to assist you with your first-year course selection. Use the table below, [academic timetable](http://www.dal.ca/timetable) (www.dal.ca/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.

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 or **Lindsay Currie** at lindsay.currie@dal.ca

Fall	Winter
Health and Human Performance (HAHP) 1000: Introduction to Health Systems Lecture only	Health Promotion (HPRO) 2110: Health Promotion Theory Lecture only
Health and Human Performance (HAHP) 1200: Health Communications Lecture and Tutorial	Sociology & Social Anthropology (SOSA) 1003: Introduction to Sociology Lecture only
Health Promotion (HPRO) 1195: Introduction to Health Promotion Lecture and Tutorial	Health Sciences (HSCE) 1030: Human Anatomy and Physiology 2 Lecture only
Health Sciences (HSCE) 1020: Human Anatomy and Physiology 1 Lecture only	Open Elective **
Writing Requirement *** (It may be possible to move this to winter semester and to shift one Open Elective listed in winter to the fall semester)	Open Elective ** (It may be possible to move this to fall semester and to shift the Writing Requirement from fall to winter semester)
Interprofessional Health Education (IPHE) 4900 Section 02: Inter-professional Health Education Portfolio *	Interprofessional Health Education (IPHE) 4900 Section 02: 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 find a 1000 level course in a subject 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”. The availability of each course in this list will vary from year to year so please check the academic timetable for availability of the courses for the 2025/26 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.

Find Courses and Build your Schedule

1. Go to the [academic timetable](http://www.dal.ca/timetable) (www.dal.ca/timetable)
2. On the Academic Timetable, you can select the Term and Location; it is recommended to review course offerings one term at a time (so select Fall first and after Fall is completed, go back and select Winter). For Location, it is best to select All so you can see all course options (in-person, online, etc.)
3. Select the subject from the subject drop-down list; note that courses are listed by subject, not program or degree.
4. Find the course required (e.g. HPRO 1195) and write down the CRN number for one of the lecture (Lec) sections and write the course, at the time listed, onto the blank schedule sheet. You can click the arrow button next to the course title to see the course description. The CRN, right under the course title, is a unique five-digit code (e.g. 13789) and each section for a course has a unique CRN that you need to use to register.
5. If applicable, select a tutorial (Tut) and/or lab (Lab) section, record the CRN for each component and add the time to the blank schedule. You must register for one of each of the sections that appear for each course (Lec, Lab, and Tut). Each section is a different color in the timetable to help you see the differences. Not all courses will have a lab and/or tutorial but if one is listed for the course, you must register for one.
6. Check the first column for notes such as restrictions (R), or preferred sections for select programs, or any other important information. Also review any other notes that may show for lectures, tutorials, or labs.
7. Repeat the process to find the CRNs for all courses required for the given term. While recording CRNs in your schedule, be aware of time conflicts. If there is a conflict, you must find a different selection that does not conflict.
8. Once you have found all the CRNs for your courses in the Fall term, repeat the same process for the Winter term.

Register for Courses

1. Access [DalOnline](https://dalonline.dal.ca/) (<https://dalonline.dal.ca/>) and click Web for Students, then click Registration.
2. Select Register for Classes, twice.
3. From the drop-down menu, select your term, starting with 2025/2026 Fall and select Continue.
4. Select Enter CRNs from the option across the top of the screen - do not use the Class Search option.
 - a. Add as many CRN text boxes as needed for all lectures, labs, and/or tutorials.
 - b. Type one CRN into each text box
 - c. Once all CRNs have been added, select Add to Summary
5. Your tentative schedule will be available in the panel in the bottom left and a summary of your courses can be seen in a panel in the bottom right of the screen.
 - a. In the bottom left panel, confirm your schedule is accurate and that there are no course conflicts.
 - b. In the bottom right panel, next to each pending course, confirm your intended action, generally Web Registered
 - c. Once you have checked everything looks good, select Submit in the bottom right corner to finalize your course registration.
6. After registering for the Fall term, select a new term and complete the process again for the 2025/2026 Winter term.

If errors occur after submitting CRNs please reach out to one of your advisors for assistance to resolve the issue.

Heidi Tracey Baillie – htb@dal.ca

Lindsay Currie – lindsay.currie@dal.ca

Please refer to dal.ca/registration for more support on how to read the Academic Timetable and register for courses.



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					



Register
ON TRACK

dal.ca/newstudents

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					



**Register
ON TRACK**

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