

# FACULTY OF HEALTH

## School of Health and Human Performance

### Bachelor of Health Promotion (Kuwait Pathway) 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](#) ([www.dal.ca/timetable](http://www.dal.ca/timetable)) and [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><br>Introduction to Health Systems<br>Lecture only                   | <b>Health Promotion (HPRO) 2110:</b> Health Promotion Theory<br>Lecture only                                         |
| <b>Health and Human Performance (HAHP) 1200:</b> Health Communications<br>Lecture and Tutorial                       | <b>Sociology &amp; Social Anthropology (SOSA) 1003:</b><br>Introduction to Sociology<br>Lecture only                 |
| <b>Health Promotion (HPRO) 1195:</b> Introduction to Health Promotion<br>Lecture and Tutorial                        | <b>Writing Requirement ***</b><br>Choose from any ENGL course listed as a writing requirement (see note below)       |
| <b>Physiology (PHYL) 1011:</b> Human Physiology 1<br>Lecture and Tutorial                                            | <b>Physiology (PHYL) 1012:</b> Human Physiology 2<br>Lecture and Tutorial                                            |
| <b>Chemistry (CHEM) 1011:</b> Concepts in Chemistry 1<br>Lecture and Lab                                             | <b>Chemistry (CHEM) 1012:</b> Concepts in Chemistry 2<br>Lecture and Lab                                             |
| <b>Interprofessional Health Education (IPHE) 4900 Section 02:</b><br>Inter-professional Health Education Portfolio * | <b>Interprofessional Health Education (IPHE) 4900 Section 02:</b><br>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:** To ensure the course fulfills the writing requirement and also fulfills a required ENGL course needed for eligibility for Pharmacy, please select any of the following ENGL courses offered in winter semester: ENGL 1005, ENGL 1015, ENGL 1040, ENGL 1050, or ENGL 1111.

### Find Courses and Build your Schedule

1. Go to the [Academic Timetable \(www.dal.ca/timetable\)](http://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 lower right corner of the screen 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](mailto:htb@dal.ca)

Lindsay Currie – [lindsay.currie@dal.ca](mailto:lindsay.currie@dal.ca)

Please refer to [www.dal.ca/registration](http://www.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](http://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**

[dal.ca/newstudents](http://dal.ca/newstudents)