

# HEALTH, WELLNESS AND SPORT IN SOCIETY

**Department Website:** <https://www.smu.ca/sportandhealth/certificate.html>

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The Bachelor of Arts in Health, Wellness and Sport in Society aims to develop graduates equipped with the multidisciplinary skills necessary to critically engage with the societal, ethical, and cultural dimensions of sport and wellness. With an emphasis on ethical decision-making, diversity, and inclusion, this program prepares students for leadership roles in various sport-related fields, focusing on socially responsible and sustainable practices. The BA program distinguishes itself by offering an interdisciplinary approach, rooted in the humanities and social sciences, to address contemporary issues in health, wellness, and sport. This program builds upon the Certificate in Health, Wellness, and Sport in Society and is designed to give students a comprehensive understanding of the socio-cultural, political, and ethical contexts of sport. Graduates will be prepared to address complex issues such as fair play, safe sports, and equitable access, contributing positively to both local and global communities.

The Certificate in Health, Wellness and Sport in Society (CHWSS) is an interdisciplinary certificate administered by the Faculty of Arts in collaboration with the Centre for the Study of Sport and Health.

The Certificate is designed for students who wish to improve their knowledge of the social study of health, wellness and sport in their social context.

The Certificate encompasses a set of questions that engage the social, cultural, political and moral aspects of health, wellness and sport. It will be attractive to students from all three faculties.

As the Certificate draws on courses from many programs within Arts, it can easily be completed by students majoring or minoring in these disciplines, such as Anthropology, Atlantic Canada Studies, History, Religion, or Psychology, to name just a few.

Information on the application process is available on the Certificate's webpage ([www.smu.ca/sportandhealth/certificate.html](http://www.smu.ca/sportandhealth/certificate.html) (<http://www.smu.ca/sportandhealth/certificate.html>)).

## Programs

The Bachelor of Arts (BA) is a well-established, foundational degree and requires the requirements listed below alongside general graduation requirements (<https://smu-ca-public.courseleaf.com/undergraduate/faculties/faculty-arts/bachelor-arts/>).

## Major in Health, Wellness and Sport in Society

To major in Health, Wellness and Sport in Society, students must complete thirty-six (36) credit hours as follows:

Code	Title	Credit Hours
<b>Common Foundation Courses</b>		<b>6</b>
BCOM 2000	The Business of Sports	
HWSS 2000	Health, Wellness and Sport in Society: An Introduction	
<b>Arts Consolidation Courses</b>		
<i>Select twelve (12) Credit Hours from the following consolidation courses:</i>		<b>12</b>
HWSS 3001	Philosophy of Sport	
HWSS 3002	Sport, Diversity, & Inclusion	
HWSS 3003	Sport Governance	
HWSS 3004	Sport in Historical Context	
HWSS 3005	Sport & Wellness	
<b>Arts Breadth Elective</b>		
<i>Select three (3) Credit Hours from the following Art-based breadth courses:</i>		<b>3</b>
ANTH 2301	Anthropology of Childhood	
ANTH 2316	Indigenous Peoples of Canada	
ANTH 3303	Sex, Gender and Society	
CRIM 3551	Sexual Violence Legal Issues	
GEOG 3302	The Built Environment (Group A)	
HIST 2250	Soccer. A History of Brazil	
HIST 3202	History of Medicine	
HWSS	Any 2000 or 3000 level course	
PHIL 2303	Right and Wrong	
PHIL 2307	Happiness	
PHIL 2334	Health Care Ethics and the Law	
PHIL 2401	Games and Sport	
POLI 3245	Public Policy: Theories, Models & Typologies	
POLI 3246	Public Policy: Practice and Case Studies	
POLI 3330	Public Administration	
SOCI 3000	Social Inequality	
SOCI 3316	Sociology of Health and Illness	
SOCI 4849	Sociology of Sport	
WGSS 2100	Foundations in Sexuality Studies	
<b>Breadth Business Topics</b>		
<i>Select nine (9) Credit hours from the following business breadth topics:</i>		<b>9</b>
BCOM 3300	Sports & Sustainability	
CMLW 3301	Sports Law	
ECON 4300	Sports Economics	
MKTG 4480	Sports Marketing	
MGMT 4484	Human Resources in Sports	
<b>Capstone Experience</b>		<b>6</b>
HWSS 3000	Sport Experiential Learning	
HWSS 4000	Seminar in Health, Wellness and Sport in Society	
<b>Total Credit Hours</b>		<b>36</b>

### Note:

Students taking the BA in Health, Wellness, and Sport in Society will not be eligible to enrol in the Certificate in Health, Wellness, and Sport in Society

## Certificate in Health, Wellness and Sport in Society

**Note:** For Sport Experiential Learning (HWSS 3000) the program may require a Criminal Record Check (CRC) or Child Abuse Registry checks (CAR), or additional qualifications. Costs associated with such requirements are the responsibility of the student and evidence of such requirements must be provided before beginning Sport Experiential Learning (HWSS 3000).

### Admission

- The minimum GPA to enter the program is 2.00 (C).
- Students must achieve a Program Grade Point Average of 2.00 (C) to fulfill the requirements for this credential.
- Students must complete twenty-four (24) credit hours as follows:

### Certificate Courses

Code	Title	Credit Hours
HWSS 2000	Health, Wellness and Sport in Society: An Introduction	3
HWSS 3000	Sport Experiential Learning	3
HWSS 4000	Seminar in Health, Wellness and Sport in Society	3
Students must also choose 15 credit hours of HWSS Certificate elective courses from the list in the table below		15
<b>Total Credit Hours</b>		<b>24</b>

Other applicable courses are posted through the Faculty of Arts web site at <http://www.smu.ca/sportandhealth/certificate.html>.

### Other Required Courses

As noted above, students must complete 15 credit hours from among the following list of HWSS elective courses.

Code	Title	Credit Hours
<b>ANCS</b>		
ANCS 2600	Sport and Leisure in the Ancient World	3
<b>ANTH</b>		
ANTH 2301	Anthropology of Childhood	3
ANTH 3201	Anthropology of Food	3
ANTH 3303	Sex, Gender and Society	3
ANTH 3376	Archaeology of Death	3
ANTH 3381	Anthropological Genetics	3
<b>ACST</b>		
ACST 2400	Health and Social Policy in Atlantic Canada	3
ACST/HIST 2471	History of Football	3
ACST/HIST 2472	History of Hockey	3
ACST 3320	Gender in Atlantic Canada	3
ACST 4400	Health, Illness and Disease in Atlantic Canada	3
<b>CRIM</b>		
CRIM 3505	Prisons & Punishment	3
CRIM 3509	Victims and Criminal Justice	3
CRIM 3546	Crime and the Media	3
<b>ENGL</b>		
ENGL 2318	The Writer and Nature	3

ENGL 3343	Cultural Studies	3
<b>GEOG</b>		
GEOG 2312	Urban Geography (Group A)	3
GEOG 3329	Geographical Perspectives on Nature (Group A)	3
GEOG 4442	Urban Planning (Group A)	3
GEOG 4443	Natural Hazards and Climate Change (Group B)	3
<b>GDST</b>		
GDST 2301	Global Development: History & Perspectives	3
GDST 3380	Health and Development	3
GDST 4466	Urbanization and Development	3
GDST 4470	Environment and Development	3
<b>HIST</b>		
HIST 2201	Environmental History of Europe, 1300 - 1900	3
HIST 2250	Soccer: A History of Brazil	3
HIST/ACST 2471	History of Football	3
HIST/ACST 2472	History of Hockey	3
HIST 3202	History of Medicine	3
HIST 3415	The Family in Europe 1400-1800	6
HIST 3416	Love and Family in China	3
<b>LING</b>		
LING 3350	Interdisciplinary Perspectives in Linguistics	3
LING 3427/ ENGL 4427	Language, Gender and Power	3
<b>PHIL</b>		
PHIL 2302	Ethics	6
PHIL 2307	Happiness	3
PHIL 2318	Science and Society	3
PHIL 2330	Philosophy of Religion	3
PHIL 2368	Bioethics	3
PHIL 2401	Games and Sport	3
<b>POLI</b>		
POLI 3205	Politics and Sex	3
POLI 3245	Public Policy: Theories, Models & Typologies	3
POLI 3246	Public Policy: Practice and Case Studies	3
POLI 3330	Public Administration	6
POLI 4449	Public Policy Challenges: Gender, Race and Class	3
<b>PSYC</b>		
PSYC 2300	Cognitive Psychology (formerly PSYC 3355) (Group A)	3
PSYC 2410	Child Development (formerly PSYC 3329) (Group B)	3
PSYC 2420	Adolescent Development (formerly PSYC 3332) (Group B)	3
PSYC 2430	Longevity and Aging (formerly PSYC 3347) (Group B)	3
PSYC 2540	Positive Psychology (formerly PSYC 4489)(Group B)	3
PSYC 2550	The Psychology of Gender (formerly PSYC 3348) (Group B)	3
PSYC 2570	Community Psychology (formerly PSYC 4497) (Group B)	3
PSYC 2610	Psychopathology: History and Theories (formerly PSYC 3335) (Group B)	3
PSYC 3130	Drugs and Behaviour (formerly PSYC 3349) (Group A)	3

PSYC 3140	Health Psychology (formerly PSYC 4490) (Group A)	3
PSYC 4040	History of Psychology (formerly PSYC 4421) (Group C)	3
PSYC 4130	Prevention and Treatment of Addictions (formerly PSYC 3351) (Group B)	3
PSYC 4420	Typical and Atypical Development (Group A)	3
PSYC 4510	Interpersonal Relationships (formerly PSYC 4417) (Group B)	3
PSYC 4520	Advanced Personality (formerly PSYC 4434) (Group B)	3
PSYC 4670	Applied Sport Psychology (formerly PSYC 3360) (Group B)	3
<b>RELS</b>		
RELS 2330	Spirituality and Work	3
RELS 2347	Ecology and Religion	3
RELS 2350	Religion and Social Change	3
RELS 2351	Love (formerly RELS 1351)	3
RELS 2352	Death (formerly RELS 1352)	3
RELS 3330	Spirituality in the Workplace	3
RELS 3348		3
RELS 3349		3
RELS 3354	Indigenous Life and Social Justice	3
<b>SJCS</b>		
SJCS 2000	Canadian Society and Social Justice	3
SJCS 2220	Race, Racism, Colonialism	3
SJCS 3408	Urban Social Justice	3
<b>SOCI</b>		
SOCI 3000	Social Inequality	3
SOCI 3316	Sociology of Health and Illness	3
SOCI 4224	Inequality and Human Suffering	3