

School of Physical Education and Wellness

A Catalyst for Change



Supporting students, faculty, staff, and the wider community in developing and maintaining healthy lifestyles across diverse age, gender, and ability populations

The Value

The School of Physical Education and Wellness is dedicated to increasing the physical activity of students, faculty, and staff while promoting a reduction in sedentary behaviours. All will benefit physically, emotionally, intellectually, socially, mentally, and spiritually from activities offered through the School's Wellness initiatives.

An important goal is for individuals to choose to become active for life. With Concordia's amenities and unique location adjacent to the North Saskatchewan River Valley, there are a variety of opportunities available for outdoor education programs and recreational activities utilizing the natural environment.

The Student Experience

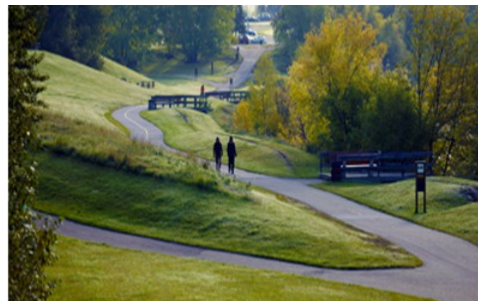
The Ralph King Athletic Centre (location of the School of Physical Education and Wellness) has a fully equipped fitness centre for fitness and weight training activities. The gymnasium is also available for gym-related student activities. Athletic equipment for student use is available from the Athletic Department. The Centre also serves as a gathering spot for students who are interested, individually or as a group, in activities such as cross-country running and cross-country skiing.

Concordia University of Edmonton competes in one of the strongest athletic conferences in Canada, the Alberta Colleges' Athletic Conference (ACAC). ACAC team sports include men's hockey as well as men's and women's soccer, basketball, and volleyball. ACAC mixed gender tournament sports include badminton, cross-country running, golf, and curling. The School of Physical Education and Wellness expands opportunities for students wanting to achieve athletic excellence in addition to a healthy mind and body.

Currently, the Faculty of Education's Physical Education and Sport Studies Suite of Courses promotes aspects of physical literacy (through PACT, PAT, and DAN courses), and comprehensive health, wellness and active living (through PESS courses). There are:

- 4 Physical Activity (PACT) Courses
- 18 Physical Activity Team (PAT) Courses
- 6 Physical Education and Sport Studies (PESS) courses (including Introduction to Sports Management, Foundations of Human Movement, and Introduction to Physical Education, Health, and Wellness).

As the School of Physical Education and Wellness develops, research and scholarship in the area of Physical Education and Sport Studies will broaden and deepen.



Amenities for Faculty, Staff, and Students

Gymnasium and Lockers

Fitness Centre

Regulation-Sized Soccer Field

Immediate access to the North Saskatchewan River Valley consisting of 22 major parks and over 150 km of trails

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