

# Faculty of Kinesiology & Health Studies

## COURSE REGISTRATION



### GETTING READY FOR REGISTRATION

- ✓ Have your Social Insurance Number handy (you are required to input this information before registering for the first time)
- ✓ Log into UR Self-Service
  - Your user ID is your Student ID (located on your offer of admission)
  - Your password is your DDMMYY of birth; you will then be prompted to change your password and set up your security question
  - After this set up, when you log in the next time it will go directly to your menu
  - UR Self-Service is your 24/7 access to all of the key aspects of being a UofR student, so log in and look around.
- ✓ Download the UofR App onto your phone – this app provides access to your class schedule, grades, UR Self-Service, UR Courses, Visual Schedule Builder, and so many more important resources.
- ✓ Activate your uregina.ca email account (Webmail) and get used to checking it – this is the email account that all official University of Regina information will be sent to, so be sure to check it often (and clean it out so it doesn't fill up!)
  - From the [URegina home page](#), click on 'Webmail' and follow the prompts to find your username, set up your password and activate your account.

### FIRST YEAR COURSES

A full course load is 5 courses per semester (or 10 courses per year). Taking a full course load will ensure that you complete your degree in 4 years, however it is not mandatory. Many first year students take 4 classes in their first semester. We can help you determine the best option for you and your situation.

### HOW MANY CLASSES SHOULD I PLAN FOR?

You should factor in a minimum of 6 hours of additional time spent on your studies outside of the class and lab time per week.

Here are some considerations when trying to determine how many classes you should take each semester:

- ✓ Will you be working? If so, how many hours per week?
- ✓ Are you involved in competitive or recreational activities/sports?
- ✓ Do you have, or plan to have, any regular volunteer commitments?
- ✓ Do you have any family commitments?

### Course Types for Fall 2021

Here are the course options you will consider when building your schedule:

**Cohort (on campus)** - all three courses have same section, in same location with same group of students

**On campus** – has building and classroom listed

**REMOTE** – off campus; synchronous (set day/time); delivered via zoom

**WEB** – online delivery; asynchronous (no set day/time)

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### RECOMMENDED FALL COURSES BASED ON DEGREE/MAJOR/PROGRAM

<p><b>Bachelor of Kinesiology</b>  <b>All Majors</b>            KIN 101 or ENGL 100 (Add KHS 100)            KIN 120            KIN 110            Any of: KIN 105, KIN 170, KIN 180</p>	<p><b>Bachelor of Sport and Recreation Studies</b>  <b>Sport and Recreation Management Major</b>            ENGL 100 (Add KHS 100) * or KIN 101            KIN 110            SRS 120            SRS 105            KIN 170 (BUS 100 if joint BSRS/BBA)            * If you'd like to plan for the joint BSRS/BBA or Diploma in Business Administration you should select ENGL 100</p>
<p><b>Bachelor of Sport and Recreation Studies</b>  <b>Therapeutic Recreation Major</b>            KIN 101 or ENGL 100 (Add KHS 100)            KIN 110            SRS 120 (prerequisite for THRC 200 in winter)            KIN 170            Any of: PSYC 101, 102, SRS 105</p>	<p><b>Bachelor of Health Studies</b>  <b>No Major Required</b>            ENGL 100 and KHS 100            KIN 170            PSYC 101 (or PSYC 102 based on availability)            Any of: INHS 100, SOC 100 and/or INDG 100</p>
<p><b>Joint Bachelor of Kinesiology/Bachelor of Education</b>            ENGL 100 and KHS 100            KIN 110            KIN 120            EPE 100            ECS 101            Any of: KHS 135, KIN 105, KIN 180</p>	<p><b>Pre-Pharmacy</b>            BIOL 100            CHEM 104            ENGL 100            STAT 160 or MATH 110            Social Science (eg. PSYC 101/102, SOC 100, INHS 100, PHIL 100)</p>
<p><b>Pre-Nutrition</b>            BIOL 100            CHEM 104            ENGL 100            PSYC 101 or 102, or SOC 100            Elective (can be anything)</p>	<p><b>Pre-Dentistry</b>            BIOL 100            CHEM 104            ENGL 100            Social Science            Degree Specific Course (eg. KIN 170)</p>
<p><b>Nursing</b>            You can consider any of the following courses:            ENGL 100            INHS 100            STAT 100            3 Electives (can be any courses of interest)</p>	<p><b>Additional information to assist you with your planning can be found at:</b>   <a href="http://www.uregina.ca/kinesiology/undergraduate-program-planning">www.uregina.ca/kinesiology/undergraduate-program-planning</a></p>