

Frequently Asked Questions About the B.Sc. Honours Program in Exercise Science

1) What is the Honours program?

The Honours program is one of the four programs offered by the Department of Exercise Science at the undergraduate level. The other three programs include Athletic Therapy, Clinical Exercise Physiology, and the B.Sc. Major in Exercise Science.

2) When was the Honours program approved?

The B.Sc. Honours in Exercise Science was approved in May 2007.

3) Why was the Honours program deemed necessary?

The Honours program was deemed necessary because of the increased research activity in the Department of Exercise Science as a direct result of the beginning of the Master's of Science program in 2005.

4) What is the main objective of the Honours program?

The main objective of the Honours program is to prepare undergraduate students for graduate level studies. The Honours program will provide students with the necessary knowledge, skills, and abilities to carry out research in preparation for graduate school.

5) How many credits must be completed to obtain the Honours degree in Exercise Science?

An Honours student must complete a total of 90 credits to obtain the Honours degree in Exercise Science. However, 60 of the 90 credits for the degree are contained in the Honours program.

6) What is the composition of the 60 credit Honours program?

The Honours program consists of 60 specified credits taken in an approved sequence of courses. Of these 60 credits, 42 credits overlap with the Major program, and the remaining 18 credits correspond to courses that were specifically designed for the Honours program. These Honours-specific courses include EXCI 322, 323, 424, 425, and 426. The first two courses, EXCI 322 and 323, are taken by Honours students during their second year, whereas the latter three courses are taken during their third year in the program.

Students must take the following courses in 3 stages.

Stage 1

EXCI 250, 252, 253, 254, 257, CATA 262 (18 credits).

Stage 2

EXCI 322, 323, 351, 352, 355, 357, 358, 422 (21 credits).

Stage 3

EXCI 420, 424, 425, 426, 445, and one of the following 4 courses: EXCI 440, 453, 455, 458 (21 credits). EXCI 426 is the Honours thesis course which is worth 6 credits.

7) When should I apply for entry into the Honours program?

Normally, students in their first year of study who have between 24 to 30 credits on their record with at least 12 to 15 credits worth of grades available should apply for entry into the Honours program. Applicants must fulfill all of the requirements for entry into the program. Please refer to questions 13, 14, and 15 for more details regarding these requirements.

8) Can I enter the Honours program if I am currently a second year student in the Athletic Therapy (AT), Clinical Exercise Physiology (CEP), or Major in Exercise Science program?

Students in their second year of the AT, CEP, or Major program can transfer from their current program into the Honours program. However, like all prospective Honours applicants, the transferring students must fulfill all of the requirements for entry into the Honours program. Furthermore, if second year students are accepted into the Honours program they would have to complete the EXCI 322 and 323 courses followed by the EXCI 424, 425, and 426 courses. Students are not permitted to take all 5 of these courses in a given semester or year. Because these courses are second year courses, program transfer students will have to remain in school an extra semester or two to complete the program. The Honours program is a stand-alone program and it is not an extension of either the AT, CEP, or Major program.

9) Who is the Honours Program Advisor?

The Honours Program Advisor is Professor Robert Panenic. His office is located in the SP building in room 165.37 and he may be reached at the following telephone number or email address: (514) 848-2424 x 3308; panenicr@alcor.concordia.ca.

10) When must I submit my application to the Honours Program Advisor?

Students are expected to submit their applications by March 15 of the current calendar year. In the event that March 15 falls on a weekend day, the application must be submitted on the Monday following the weekend.

11) What must I include in my application for the Honours Program?

The following documents and information must be included with your application:

- a) A 1-page “statement of interest” outlining your reasons for applying and your research goals;
- b) An unofficial copy of your transcript of grades;
- c) Your e-mail address.

12) What is the maximum number of students that will be accepted into the Honours Program?

A maximum of approximately 15 students will be accepted into the Honours Program. These students will be the top 15 applicants based upon their first year of academic performance in the Department of Exercise Science.

13) What are the course requirements for entry into the Honours program if I am a September-entry student?

A September-entry student who wishes to enter the Honours program must fulfill the following criteria:

- a) The student must be a full-time student, who has completed a minimum of 24 credits of course work;
- b) Of these 24 credits, the student must have completed 18 credits of “core courses” including EXCI 250, 252, 253, 254, 257, and CATA 262.

14) What are the course requirements for entry into the Honours program if I am a January-entry student?

A January-entry student who wishes to enter the Honours program must fulfill the following criteria:

- a) The student must be a full-time student, who has completed a minimum of 12 credits of course work;
- b) Of these 12 credits, the student must have completed 6 credits of “core courses” including EXCI 250, and 252.

15) What are the course requirements for entry into the Honours program if I am an internal or external transfer student?

An internal or external transfer student must meet the Honours Program Advisor to establish the course requirements for entry into the Honours program.

16) What are the academic standards for entry into the Honours program?

In order for students to qualify for entry into the Honours program, they must fulfill the following requirements:

- a) Have a minimum cumulative GPA equal to 3.30 (B+) for their first year courses;
- b) Have a minimum cumulative GPA equal to 3.30 (B+) for their first year core courses;
- c) Have a grade no lower than a “C” (2.0) in any course taken the first year.

17) What are the academic standards for maintenance in the Honours program?

In order for students to remain in the Honours program, they must fulfill the following requirements:

- a) Maintain a minimum cumulative GPA of 3.30 (B+) for all courses taken;
- b) Maintain a minimum cumulative GPA of 3.30 (B+) for Honours courses taken;
- c) Maintain a minimum annual GPA of 3.30 (B+) for all courses taken;
- d) Maintain a minimum annual GPA of 3.30 (B+) for Honours courses taken;
- e) Have a grade no lower than a “C” (2.0) in any course taken.

18) What happens to Honours students who do not fulfill all of the academic standards?

Honours students who do not fulfill all of the academic standards will be automatically withdrawn from the program and transferred into either the Major program or one of the Specialization programs.

19) Can a student be reinstated into the Honours program?

A student can be reinstated into the Honours program only if the student obtains permission from the Department Honours Program Advisor and the Faculty Honours Committee.

20) How can I obtain some research experience if I am an AT, CEP, or Major in Exercise Science student who cannot or does not want to enter the Honours program?

In the event that an AT, CEP, or Major in Exercise Science student wants to obtain some research experience without entering the Honours program, he or she may take EXCI 492, Independent Study in Exercise Science, as an option course with departmental approval.