

Undergraduate Courses Fall & Winter 2026-2027

Students are bound by all regulations set forth in the current [St. Francis Xavier Academic Calendar](#).

Please visit the [StFX Online Undergraduate Courses](#) website for information regarding Important Dates, Tuition, Payments, Receipts, Refunds, and Proctoring/Exams.

Room codes: JBB (J. Bruce Brown), PSC (Physical Sciences Centre), ESC (Exercise Sciences Centre), ASCHL (Amelia Saputo Centre for Healthy Living)

UNDERGRADUATE COURSES - FALL TERM

ONLINE

September 2, 2026 - December 19, 2026 (unless otherwise indicated)

ONLINE FALL COURSES	DATES	DESCRIPTION
BIOL 220.66 Biological Perspective of Health & Environmental Issues CRN: 62483 Trudy DeLorey	September 2 - April 21 Online	This course is restricted to students in particular degree programs, as outlined below. This course concerns how scientific principles are established. Topics include evolution and diversity, ecology and food, human evolution and population, diabetes, homeostasis, HIV and vaccines, antibiotic resistance, and cancer. Acceptable for credit only in the Faculties of Arts and Business; in the BASc programs; in the HKIN programs; and as an open elective in the BSc in Nursing and the BSc in Human Nutrition. Direct all inquiries and override requests to Online Learning and Professional Studies. Six credits.
HKIN 162.66 Applied Human Anatomy CRN: 62441 CRN Lab: 62442 Michael Cardinal-Aucoin	September 2 - December 19 Online	The human body operates by intricate coordination of multiple systems. Each has a purpose and is regulated at the cellular, tissue, and organ levels. The focus of this course is to understand the structure, function, and organization of musculoskeletal structures, including bones, joints, and muscles. Individual and combined functions will be outlined for the nervous, skeletal, and muscular systems. Students will explore these concepts in complementary laboratory activities. Credit will be granted for only one of HKIN 162, HKIN 151/152, BIOL 151/152 or 251/252. Three credits and lab.
HKIN 161.66 Applied Human Physiology CRN: 62443 CRN Lab: 62444 Michael Cardinal-Aucoin	September 2 - December 19 Online	The human body operates by the intricate coordination of multiple systems. Each has a purpose and is regulated at the cellular, tissue, and organ levels. The focus of this course is to understand the structure, function, and organization of musculoskeletal structures, including bones, joints, and muscles. Individual and combined functions will be outlined for the nervous, skeletal, and muscular systems. Students will explore these concepts in complementary laboratory activities. Credit will be granted for only one of HKIN 162, HKIN 151/152, BIOL 151/152 or 251/252. Three credits and lab.

ONLINE FALL COURSES	DATES	DESCRIPTION
HNU 142.66 Introduction to Food and Health CRN: 62459 Teri Emrich	September 2 - December 19 Online	This introductory course exposes students to the range of subject matter covered in the degree program and provides an introduction to the field of nutrition. The role of nutrients in a healthy diet is featured along with identifying the behavioural, social and political factors that impact food choice. Students will discuss nutrition in the media and will begin to work with food guidance tools to explore nutrition and health promotion. Credit will be granted for only one of HNU 142, HNU 135, HNU 161, HNU 185 or HNU 215. Three credits.
PSCI 336.66 Religion and Politics CRN: 62461 Lavinia Stan	September 2 - December 19 Online	An examination of the impact of religion on politics and politics on religion. Students will consider the relationship between religion and politics in the Middle East, Europe, Africa, Asia and North America. Case studies will demonstrate interactions between the state and Christianity, Islam, Hinduism, Judaism, and other religions. Cross-listed as RELS 336. Prerequisites: PSCI 101, 102 and 3 credits of PSCI at the 200 level (211 or 212 recommended). Three credits.
PSYC 101.66 Introduction to Psychology as a Natural Science CRN: 62464 Peter McCormick	September 2 - December 19 Online	Topics include research methodology, neuroscience, consciousness, sensation and perception, learning, memory, and cognition. Students have an opportunity to be involved with ongoing research in the department by participating in experiments during the course of the academic term. Credit will be granted for only one of PSYC 101 or PSYC 100. Three credits.
PSYC 363.66 Applications of Psychology to Society CRN: 62465 Graeme Haynes	September 2 - December 19 Online	This is a lecture course in which applications of psychology to society will be considered. This course provides students with an in-depth understanding of the tools of persuasion (e.g., consistency, reciprocity, liking, social proof, persuasive language, non-verbal cues), how to use these tools in an ethical manner, and apply them to solving everyday life and real-world problems. Offered online only. Prerequisites: 6 credits of PSYC at the 200 level. Three credits.
PSYC 372.66 Cultural Psychology CRN: 62467 John Corbit	September 2 - December 19 Online	The focus of this course is on how culture influences human behaviour and mind. The evolution of culture is considered as we dissect the debate surrounding claims that culture exists outside of the human species. Contemporary research and theory in human development and socialization, self-identity and cultural constructs of collectivism and individualism, acculturation and multi-culturalism, building relationships with others, conceptions of health and healing, and the impact of culture on the basic psychological processes will be covered. Prerequisites: 6 credits of PSYC at the 200 level. Three credits.
RELS 222.66 Fantastic Beasts and Where to Find Them in World Religions CRN: 62468 Adam Jortner	September 2 - December 19 Online	Much contemporary fantasy draws upon ancient and medieval myths about beasts and monsters of various sorts. In this course, we will consider the religious origins of the fantastic, and how it continues to resonate in our contemporary world. Credit will be granted for only one of RELS 222, RELS 292(2018-19) or RELS 298(2017-18). Three credits.

ONLINE FALL COURSES	DATES	DESCRIPTION
RELS 225.66 Cults and Alternative Religions CRN: 62470 Matt Sheedy	September 2 - December 19 Online	A study of cults in the context of 20th-century North American society, beginning with defining cults in relation to sects and churches. Topics include neo paganism; Hare Krishna; the theosophical tradition; the Unification Church; tragic endings to cults such as the Branch Davidians and Heaven's Gate; why people join cults; and the religio-cultural significance of cults today. Three credits.
RELS 336.66 Religion and Politics CRN: 62462 Lavinia Stan	September 2 - December 19 Online	An examination of the impact of religion on politics and politics on religion. Students will consider the relationship between religion and politics in the Middle East, Europe, Africa, Asia and North America. Case studies will demonstrate interactions between the state and Christianity, Islam, Hinduism, Judaism, and other religions. Credit will be granted for only one of RELS 336, RELS 295, or PSCI 295. Cross-listed as PSCI 336. Prerequisites: PSCI 101, 102(100) and 6 credits of PSCI at the 200-level (211/212 recommended). Three credits.
RELS 375.66 Islam in Canada CRN; 62471 TBD	September 2 - December 19 Online	Students gain an understanding of the diversity of Islam and Muslims in Canada. The course examines how Muslims negotiate their religious identities in Canadian civic society. Students engage critically with different theoretical models shaping conceptions of identity and consider their relevance to public policy debates. The course uses Muslim and non-Muslim authors representing diverse points of view that have an impact on questions of immigration, multiculturalism, and religious pluralism. Cross-listed as SOCI 374. Three credits.
SOCI 101.66 Introduction to Sociology I CRN: 62473 Donna MacDonald	September 2 - December 19 Online	This course introduces students to the origins and development of sociological thinking and research, beginning with the foundations of the discipline in the 19th century. Students are then introduced to the concepts and methods within sociology. The objective is to explore the extent and limits of our capacity to change the social world by reference to sociological research in both a Canadian and global context. Credit will be granted for only one of SOCI 101 or SOCI 100. Three credits.
SOCI 221.66 Marriage and Family Life CRN: 62474 Michelle Annett	September 2 - December 19 Online	This course analyzes the marriage and family life from a sociological perspective. It provides an overview of social changes over the past century, such as the falling birth rate, the rise in cohabitation and the legalization of same-sex marriage. Topics include marriage and fertility trends, the rise of intensive parenting and the dual earner family, the normalization of separation and divorce, the social cost of family violence, and how technology is influencing parenting. Cross-listed as WMGS 221. Prerequisites: SOCI 101, 102. Three credits.
SOCI 244.66 Cultures and Societies CRN: 62540 Evan Curley	September 2 - December 19 Online	This course will focus on exploring how society shapes culture and culture shapes society. Drawing on local, national and global practices of culture and cultural objects, students will learn how meaning-making is critical to understanding everyday life. Prerequisites: SOCI 101, 102. Three credits.
SOCI 231.66 Education in Canadian Society CRN: 62476 Evan Curley	September 2 - December 19 Online	This course provides students with a sociological interpretation of education in Canada. Students will investigate the relationship between education opportunity and conditions of inequality, socialization, social participation in education, and the contextualized within the historical development of Canadian educational institutions. Credit will be granted for only one of SOCI 231 or SOCI 230. Prerequisites: SOCI 101, 102. Three credits.

ONLINE FALL COURSES	DATES	DESCRIPTION
SOCI 374.66 Islam in Canada CRN: 62472 TBD	September 2 - December 19 Online	Students gain an understanding of the diversity of Islam and Muslims in Canada. The course examines how Muslims negotiate their religious identities in Canadian civic society. Students engage critically with different theoretical models shaping conceptions of identity and consider their relevance to public policy debates. They course uses Muslim and non-Muslim authors representing diverse points of view that have an impact on questions of immigration, multiculturalism, and religious pluralism. Offered online. Cross-listed as RELS 375. Prerequisites: SOCI 101, 102. Three credits.
SOCI 315.66 Addictions CRN: 62478 Michelle Annett	September 2 - December 19 Online	In this course we investigate drug and alcohol addiction as an epidemic social problem from several key perspectives. Social theories are used to explore subcultures of addiction, race and racism, addiction's impact on women, and how addiction is understood and experienced in Canada. Credit will be granted for only one of SOCI 315 or SOCI 395 (2018, 2019). Prerequisites: SOCI 101, 102. Three credits.
WMGS 221.66 Marriage and Family Life CRN: 62475 Michelle Annett	September 2 - December 19 Online	This course analyzes the marriage and family life from a sociological perspective. It provides an overview of social changes over the past century, such as the falling birth rate, the rise in cohabitation and the legalization of same-sex marriage. Topics include marriage and fertility trends, the rise of intensive parenting and the dual earner family, the normalization of separation and divorce, the social cost of family violence, and how technology is influencing parenting. Cross-listed as SOCI 221. Three credits.

UNDERGRADUATE COURSES - WINTER TERM

ONLINE

January 5, 2027 - April 21, 2027 (unless otherwise indicated)

ONLINE WINTER COURSES	DATES	DESCRIPTION
HNU 142.66 Introduction to Food and Health CRN: 62460 Teri Emrich	January 5 - April 21 Online	This introductory course exposes students to the range of subject matter covered in the degree program and provides an introduction to the field of nutrition. The role of nutrients in a healthy diet is featured along with identifying the behavioural, social and political factors that impact food choice. Students will discuss nutrition in the media and will begin to work with food guidance tools to explore nutrition and health promotion. Credit will be granted for only one of HNU 142, HNU 135, HNU 161, HNU 185 or HNU 215. Three credits.
HNU 163.66 Nutrition for Health and Fitness CRN: 62463 Leanne Murphy	January 5 - April 21 Online	Students will learn basic nutrition science principles with emphasis on energy, macronutrients, vitamins and minerals required by humans for health and fitness. Topics will include foundational nutrition guidelines, nutrient functions, their food sources and how the body handles them. The role of nutrients, a healthy diet, fluid and supplements in exercise will be emphasized. Not acceptable for credit in the BSc HNU or BSc HKIN minor in nutrition programs. Open to students in all faculties. Credit will be granted for only one of HNU 163, HNU 298(2021-2024) and HNU 363. Three credits.
HNU 497.66 ST: Nutrition Policy CRN: 62466 Teri Emrich	January 5 - April 21 Online	Human Nutrition Policy is designed to acquaint students with the Canadian human nutrition policy landscape. Students will become familiar with how policy can be used as a tool to address nutrition problems & issues at the population level. Key nutrition policy concepts will be introduced, and the roles and interests of federal, provincial, and local governments will be explored. The five stages of the public policy process (agenda setting, policy formulation, adoption, implementation & evaluation) will be used to explore illustrative examples of federal & provincial nutrition policies shaping population health in Canada. Canadian nutrition policy examples to be covered include Canada's Food Guide, nutrition labelling, the mandatory fortification of select foods with folic acid, the Food & Nutrition Policy for Nova Scotia Public Schools: The Nova Scotia Standards for Food & Nutrition in Regulated Child Care Settings: & Canadian Food Security policy. Opportunities to act or intervene in the policy process, using tools such as advocacy, activism, and research, will be identified. Prerequisite: 6 credits of any 200-level course or permission of instructor. Three credits.
PSCI 241.66 Business and Government CRN: 62469 Darryl Eisan	January 5 - April 21 Online	This course examines the historical roots and the current contours of the business-government relationship. While the focus is on Canada, conditions in other advanced capitalist states will be considered. Topics include the mechanisms of business power, the micro-politics of industries and case studies of corporate state relations. Prerequisites: PSCI 101, 102. Three credits.

ONLINE WINTER COURSES	DATES	DESCRIPTION
PSCI 345.66 Women and Politics CRN: 62477 Lavinia Stan	January 5 - April 21 Online	An introduction to the study of women and politics, this course has three parts: feminist political thought and the women's movement; political participation and representation; and public policy. Topics include feminist political thought; the evolution and politics of the women's movement; political parties and legislatures; women and work; women and the welfare state. Cross-listed as WMGS 345. Prerequisites: PSCI 101, 102 and 3 credits of PSCI at the 200 level (211 or 212 recommended). Three credits.
PSYC 102.66 Introduction to Psychology as a Social Science & Profession CRN: 62480 Peter McCormick	January 5 - April 21 Online	Topics include intelligence, lifespan development, motivation and emotion, health, social psychology, personality, psychological disorders and their treatment. Students have an opportunity to be involved with ongoing research in the department by participating in experiments during the course of the academic term. Credit will be granted for only one of PSYC 102, PSYC 100 or PSYC 155. Prerequisite: PSYC 101. Three credits.
PSYC 374.66 Human Development Across Cultures CRN: 62481 John Corbit	January 5 - April 21 Online	This course examines the development of the individual from a cultural perspective. Development is considered to involve a process of co-construction of the individual and culture. The impact of cultural practices, traditions, and parental beliefs on the developing child are considered, along with the interplay between those cultural forces and the biological foundations that influence the course of development. Cognitive, social, emotional development will be studied, along with a consideration of applied issues that emerge from investigations of the impact of cultural environments on child development. Prerequisites: 6 credits of PSYC at the 200 level, PSYC 261/262 (260) recommended. Three credits.
RELS 117.66 Ethical Principles for Health Care Providers CRN: 62482 Ken Penner	January 5 - April 21 Online	This course is designed to provide the foundations for promoting ethical competence among health care professionals as informed by diverse religious and cultural traditions. Students will be introduced to the ethical principles and values underlying debates brought about by advancements in medical technologies. Special emphasis will be placed on the whole person care demonstrated by exemplary health care providers in health care settings. Three credits.
RELS 216.66 Superheroes and the Supernatural CRN: 62485 Matt Sheedy	January 5 - April 21 Online	This course is an introduction to the use of supernatural imagery and themes in current tales of superheroes. How are supernatural beings and forces incorporated into the stories? How do superheroes function as divine beings? In which ways are the messages presented by DC and Marvel derived from those of world religions? In which ways do they serve as substitutes for religion? Credit will be granted for only one of RELS 216 or RELS 298 (2020-2022). Three credits.
SOCI 102.66 Introduction to Sociology II CRN: 62486 Donna MacDonald	January 5 - April 21 Online	This course builds on the foundations of sociological theory, methods and historic considerations established in SOCI 101. Students will explore a range of topics dealing with various aspects of social inequality, culture, integration, and ideological conflict in both a Canadian and global context. Together with SOCI 101, this course provides the prerequisite for all other sociology courses. Credit will be granted for only one of the SOCI 102 and SOCI 100. Prerequisite: SOCI 101. Three credits.

ONLINE WINTER COURSES	DATES	DESCRIPTION
SOCI 313.66 Conceptions of Disability CRN: 62487 Michelle Annett	January 5 - April 21 Online	An introduction to the field of disability studies, this course examines the ways in which disabled people and disability issues are defined and treated in contemporary society. Social and political conceptions of disability are contrasted with medical and individualistic definitions of disability with the aim of developing a critique of taken-for-granted conceptions of normal bodies, minds, and senses. Community-based contributions and responses to disability knowledge are emphasized and common ideas and assumptions about disability are situated historically to illustrate changing relations to disability over time, and to the role of disability knowledge in social change. The experience of disability will be stressed. Prerequisites: SOCI 101, 102. Three credits.
SOCI 314.66 Disability and Culture CRN: 62488 Michelle Annett	January 5 - April 21 Online	This course employs sociological theories, methods, and an intersectional lens to examine disability as a social and political construct. Students will analyze representations of disability in law, policy, media, education, and care, situating these portrayals within broader movements for equity and justice. The course explores how dominant cultural narratives contribute to the marginalization of disabled people, and contrasts these with lived experiences that challenge and resist such portrayals. Prerequisites: SOCI 101, 102. Three credits.
WMGS 345.66 Women and Politics CRN: 62479 Lavinia Stan	January 5 - April 21 Online	An introduction to the study of women and politics, this course has three parts: feminist political thought and the women's movement; political participation and representation; and public policy. Topics include feminist political thought in the Western political tradition; the evolution and politics of the women's movement, women's participation in political parties and legislatures; women and work; women and the welfare state. Cross-listed as PSCI 345. Prerequisite: PSCI 101, 102 (100) or WMGS 100 and 6 credits at the 200-level (211, 212 recommended). Three credits.