# Bachelor of Arts – Labour Studies Major

## Four Year (120 credits)

**PLEASE READ AND REVIEW: 2025/2026** [**Program Requirements**](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) **-** Effective September 1, 2025

This program plan will assist you in planning your program. You must follow the official program requirements for the calendar year in which you are enrolled.

Please contact Advising Services (advising@athabascau.ca) for program planning assistance. Students can use the [course availability](https://tux.athabascau.ca/oros/servlet/DispatcherServlet?action=courseAvailability) list to assist with planning courses.

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| **Course Level Legend**JUNIOR / JR - 200 numbered courseSENIOR / SR - 300 or 400 numbered coursePREPARATORY - 100 numbered course | **Course Progress Legend**TR - Transfer Credit AwardedC - Completed AU CourseIP - In Progress AU Course |

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| **LEVEL** | **TOTALCREDITS** | **COURSE** | **REQUIREMENT** | **COURSE PROGRESS** | **COMMENTS** |
| Jr/Sr | 3 |  [ENGL255](https://www.athabascau.ca/syllabi/engl/engl255.html) | [English Writing Requirement](https://www.athabascau.ca/calendar/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html#englishwritingskillsrequirement) |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/) |
| Junior | 6 | [LBST200](https://www.athabascau.ca/syllabi/lbst/lbst200.html) or [LBST202](https://www.athabascau.ca/syllabi/lbst/lbst202.html) | [Required Core](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Jr/Sr | 9 |   |   |   | [Science](https://www.athabascau.ca/course/index.html?/undergraduate/science/all/) |
| Jr/Sr | 12 |   |   |   | [Science](https://www.athabascau.ca/course/index.html?/undergraduate/science/all/) |
| Jr/Sr | 15 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/) |
| Jr/Sr | 18 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/) |
| Jr/Sr | 21 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/) |
| Jr/Sr | 24 |   |   |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Jr/Sr | 27 |   |   |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Jr/Sr | 30 |   |   |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Jr/Sr | 33 |   |   |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Jr/Sr | 36 |   |   |   | [Any Area of Study](https://www.athabascau.ca/course/index.html?/undergraduate/all/all) |
| Jr/Sr | 39 |   |   |   | [Any Area of Study](https://www.athabascau.ca/course/index.html?/undergraduate/all/all) |
| Jr/Sr | 42 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Jr/Sr | 45 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 48 | [HIST336](http://www.athabascau.ca/html/syllabi/hist/hist336.htm) | [Required Core(3/6)](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/) |
| Senior | 51 | [HIST336](http://www.athabascau.ca/html/syllabi/hist/hist336.htm) | [Required Core(6/6)](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/) |
| Senior | 54 | [SOCI321](http://www.athabascau.ca/html/syllabi/soci/soci321.htm) | [Required Core](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 57 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 60 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 63 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 66 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 69 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 72 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 75 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 78 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 81 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-labour-studies-major.html) |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 84 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 87 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 90 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 93 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 96 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 99 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 102 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 105 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 108 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 111 |   |   |   | [Any Area of Study](https://www.athabascau.ca/course/index.html?/undergraduate/all/all) |
| Senior | 114 |   |   |   | [Any Area of Study](https://www.athabascau.ca/course/index.html?/undergraduate/all/all) |
| Senior | 117 |   |   |   | [Any Area of Study](https://www.athabascau.ca/course/index.html?/undergraduate/all/all) |
| Senior | 120 |   |   |   | [Any Area of Study](https://www.athabascau.ca/course/index.html?/undergraduate/all/all) |

*Note:*

* *A minimum of 30 credits must be obtained through Athabasca University*
* *A maximum of 60 credits in one discipline and 15 credits at a junior level in one discipline*
* *A maximum of 6 credits at a preparatory level*
* *Program requires 18 credits at the 400 level which must include a minimum of 12 credits within the major.*

*Last modification: September 9, 2025.*