

# ADVENTURE FITNESS, MINOR

on this guide is current as of the date listed. Students are responsible for curriculum requirements at the time of enrollment at the University.

To access Minor Requirements, please view the Curriculum Guide tab.

PASSHE - Pennsylvania State System of Higher Education Institutions

## Related Links

Adventure Fitness, Minor Program Page (<https://www.sru.edu/academics/majors-and-minors/adventure-fitness-minor/>)

MINOR IN ADVENTURE FITNESS (61F)

This program is effective as of Fall 2018.

Revised 04.09.2020

Professional Licensure/Certification Page (<https://www.sru.edu/students/student-consumer-information/professional-licensures/>)

## Curriculum Guide

### GPA Requirement

Minor GPA: 2.0 or higher

### Minor Requirements

- Students must complete at least 6 credit hours in their minor from SRU
- A minimum of 6 credit hours must be upper division (an upper division course includes any 3 credit course that requires a pre-requisite)
- A minor shall be no fewer than 18 credits.

Code	Title	Hours
<b>Adventure Fitness Required Courses</b>		
PE 241	Outdoor Pursuits	3
PE 342	Wellness through Movement	3
PE 332	Administration and Management of Physical Activity	3
PE 334	Applied Methodologies in Adventure	3
<b>Adventure Fitness Elective Classes</b>		
Select six credits of the following:		6
PE 123	Stand-Up Paddle Boarding	
PE 125	Bicycling	
PE 182	Introduction to Rock Climbing	
PE 186	Cross Country Skiing and Snowshoeing	
PE 236	Introduction to Kayaking	
PE 272	Enhancing Fitness through Running and Walking	
PE 276	Skate-Based Action Sports	
PE 349	Skin and Scuba Diving	
<b>Total Hours</b>		<b>18</b>

\* Some courses may require pre-requisites. Please see course descriptions to determine if there are any pre-requisites for that specific course.

### Important Curriculum Guide Notes

This Curriculum Guide is provided to help SRU students and prospective students better understand their intended major curriculum. Enrolled SRU students should note that the My Rock Audit may place already-earned and/or in progress courses in different, yet valid, curriculum categories. Enrolled SRU students should use the My Rock Audit Report and materials and information provided by their faculty advisers to ensure accurate progress towards degree completion. *The information*