

HEALTH AND PHYSICAL EDUCATION, BACHELOR OF SCIENCE IN EDUCATION (BSED) - CONCENTRATION IN PHYSICAL ACTIVITY AND FITNESS MANAGEMENT

Curriculum Guide

GPA Requirement

Major GPA: 2.0 or higher
Overall GPA: 2.0 or higher

Summary*

Code	Title	Hours
	Rock Studies 2 Requirements	42
	Other Basic Requirements	0-3
	Major/Concentration Requirements	60
	Electives	18

* All undergraduate degree programs require a minimum of 120 credits. Some courses meet multiple requirements, but are only counted once toward the 120 credit total required to graduate.

Rock Studies 2 Requirements

Code	Title	Hours
The Rock		
SUBJ 139	Foundations of Academic Discovery ¹	3
ENGL 102	Critical Writing	3
ENGL 104	Critical Reading	3
MATH 117	Quantitative Reasoning	3
Select one of the following:		3
COMM 200	Civil Discourse: Theory & Practice	
PHIL 110	Ethics and Civil Discourse	
POLS 235	Civil Discourse and Democracy	
Subtotal		15

Integrated Inquiry

<i>Creative and Aesthetic Inquiry</i>		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
<i>Humanities Inquiry</i>		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
<i>Social Science Inquiry</i>		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
<i>Natural Sciences Inquiry</i>		
SCI 101	Science of Life	3
<i>Physical Sciences Inquiry</i>		
SCI 102	Understanding the Physical World	3

Subtotal	15
Thematic Thread	
Select 12 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/) ²	12
Total Hours	42

- ¹ Course offered in multiple subjects; cannot take course in first major subject.
² One course from each category; six credits must be 300-level or above; no more than 4 credits from one subject area; specific courses required in first major, regardless of prefix of course, cannot be used to satisfy thread requirements; any course with same prefix as first major cannot be used to satisfy thread requirements, even if it is not a course in the first major.

Basic Math Requirement

Check with your adviser or a current degree audit report to see if you have been exempted from this course. The credit earned in this course will not be counted toward the 120 credit hour minimum needed to earn a degree.

Code	Title	Hours
Complete one of the following:		
Meet required minimum SAT or ACT math score OR		
ESAP 110	Beginning Algebra	
Total Hours		0-3

DIVERSITY, EQUITY, AND INCLUSION REQUIREMENT

Students must take and pass a course with the Diversity, Equity, and Inclusion (DEI) designation prior to graduation. Students can meet this requirement by taking any DEI - designated course in any program at any time during their undergraduate career.

Major/Concentration Requirements

- 30 major credits must be taken at SRU or PASSHE
- 30 major credits must be taken at the 300 level or above

Code	Title	Hours
Required Core Courses		
PE 131	Foundations of Leadership in Physical Activity ¹	3
PE 202	Technology for Wellness ¹	3
PE 231	Strategies for Teaching Physical Activity ¹	3
PE 331	Evidence-Based Physical Activity ¹	3
PE 332	Administration and Management of Physical Activity ¹	3
PE 450	Internship ¹	6
PE 473	Professionalism, Advocacy and Leadership in Physical Activity ¹	3
Subtotal		24
Fitness/Health Courses		
PE 242	Physical Health and Fitness Education ¹	3
PE 268	Contemporary Topics in Health ¹	3
PE 335	Science of the Mind-Body Connection ¹	3
PE 360	Anatomical and Physiological Basis of Physical Activity/Lab ¹	3
Subtotal		12

Blocks

Select two of the following blocks A, B, C, D or E 24

Block A: Adapted Physical Activity

PE 227	Introduction to Adapted Physical Activity ¹
PE 353	Adapted Physical Activity and Health Through the Lifespan ¹
PE 460	Program Design in Adapted Physical Activity ¹

Select three credits from the following:

PE 262	Adapted Aquatics
PE 266	Disability Sport in the 21st Century: A Global Perspective

Block B: Aquatics

PE 107	Aquatic Fundamentals (Required) ¹
PE 348	Aquatic Leadership (Required) ¹
PE 446	Water Safety Instruction ¹

Select four credits from the following:

PE 123	Stand-Up Paddle Boarding ¹
PE 189	Basic Canoeing ¹
PE 236	Introduction to Kayaking ¹
PE 237	Emergency Medical Response ¹
PE 262	Adapted Aquatics ¹
PE 263	Lifeguarding ¹
PE 345	Teaching and Coaching of Water Polo ¹
PE 349	Skin and Scuba Diving ¹
PE 363	Lifeguarding Instructor ¹

Block C: Outdoor Adventure Fitness

PE 241	Outdoor Pursuits ¹
PE 334	Applied Methodologies in Adventure ¹

Select six credits from the following:

PE 123	Stand-Up Paddle Boarding ¹
PE 125	Bicycling ¹
PE 182	Introduction to Rock Climbing ¹
PE 186	Cross Country Skiing and Snowshoeing ¹
PE 236	Introduction to Kayaking ¹
PE 272	Enhancing Fitness through Running and Walking ¹
PE 276	Skate-Based Action Sports ¹
PE 349	Skin and Scuba Diving ¹

Block D: Coaching Education

PE 270	Psychological and Sociological Bases of Sport (Required) ¹
PE 306	Conditioning for Athletic Performance (Required) ¹
PE 369	Philosophy and Psychology of Coaching (Required) ¹

Select three credits of the following:

PE 230	Teaching and Coaching of Track & Field ¹
PE 237	Emergency Medical Response ¹
PE 238	Applied Principles of Exercise ¹
PE 266	Disability Sport in the 21st Century: A Global Perspective ¹
PE 301	Sports Officiating ¹

PE 338 Teaching and Leading Group Exercise ¹PE 356 Net/Wall Activities and Games ¹PE 358 Lifetime/Leisure Activities and Games ¹

PE 378 Teaching and Leading of Strength and Resistance Training

PE 393 Nutrition for Physical Activity, Exercise, and Health

Block E: FitnessPE 238 Applied Principles of Exercise ¹

PE 393 Nutrition for Physical Activity, Exercise, and Health

Select six credits from the following:

PE 338 Teaching and Leading Group Exercise ¹

PE 378 Teaching and Leading of Strength and Resistance Training

PE 379 Fitness Management ¹

Subtotal 24

Total Hours 60¹ Course counts for 50% of Major requirements and Major GPA

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

Co-curricular and Experiential Learning

Students are encouraged to explore additional curricular and co-curricular opportunities. There is a strong correlation between long-term student success and participation in the following types of programs and activities:

1. International study programs (short-term, semester, and year-long)
2. Student-faculty research
3. Student leadership development
4. Service-learning classes
5. Career education and development
6. Internship
7. Volunteering

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

PASSHE - Pennsylvania State System of Higher Education Institutions

Health and Physical Education - BSED (1158)

Concentration in Physical Activity and Fitness Management (PAFM)

This program is effective as of Spring 2020.

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