

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

## Recommended Four-Year Plan

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
PHED 131	Foundations of Leadership in Physical Activity	3
ENGL 102	Critical Writing	3
ESAP 101	FYRST Seminar *	1
SUBJ 139	Foundations of Academic Discovery <sup>1</sup>	3
Select one of the following:		3
COMM 200	Civil Discourse: Theory & Practice	
PHIL 110	Ethics and Civil Discourse	
POLI 235	Civil Discourse and Democracy	
Creative & Aesthetic Inquiry ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
PHED 231	Strategies for Teaching Physical Activity	3
PHED 242	Physical Health and Fitness Education	3
ENGL 104	Critical Reading	3
MATH 117	Quantitative Reasoning	3
Humanities Inquiry ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
<b>Hours</b>		<b>15</b>
<b>Second Year</b>		
<b>Fall</b>		
PHED 202	Technology for Wellness	3
SCI 101	Science of Life	3
PAFM Specialty Area		3
PAFM Specialty Area		3
Social Science Inquiry ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
Elective/Minor		3
Declare a Thematic Thread <sup>2</sup>		
<b>Hours</b>		<b>18</b>
<b>Spring</b>		
PHED 268	Contemporary Topics in Health	3
PHED 331	Evidence-Based Physical Activity	3
SCI 102	Understanding the Physical World	3
PAFM Specialty Area		3

Thematic Thread Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
Elective/Minor		3
<b>Hours</b>		<b>18</b>
<b>Third Year</b>		
<b>Fall</b>		
PHED 332	Administration and Management of Physical Activity	3
PHED 360	Anatomical and Physiological Basis of Physical Activity/Lab	3
PAFM Specialty Area		3
Thematic Thread Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
Elective/Minor		3
Elective/Minor		3
<b>Hours</b>		<b>18</b>
<b>Spring</b>		
PHED 335	Science of the Mind-Body Connection	3
PAFM Specialty Area		3
PAFM Specialty Area		3
Thematic Thread Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
Elective/Minor		3
<b>Hours</b>		<b>15</b>
<b>Fourth Year</b>		
<b>Fall</b>		
PHED 473	Professionalism, Advocacy and Leadership in Physical Activity	3
PAFM Specialty Area		3
PAFM Specialty Area		3
Thematic Thread Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
Elective/Minor		3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
PHED 450	Internship	6-12
<b>Hours</b>		<b>6-12</b>
<b>Total Hours**</b>		<b>121-127</b>

<sup>1</sup> Course offered in multiple subjects; cannot take course in first major subject.

<sup>2</sup> Work with your Academic Adviser to declare a Thematic Thread by the end of your fall semester in your second year.

\* Students are encouraged to take ESAP 101 as a Free Elective.

**\*\*This document serves as a guide. Earning a degree requires at least 120 credits, though some majors require more. Before registering for courses, consult your academic adviser and review your curriculum guide. Be sure to review and confirm your plan with your adviser at least once each academic year.**

Major Code: 1158  
Concentration Code: PAFM  
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