

HEALTH AND PHYSICAL EDUCATION, BACHELOR OF SCIENCE IN EDUCATION (BSED) - CONCENTRATION IN SCHOOL WELLNESS EDUCATION - ROCK STUDIES

Recommended Rock Studies Four-Year Plan

Course	Title	Hours
First Year		
Fall		
PE 107	Aquatic Fundamentals ¹	3
PE 191	Foundations of School Wellness	3
ENGL 102	Critical Writing ¹	3
MATH 117	Quantitative Reasoning	3
SUBJ 139	University Seminar ²	3
INDS 101	FIRST Seminar	1
Hours		16
Spring		
PE 152	Principles of School Wellness I ¹	3
PE 227	Introduction to Adapted Physical Activity	3
ENGL 104	Critical Reading ¹	3
STAT 152	Elementary Statistics I	3
Rock Studies		0-3
Select one of the following:		3
COMM 200	Civil Discourse: Theory & Practice	
PHIL 110	Ethics and Civil Discourse	
POLS 235	Civil Discourse and Democracy	
Hours		15-18
Second Year		
Fall		
PE 202	Technology for Wellness	3
PE 383	Motor Development and Learning	3
PE 268	Contemporary Topics in Health	3
Creative & Aesthetic Inquiry (http://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		3
Humanities Inquiry (http://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		3
Elective/Minor		0-3
Hours		15-18
Spring		
PE 243	Educational Movement in Health & Wellness	3
PE 258	Social & Emotional Wellness	3
PE 360	Anatomical and Physiological Basis of Physical Activity/Lab	3
SCI 101	Science of Life	3

Social Science Inquiry (http://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		3
Elective/Minor		0-3
Hours		15-18
Third Year		
Fall		
Teacher Candidacy		
PE 310	Elementary School Wellness Skills and Fitness Activities	3
PE 328	School Nutrition and Wellness	3
PE 253	Principles of School Wellness II	3
PE 241	Outdoor Pursuits	3
SEFE 326	ELL Strategies and Practice	3
SCI 102	Understanding the Physical World	3
Hours		18
Spring		
PE 311	Middle School Wellness Skills and Fitness Activities	3
PE 312	Secondary School Wellness Skills and Fitness Activities	3
PE 452	Elementary Strategies for School Wellness	6
SEFE 342	Educational Psychology for Diverse Learners	3
Elective/Minor		3
Hours		18
Fourth Year		
Fall		
PE 462	Secondary Strategies in School Wellness	6
PE 472	School Wellness Assessment and Promotion	3
PE 473	Professionalism, Advocacy and Leadership in Physical Activity	3
Rock Studies/Minor		3
Hours		15
Spring		
PE 455	Student Teaching - Physical Education	12
Hours		12
Total Hours**		124-133

¹ Course requires a grade of C or better

² Course offered in multiple subjects; cannot take course in first major subject

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

Major Code: 1158

Concentration Code: SWED

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** This document is meant to serve as a guide. Some planners may show more than 120 credits because faculty have created flexibility in choosing courses. However, only 120 credits are required to obtain a degree. Please consult with your academic adviser and refer to your curriculum guide prior to registering for courses. This plan should be reviewed, and verified, by you and your academic adviser at least once each academic year.