

LIVING WELL, CERTIFICATE

The Living Well certificate will provide the opportunity for students at Slippery Rock University to gain knowledge in how and why to live a healthy and active life. The importance of individuals engaging in healthy lifestyles along with the consequences of those who do not has been documented in the past five years. Students will understand the impact these consequences at both individual and societal levels.

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

Related Links

Living Well, Certificate Program Page (<https://www.sru.edu/academics/certificates/living-well-certificate/>)

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

Curriculum Guide

GPA Requirements

Certificate GPA: 2.0 or higher

Certificate Requirements

Code	Title	Hours
Required Courses		
EXSC 230	Stress Management	3
HLTH 314	Nutrition and Health	3
PE 342	Wellness through Movement	3
PE 430	Living Well	3
Total Hours		12

* 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 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

CERTIFICATE IN LIVING WELL (1157)

This program is effective as of Fall 2016.

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