

LIFELONG WELLNESS THROUGH INNOVATIVE LEADERSHIP, MASTER OF SCIENCE (MS) - CONCENTRATION IN ADAPTED PHYSICAL ACTIVITY

The graduate program in Adapted Physical Activity is structured to address public policy and health promotion initiatives as described by legislators and health care personnel at the federal and the state levels. The curriculum is issue-oriented and prepares its graduates for professional, advocacy, and leadership (PAL) roles in the community and across the state.

- A 30-credit hour program that can be completed in 12 months beginning either fall or spring term.
- Courses are 100% online with flexibility to learn from anywhere.
- A non-thesis program which includes a research project and culminates in a required six-credit hour internship experience.

Concentration-Specific Outcomes

- **Communication and Technology:** Communicate effectively using appropriate tools and techniques with individuals with disabilities their families and other constituents in the community.
- **Professional Proficiency:** Apply knowledge, skills, and abilities to meet professional competencies to be effective service providers, supervisors, and consultants in physical activity for individuals with disabilities.
- **Critical Thinking and Problem Solving:** Locate and evaluate information and situations from multiple perspectives in decision making regarding health promotion and physical activity for individuals with disabilities.
- **Advocacy:** Apply advocacy skills to assist in the support of health promotion, healthy lifestyles, physical activity, and wellness for individuals with disabilities.
- **Leadership:** Assume leadership roles to effectively promote healthy and physically active lifestyles for individuals with disabilities.

Related Links

Lifelong Wellness Through Innovative Leadership, MS Program Page (<https://www.sru.edu/academics/graduate-programs/adapted-physical-activity-master-of-science/>)

Lifelong Wellness Fact Sheet (<https://www.sru.edu/documents/programs/factsheets/graduate/FS-Lifelong%20Wellness.pdf?1633534623676&1633534623676>)

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

CURRICULUM GUIDE

- Overall/Major GPA: 3.00 or higher

Code	Title	Hours
Required Courses		
PE 685	Fundraising and Grant Writing	3
PE 740	Application of Research for Physical Activity and Wellbeing	3
PE 745	Leadership Training in Physical Activity and Well-Being	3
PE 750	Internship ¹	6
Subtotal		15
Concentration - Adapted Physical Activity Requirements		
PE 662	Disability Sport	3
PE 673	Advanced Study of Disability in Physical Activity	3
PE 678	Physical Activity and Disability Across the Lifespan	3
PE 694	Health Promotions for Persons with Disabilities	3
PE 698	Selected Topics	3
Subtotal		15
Total Hours		30

¹ Optionally students may select two elective courses in consultation with academic adviser.

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

Major in Lifelong Wellness Through Innovative Leadership - (9LW0)

Concentration in Adapted Physical Activity (APHO)

Revised 06.28.2022

UCC: 02.15.2022