

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/>)