

# LIFELONG WELLNESS THROUGH INNOVATIVE LEADERSHIP, MASTER OF SCIENCE (MS) - CONCENTRATION IN SCHOOL WELLNESS EDUCATION

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The School Wellness Education concentration is ideal for teachers and other professional that are interested in creating a healthier society through schools by placing the student and their wellbeing at the forefront of the curriculum. This concentration will prepare graduates to implement the School Wellness Education model, a unique approach to teaching health and physical education in schools, that is based on current national standards.

- A 30-credit hour program with a flexible option for learners who prefer to go at their own pace or need to fit the program into their unique schedule as a working professional.
- Courses are 100% online with flexibility to learn from anywhere.
- Core courses during the fall or spring semester and remaining credits offered during the winter and summer terms.

## PROGRAM LEARNING OUTCOMES

- **Communication and Technology:** Demonstrate effective communication in speech and in writing, using appropriate tools, techniques, and technologies (GSLO 3)
- **Professional Proficiency:** Acquire and apply knowledge and skills to meet professional competencies in physical activity and wellbeing. (GSLO 1,2)
- **Critical Thinking and Problem Solving:** Evaluate information and ideas to utilize well-supported evidence to create programming for physical activity and wellbeing. (GSLO 1,2)
- **Advocacy:** Integrate social ecological determinants of physical activity and wellbeing to contribute to the betterment of society through inclusion, empowerment, and civic engagement. (GSLO 1,2,3)
- **Leadership:** Develop leadership skills to make interdisciplinary connections and promote healthy and physically active lifestyles for all. (GSLO 1,2,3)

## 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-licensures/>)